

No 8

NEW TIMES MAGAZINE

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NEXUS



GUBOO

RENEWING the DREAMING

PERMACULTURE

RENEWING the EARTH

with BILL MOLLISON

HEALING YOURSELF

SURVIVE and THRIVE

in a CHANGING WORLD

AUTUMN 1989

AUTUMN 1989 NEXUS

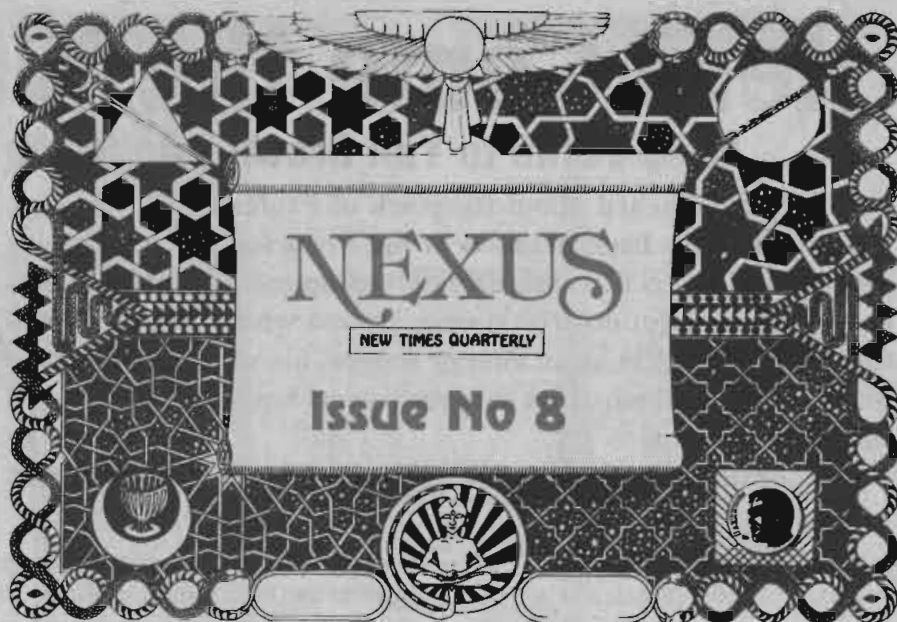
Real News and New Realities

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(NEXUS is moving this issue so writing
will be more effective than the phone)

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Here Come the Water Cars

Jules Verne to Yull Brown - *An Urban Myth Come True*

You may have heard about the work of Professor Yull Brown, whose work has been detailed in the Press for the past twelve years (see NEXUS #7). Astoundingly, despite the fact that he has developed a pollution-free energy system which replaces fossil fuels with WATER as an energy source, his work has received many setbacks, from death threats to overt hostility from gas and fuel corporations.

We continue to report on the work of this remarkable scientist.

A man of contradictions, Yull Brown was born in Bulgaria and later received a degree in physics from Moscow University. As an electrical engineer he specialized in the work of Nikola Tesla - and spent twelve years in a Soviet work camp. In the partial amnesty after Stalin's death, he was released and came to Australia by way of Turkey.

Over a decade ago, he developed a way to efficiently separate hydrogen from oxygen - using just water and a relatively small amount of electricity to produce energy in the form of a gas he calls Brown's gas. One Kwh of electricity produces 340 litres of Brown's gas.

It burns faster than any other gas mix - the flame front propagates at 3 kilometres per second, compared with only 10 metres per second for traditional welder's gas, oxy-acetylene. Intense heat can be produced from a tiny volume of Brown's gas.

Last year Professor Brown demonstrated his welding unit at Melbourne's Bicentennial Trade Fair at the Exhibition Building. He astounded audiences by vapourising a tungsten welding rod. Tungsten melts at 3,600° Celsius, but was vapourised to a dark gas at 5,960° - as hot as the surface of the Sun - in seconds. Oxy-acetylene burns at only 3,137°.

Strangely, Professor Brown's welder produces a long, relatively cool orange flame which you can pass your hand through at a moderate speed; it leaves a fine mist of water where it passes. But, without adjustment, the

torch burns holes in refractory ceramics (used to line blast furnaces), welds soft aluminium pieces or stainless steel together and house bricks to steel pipe - with perfect welds in which the gas doesn't cause the metal to oxidise. The flame seems to discriminate between different forms of material it strikes.

How It Works



Picture: ALAN PRYKE

Professor Brown developed a highly efficient electrolytic cell which splits water into H₂ and O₂, without separating them with a membrane. The mixture is stable, because the cell produces an exact 2:1 ratio of hydrogen and oxygen (called a *stoichiometric mix*) - the ratio in which they are found in water - for use directly in a welding unit that Yull manufactures and has patented.

Normally, oxygen and hydrogen are explosive when sparked because of an excess of oxygen - but if they are contained in exactly the above proportion they can be stored together safely; the sparking of these two gases causes the

gas to implode, forming water.

"None of the gas companies will talk to us, because they sell oxy-acetylene," said Professor Brown at the International Trade Fair.

NEXUS Interviews

Professor Brown

NEXUS: What brought you to explore the properties of water?

Yull Brown: I explored the nature of water because I believed water stores enormously high energy. When I separate hydrogen and oxygen, and burn them, I create tremendous heat.

I have proved that the temperature of the Brown's Gas flame is extremely hot - up to 6,000 degrees Celsius. The hydrogen and oxygen, which is a mixture of different isotopes, especially protium, deuterium and tritium, creates a chain reaction which increases the energy greatly, especially in the stoichiometric proportion. It is the universal fluid of life. I can store it in a gas that's not dangerous and compress it.

There are 36 different isotopes of water. The nature of this energy is to be found in the complex chain reactions which are involved in the creating of different isotopes of oxygen and different types of hydrogen. And we have a tremendous amount of energy passing from from one type of water to another.

It is like a thermonuclear reaction. But safe.

(With this 'controlled thermonuclear reaction', Yull claims to be able to destroy any type of toxic waste - from nuclear waste to PCBs - and render them harmless, leaving only water vapour and carbon.)

'Running cars on hydrogen is a piece of cake'

N: You've run cars on Brown's gas?

YB: Running cars on hydrogen is a piece of cake. The car I ran was operating on the explosion principle because the motor of the ordinary car runs only on explosions, not implosions. I had to mix Brown's Gas with the air to make an explosion.

N: Yet your welding machines use pure Brown's Gas, which is implosive.

YB: There are two ways of producing energy. In the world today we use only one - explosion to create energy. The other is implosion.

One thing I always try to explain is this: here is the air and there is the engine. The two should be separate. The engine should not take anything from the air, and should not put anything into the air. The first reason is the destruction of the oxygen; the second is pollution.

The future energy of the world should never take anything from the air. The oxygen in the air is for our breathing.

Engines should use Brown's Gas to produce their own hydrogen and oxygen, without taking anything from the air or giving anything to the air.

"I destroy nothing in nature. I only borrow it for some time, and release it back"

The balance of nature is upset. We have a loss of trees through cutting and burning, so we are producing much more carbon monoxide and carbon dioxide. To destroy the air is a crime. To destroy the water is doubly a crime. Air is necessary for breathing, but water is necessary for life. The energy for Brown's Gas comes from electrical energy which is stored up and then released, giving the water back, so we are not destroying the water. I destroy nothing in nature. I only borrow it for some time, and release it back into

nature in exactly the same amount. This is the way we have to think if we want our planet to exist. The other way we are completely lost.

Energy should come from the sun, wind, tides, waterfalls. Production of electricity from natural energy is well-known. The question is: how can we store this electrical energy? Now storage is no longer a problem.

We have two different types of energy. One is stable, like electricity, which gives us cooking, light and heat. The other is portable energy to put in vehicles.

If we investigate prices, we will notice that the cheapest energy in the world is electrical energy. My intention was to change one form of energy - electricity, which is stable and cheap - into another form of energy and make it portable. We are making it more economical than petrol. That is what the oil companies don't like.

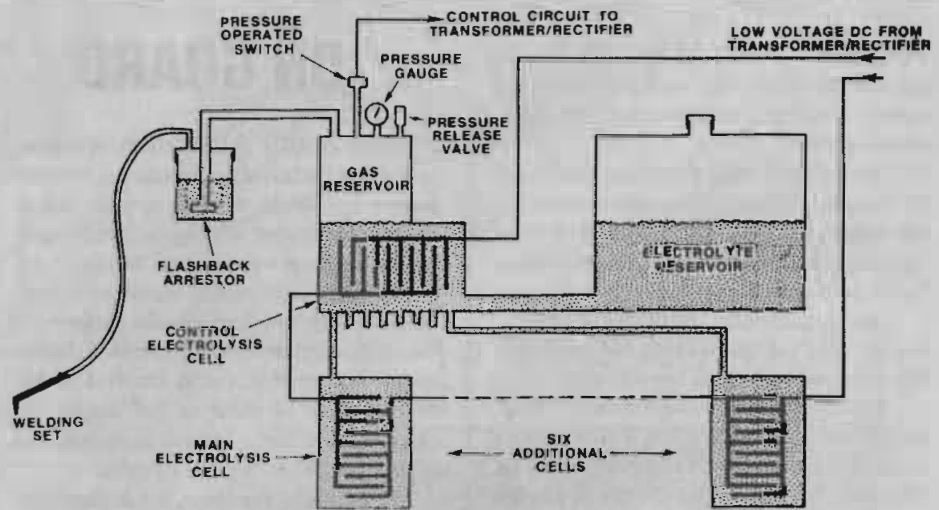
When Brown's gas is burned in a confined space it implodes (bursting inward rather than outward). In a vehicle, atmospheric pressure forces the pistons down into the cylinders to occupy the 99.95% vacuum created by the implosion.

We can scrub all existing power stations which pollute and replace them with clean tidal, solar, and wind energy which create electricity, storing it in the hydrogen and oxygen of Brown's Gas. It can fuel implosion motors for power generation which don't pollute the air and run on atmospheric pressure.

Implosion technology is compatible with a sustainable environment. It's necessary to develop implosion technology to save society and the environment from inevitable destruction by industry based on the explosion of hydrocarbons or nuclear power. An alternative fuel supply has arrived!

One litre of water produces nearly 2000 litres of Brown's gas - according to Yull, a gallon of water will power a car for 1,000 miles even using simple explosion technology - by replacing the carburettor to burn Brown's gas mixed with air. An implosion engine based on Yull's ideas would provide us with inexpensive, almost inexhaustible and non-polluting fuel supplies which can be locally produced using nothing more than water and a small amount of power.

One litre of Brown's Gas burns to produce just half a CC of water, leaving



a 99.95% vacuum! There's no other technology for producing a vacuum of such high purity in such a short time.

Brown's gas can be used for a number of other purposes.

"With Mr Brown's method, he can provide hydrogen power in a hydride form, i.e., the hydrogen is actually absorbed by a 'carrier' and when the polarity of this impregnated 'carrier' is reversed it will give off the hydrogen which is then processed into liquid hydrogen for almost immediate atomisation, in the same manner as jet fuel, prior to entry into the turbine section of the jet engine." - *Australian Aviation and Defence Review*, 1977.

"There's nothing phoney about it. I think Yull Brown is a very brilliant man; there is no doubt he is a pretty terrific inventor. All people who come up with

new things are considered cranks at first.

"I think water can be a very successful fuel for the internal combustion engine; hydrogen cars do run.

"It is not right to say Yull Brown is the first man to compress hydrogen and oxygen together but he has at least found a mechanism for keeping the two together stably without exploding."

- *Professor John Bockris, former Flinders Chemistry Professor and Australian leader in alternative energy and hydrogen power now working in the US*

Yull Brown has floated BEST (Brown's Energy Systems Technology) AUSTRALIA LTD on the second board of the Hobart Stock Exchange to spread his technology. Ethical investment, anyone?

Elmer Griffin

Big Aunty Is Watching You Bad Science Fiction Comes True



A number of new gadgets have made possible the detailed surveillance of populations in ways only dreamed of by the dictators of the past.

A British Kodak electronics engineer has invented a system that uses the *veins in the back of the hand* or wrist to replace signatures and other forms of certification for credit transactions.

Joe Rice invented the device after a co-worker stole his credit cards and went on a buying spree by forging his signature.

The British Technology Group, a technology transfer organisation, is developing a security system called *Veincheck* based on Mr Rice's invention. An electronic camera scans the subcutaneous veins and converts the pattern into digital information for storage in magnetic strips on credit cards or Smartcards.

A vein ID system has been marketed by Eyedentify, a US company, since 1984. The system uses low-intensity light to read the patterns of veins in a person's retina. The "Eyedentification" method is used mainly to control access to high-security buildings and monitor employees and prison inmates.

Mr Rice says a person could program everything they own to function only when activated by a Smartcard that recognises the owner's vein patterns.

The technology can also be easily adapted for use in retail outlets, but the system is at least two years away from the marketplace. Vein patterns are much coarser than fingerprints, and BTG scientists can only say that a person's vein pattern is "probably unique".

- *New York Times*

ON GUARD

Fifteen South Australian prisoners are serving the last of their sentences in home detention - while wearing a wide, black 'electronic wristlet' which is secured by rivets around their wrists. Used widely in the US, the device is part of a computer-controlled system which telephones a prisoner's house at random intervals to check if they're home. The system, called On Guard, has been declined by some on the 'inside' because being at home but still in custody has been described as "mental torture".

When the phone rings, the detainee has 20 seconds to reach the phone, report their presence and verify it by placing their electronic shackle in a unit attached to the telephone. If there's no reply after three random calls, the SA Department of Correctional Services puts out a warrant for their arrest.

"It is designed to give our home detention system, which has a success rate of about 85%, more integrity," said Mr Frank Blevins, SA Minister of Correctional Services.

Sydney Morning Herald

Genetic Fingerprinting

Australia's first criminal trial involving genetic 'fingerprinting' is due in the Tasmanian Supreme Court. Blood samples were taken from 20 suspects for genetic matching during investigations into the murder of a Hobart woman in 1987.

A man has been committed for trial over the murder, and key evidence is alleged to be

available in the form of genetic tests.

Australian courts have yet to decide whether genetic fingerprinting can be accepted as evidence. There are several techniques for matching key patterns in DNA present in blood, skin, semen, saliva and hair.

Legislation which requires that people give blood for matching purposes opens up a range of civil liberties questions. In South Australia, blood can be taken from a person who is in custody but not charged. In Western Australia a medical officer can be directed by a police officer to take blood. The WA Act allows "such force as is reasonably necessary for that purpose". In NSW, the Northern Territory and the ACT, a magistrate's order is required; in Victoria a person's consent must also be given.

SMH

Animal ID

The RSPCA has endorsed a new animal ID system which involves inserting a microchip encoded with an ID number under the skin of an animal - probably in the ear - which can be read by bouncing an electronic impulse off it from a hand-held gun-like machine.

National RSPCA president Hugh Worth said the Society would lobby all State governments to make the system *compulsory* for dog, cat and horse owners within the next two years.

"This society is fed up with being a vacuum cleaner for literally millions of animals every year, especially when so often the animal is lost unnecessarily," he said.

The system has been commercially available for domestic use from several companies for a few months. It was first developed for use on cattle and sheep, and is seen as a stepping-stone to a nationwide cat identification register which could reduce the feral cat population.

The ID tags cost about 60 cents each and last 'for the lifetime of the animal'.

-SMH

Smart Cars

Smart number plate technology will make it possible to measure the road use - and map the routes - of any road vehicle. By placing sensors along the roads and magnetic strips on a vehicle's number plate, all road use can be monitored - and taxed. Traffic lights can also automatically respond to the amount of traffic, speed can be easily monitored and all vehicle movements recorded.

Files Taxed

The Taxation Office appears to be breaking the law by sending confidential tax file numbers to the wrong addresses.

In February, Opposition MP Mr Don Cameron claimed to have five tax file numbers given to him by constituents who received other people's numbers. Mr Cameron said there was nothing to stop people from using the numbers in part-time jobs, and pointed out it was illegal to tell anyone another person's number.

In two cases the Tax Office sent numbers to addresses which were 7 years out of date.

A NSW Privacy Commission report recently tabled in the NSW Parliament said that 1987's tightening of privacy legislation to cover computer records (including Tax File numbers) has not stopped the misuse of private records.

A jilted lover used records from the Department of Motor Transport to firebomb cars and anti-abortionists have used them to trace the addresses of doctors and patients attending clinics. DMT records have also been used by men to find the addresses of attractive women and people anxious to buy rare cars.

Bank, Corporate Affairs and credit bureau records have also been misused, according to the Commission.

Pregnant Pas

Men will be able to become pregnant and carry children to a caesarian birth within two years, according to Sydney gynaecologist Dr Jules Black.

Dr Black, a Fellow of the Royal Australian College of Obstetricians and Gynaecologists, said the first male pregnancy "could occur any time now" and would happen "within the next two years".

If kept away from vital organs the foetus could grow safely for nine months before being surgically removed.

"There are always unscrupulous doctors who would not hesitate to perform such an operation if they had the knowledge," Dr. Black stated late last year.

"Neither is there any shortage of Australian men willing to be part of such a procedure.

"Transsexual couples are crying out to have children of their own and Sydney is the second biggest gay capital in the world."

While the procedure is only "theoretically possible", it has occurred accidentally in women many times in the past and hundreds of abdominal pregnancies have resulted in live births.

Human beings can be cloned now, top nuclear physicist Sir Mark Oliphant reported to a group of scientists at the University of Western Australia in January.

A scientific team in Cambridge, England, have already cloned animals and produced fertile crosses between totally different species, he said.

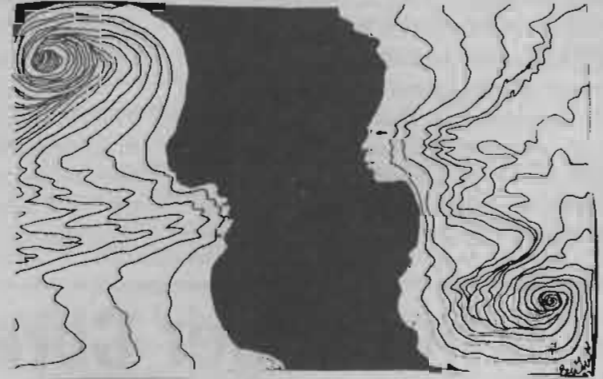
"They have produced a cross between a sheep and a goat using laboratory techniques and have achieved the cloning of animals which are identical, in whatever numbers required.

"What worried me most was the assurance that human beings could be cloned just as easily as cattle or tomatoes," Sir Mark reported.

Advancing technologies "are based on only partial knowledge of the infinite variety and inter-relationship of all life on Earth, and are driven by an insidious disease, monetarism, which has spread throughout the devel-

oped nations."

Embryos can gain nourishment through abdominal tissue and various parts of the body will function as a womb.



Rainbow Power

Nimbin's Rainbow Power Company has developed what has been described as the world's most flexible water-powered generator. The cement-encased unit enables people to run electrical appliances and TV sets with the power from a garden hose.

"We are targeting remote areas in Australia and South East Asia where water is in abundant supply but electricity is not," said engineer Karl McLaughlin.

"Here it costs up to \$10,000 for farmers to have mains power put on but our units sell for only \$1,500," he said.

"It also allows people to be more self-sufficient and not to have to worry about electricity bills. But it's no good for city people because having water continually running is illegal."

Fungus Transforms Pollutants

A fungus has been developed which decomposes a wide range of poisons by a team of scientists from La Trobe University in Melbourne. The fungus destroys dangerous chemicals including DDT, dioxin and lindane.

The head of the La Trobe team, Professor John Waid, said trials to test environmental safety of the procedures are underway in the US and it was hoped the method would gain approval there in the near future.

The process, involving a species of fungus which causes white rot in wood, can clean up polychlorinated biphenyls (PCBs) and organochlorines, some of the worst pollutants in the industrialised world.

Taking Liberties

Anyone found with any amount of marihuana in South Wales now faces a maximum penalty of 10 years jail or a \$200,000 fine, under a new Supreme Court interpretation of NSW law.

In an appeal in late February, Justice Enderby ruled that a magistrate was correct in convicting a 24-year old man of *soliciting or inciting another to supply him with a prohibited drug*.

In addition to a possession charge - which carries a maximum penalty of two years jail or a \$2,000 fine (up to 25 grams) - anyone found with marihuana or any prohibited drug is now considered as responsible for a transaction as the person who sold it to them.

In a recent statement the Law Council of Australia said that the crackdown on organised crime has shifted the burden of proof to the accused and increased police powers in areas of privacy, search and seizure and use of listening devices. This case is a precedent which makes all smokers of marihuana - estimated by the Bureau of Statistics and others to be 31% of the population - vulnerable to selective (or random) victimisation.

There are half a million regular smokers in NSW.

After charging the 24 year old man, one of the arresting officers said, "I couldn't tell you what offence he had committed, but it was clear that something was going on."

In December last year the Law Council, representing Australia's barristers and solicitors, called for the legalisation of marihuana and a move away from law enforcement as a means of controlling drug use in general.

Head of the Law Council's criminal law section Mr Brian Donovan, QC, said increasing penalties for drug offences had failed - "and we have to face that fact."

The Council points out that the problems arising from alcohol and tobacco were worse than those caused by illegal drugs.

In a recent survey of the Hunter region in NSW, 99% of drug-related deaths were found to be caused by alcohol and tobacco.

A government poll in 1986 found that 77% of Australians surveyed were in favour of decriminalising marihuana. 31% had tried the drug and a further 16% said they would try it if it were offered to them. 10% were regular users.

SMH

'Skin Cancer Cure' Claim

A cream being marketed as a "safe and painless cure for skin cancer which produces no side-effects" has gone on sale over the counter in chemists. Developed from a plant used by Queensland farmers to stop the growth of cancers in cattle, the marketers of Curaderm say the cream will totally heal sunspots and several common forms of skin cancer.

Their claims follow clinical trials on 200 sunspots, squamous cell and basal cell carcinomas in which they cite a 100% success rate.



Dr Bill Cham, chief professional officer in the University of Queensland's department of medicine, spent 10 years developing the "secret ingredient" from the Devil's Apple plant, found on Australia's east coast. Dr Cham first learned of the plant from a veterinarian friend who learned it from an old farmer.

"I did some research and found the Devil's Apple contained a large quantity of glycoalcaloid and have had amazing success in clinical trials on skin cancers in humans."

Dr Cham said that after four weeks of treatment every skin cancer studied was completely healed while patients treated with a placebo cream for eight weeks showed no improvement.

Mr John Lumby, deputy chief pharmacist for the NSW Department of Health says the evidence is "not sufficient so far as we are concerned", and claims of cancer cure are forbidden.

RADIOACTIVE JUMBOS

Amid all the news about commercial jets falling out of the sky recently, one detail slipped through almost unnoticed.

Pan Am Flight 103 - which crashed in Scotland on December 21st last year killing more than 260 people - exposed a disturbing fact; it contained 430kg of depleted uranium, used as a counterweight in five hundred and fifty Boeing 747s!

A Boeing spokesperson said that a health scare was unwarranted as the uranium would be harmful only if it oxidised in a four-hour fire and was released into the atmosphere.

Washington physicist Robert Parker disagreed, citing a letter he wrote to Boeing (which was published in *Nature* on December 22nd) in which he said that the uranium is "harmless when a plane is in normal operation, but should it crash and should there be a fire, called a pool fire, the uranium can be oxidised" and released into the atmosphere.

Boeing used the uranium as ballast until it found a cheap, reliable source of tungsten.

How many times have Jumbos crashed causing a 'pool fire'?



Mammoth Boomerang

Polish archaeologists recently unearthed a 23,000 year old crescent-shaped boomerang in a cave near Krakow. Closely resembling its Australian counterpart, it is carved from a mammoth tusk and is older than any other known; the oldest Australian boomerang is only around 1,000 years old.

Reuter

Koori Kids Deafened

Almost all Aboriginal children over 12 months old in the Northern Territory have defective hearing, according to a new health study.

Damaged eardrums and a middle-ear disease, which cause permanent hearing loss, are having a bad impact on their ability to learn and communicate, according to the Darwin-based Menzies School of Health Research study.

"The disease is so widespread and starts so early in life that Aborigines rarely recognise it is a problem, but it can have a serious impact on a child's early education," the N.T. Minister for Health, Don Dale, said in February.

This is only the latest in a series of reports documenting these and other health problems among Koori children. Yet researchers still do not know the cause of the middle-ear infection in Aboriginal communities and suspect it may be associated with chlamydia. The NT is appointing a doctor to the NT Department of Health and Community Services to co-ordinate ear health programs around the territory.

Tree Eaters

Native eucalypts are threatened as never before throughout Australian grazing and farming lands. Die-back is spreading through vast areas and according to some scientists will occur on a disastrous scale over the next two years without widespread action by landowners, conservationists and governments.

Die-back is the defoliation and death of trees caused by a host of factors including leaf-eating beetles and moths, soil-borne fungi and damage by cattle and other animals. Thinned (logged) forest is susceptible to die-back, particularly where the land and ecosystem have been degraded by cattle.

This tree loss contributes to salinity and soil erosion, now widely recognised as the greatest danger facing the nation. Generations have allowed the soil to wash away and now desertification is spreading at an alarming rate, while productivity is dropping away with the last few inches of topsoil.

Late last year the NSW Legislative Assembly passed a Soil Conservation Bill which actually *increases* exemptions from the need to get a permit to destroy or damage trees on land protected for soil conservation.

"The passing of this legislation to allow exemptions could open the floodgates of tree-clearing in our agricultural lands at a time when there is so much concern about soil erosion and loss of native habitat," said Jeff Angel, Assistant Director of the Total Environment Centre (Sydney).

The Bill also abolishes the Soil Conservation Advisory Council, which was appointed by the previous government. (See *Permaculture - Renewing the Planet* (next page for Bill Mollison's view on these problems and their solutions).

Ex Why Entropy?

The ability of parents to choose the sex of their offspring could lead to a total imbalance in the sexes - and deep social change.

105 boys are born for every 100 girls in North America and Europe today, according to a study by Dr Owen Lloyd and colleagues at the Department of Community Medicine at Ninewells Hospital in Dundee, Britain.

"In China, where the government is encouraging families with one child, the sex ratio is rising to over 115. That's perhaps because of infanticide of girls," the authors reported in December. Hong Kong has a ratio of 109, Greece 113 and Korea and Gambia 116.

"Recently, Asian women have been reported to abort female foetuses because of dowry problems. About 78,000 female foetuses were aborted in India between 1978 and 1982.

"Pre-selection for conception is becoming possible and gender choice has been produced by a pharmaceutical firm in America."

The British Medical Journal

LUCK AT LUXOR

A cache of ancient statues has been found by chance amid the ruins of Luxor in Egypt.

Five life-sized black granite figures dating back at least 3,000 years were unearthed, in what has been claimed as possibly "the most important find since early this century," according to Egyptian Culture Minister Farouk Hosni.

"All are in perfect condition. They should complete the missing link in ancient history," he announced optimistically.

AP

Hormonal Hibernation

Blood plasma has been removed from a black bear by a Canadian scientist and injected into a squirrel in summer to plunge it into a deep sleep.

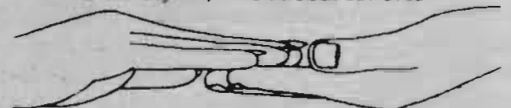
Naturalist Wayne Lynch of Calgary has been trying to find a chemical trigger which induces hibernation. Other scientists have used transfusions from hibernating animals to slow the heartbeat and lower the blood temperature of rats.

The experiments suggest that a hormone-like substance may be responsible for hibernation.

If the chemical/s responsible can be isolated, they may be used to put astronauts to sleep for long space voyages - and wake them again weeks or months later.

AFP/Canadian Geographic

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Permaculture

Permaculture creates living systems using co-operation with nature and each other. It designs practical rural or urban environments using the diversity, stability and resilience of natural ecosystems, empowering people to be part of real solutions.

NEXUS interviews Permaculture pioneer Bill Mollison.

Nexus: You've been working with permaculture for a long time now.

Bill Mollison: Yes, an unconscionably long time - about fourteen or fifteen years.

N: How would you describe the aims of Permaculture?

BM: Oh, they change all the time. We've achieved a lot of aims in that we've set up a good educational system and design; that was an early aim. One success is we've generated more teachers - although we're very short of teachers - who are teaching in their own languages in their own countries.

The aims keep on changing and our current aim is to become *developers*, to purchase and develop properties or villages and to have the developmental capital for that. I guess we'll get there too - we seem to achieve our aims. That's the worst part of success - where do you go from there?

"...we can build a village in the desert that provides itself with water"

N: So how does Permaculture development differ from normal development?

BM: We bring all the sustainable forms of development in - a village we'd develop would contain more than sufficient food and would catch all its own water from rainwater, in filtration tanks. If we were very lucky we could also have a supply from a stream. But if not we can build a village in the desert that can provide itself with water.

Then the houses are largely self-energised by the design of the building for space, heating and cooling, either by use of a small amount of solar power in each house or by some other form of power. For instance, if we had a little stream we'd simply put in a small hydro system, so that the need for people to earn would be sharply reduced. The average family today spends 46% of its earnings on food and 19% on energy. We think we can cut down on individual expense by 70-80% - which frees up a lot of capital. In fact, in Brazil we found if we could provide houses

with gardens, people could own them in five years. But if we didn't, they would *never* own them because the interest kept beating them.

So the difference in having your food supply and therefore half your income available is great. The Permaculture village also has proper disposal of wastes plus its own banking system that is all recycled back, first to the village and second as priorities to other villages or groups. It would have its own education system, its own schools, child-minding centres - like the libraries and all the education training going on here in modern suburbia. And its own small market and commercial centres and light industrial area.

N: What size population are you looking at?

BM: Well, for full employment within the village structure, at a thousand people or slightly larger everybody would be employed in the village. Maybe as many as 30% or 40% percent of people would work 'location-free' - people who write books or are in service to the outside as consultants, for instance. You could bike or walk to work and the amount of transport needed would be tiny and could be provided by a small delivery service plus a truck for trade and a little local taxi service.



N: How long would it take - from scratch - to get to self-sufficiency and surplus?

BM: Well, if you go on data from California - about three years after you start you're about 80% sufficient in food. After that it gets a bit embarrassing - there are a lot of

Renewing the Planet

signs along the footpath saying, "Please pick the fruit". So there are surpluses occurring over different seasons after the third year. So three to six years - after six years you're into heavy yields.

At one site I had almost a tonne of almonds off the trees this year. I've been going back there for six years, since the inception, and it's remarkable now how much food is coming out of the system. It's a medium-density town which provides all its own food. They still go out and buy things like fish and chips - but if they were cut off, they could supply anything.

The kids love it - there's just parkways and walkways - there's no through roads and it's very quiet and safe, and the capital gain on the housing has been enormous. A house there is now worth two to three times what it was worth six years ago and there's a waiting list for vacancies. So these developments that use very low energy expenditures and high self-reliance are very much in demand.

N: People can see how it's relatively easy to achieve self-sufficiency in the country, but how would you do it in the suburbs?

BM: There are people who do it. The very first design that I ever did in 1975 was in the industrial suburb of Thornbury, Melbourne. There was a small group of people who slowly bought up a city block as it became available. They had houses touching each other along the back, so they took down a lot of the fences and they put in a wood workshop, metal workshop, pottery and children's house, which was an old garage. They closed off a couple of lanes and had chickens, ducks and all their fruit. They spent \$7 per person per month. So \$84 a year covered their food.

Regreening the City

Slowly, they went to work on the houses - adding little glass houses and cool houses to bring cold draught in the heat - and efficient heating systems. But that's by remaking poorly designed houses. It's been in continuous evolution since 1975. It's a nice little jungle.

N: So you'd be looking at a city block size.

BM: Yes; well you can work on two blocks. If you have an association of friends who live in the city and all agree to move into a district as any house becomes available - sell where

you are, buy there - you can do it.

They did another strange thing in Thornbury. They pooled all their money into a single bank account and they all carry a cheque book and see how little money they can write every month. I think the surplus is as high as \$8-9,000 dollars a month. It provides for everybody, plus that surplus. They support two of their number in service to an Aboriginal settlement and pay them a wage to stay there and pay the fees for anybody who wants to go to university to improve their education - people are able to take another two or three years training as adults.

They have a very large capital surplus and bought a little farm in Gippsland and a coastal patch of land down in Bass Strait on one of the islands, so they have a holiday place. Because of this big saving in food, energy and travel and also by pooling income, they achieve a surplus of capital while they work on a lot of projects.

N: You've worked with Aboriginal communities yourself.

BM: My work with Aboriginal communities was chiefly through the Aboriginal section of T.A.F.E. in South Australia. S.A. has a lot of Aboriginal communities, from the Bight at Ceduna right up to Oodnadatta and there are four or five tribal groups.

We've seen a lot of trees and a lot of food go in to each settlement we worked with. We set up a city farm and city training programs and at one stage we were putting 12 backyards a week into urban Aboriginal households. It made tremendous difference both to the monetary position of Aboriginal groups and to their health. Some of them have been able to give up their diabetic tools once they got onto fresh fruit and vegetables.

That's been a good time, we've always enjoyed the work, although at first it was very slow to take off. But after a few years everybody trusted us and we were welcome everywhere - we didn't have to rebuild that trust in each settlement.

N: Has that been the case overseas where you've been working?

BM: In American Indian groups, yes. I started with the Paiute nation, and some Hopi came in - and I've worked since with the Papago or Sand People in the Sonora desert and with the Cherokee people on their reservations. We've had a lot of fun.

N: Are you mainly using plants that are native to land that you're working with?

BM: With the Papago we're working with plants that they actually developed. They developed beans and all your chiles and peppers and a lot of desert species - cat's claw and all sorts of special plants - so they're a great agricultural people. They still grow their traditional crops. The Paiute still plant

their rice-grass out on the Dunes, that's their main grass. And they're experts.

Sometimes we bring in new crops, certainly. But sometimes we're working with people who are the originators of the crops. Sunflowers, Jerusalem artichokes, beans, peppers and chiles all originated in these peoples, particularly the Papago group.

"They have a very ancient agriculture down there, five or six thousand years old, older than the earliest Egyptian records..."

N: So you've been learning a lot about cultivation from them directly?

BM: Yes, by their traditional methods and we've been looking a lot more closely at the archaeology of them who were the precursors of the Papago. I worked in Geronimo's country, with the Chiricahuas, but they're sadly all gone now, and the Chiricahuas are resettled now over in Florida. Geronimo resisted occupation and moved the whole of his tribe away from the ancestral grounds. But you can find traces of their agriculture in the Chiricahuas.

N: How do you get clear water in arid areas?

BM: Well, there are various methods. There are very sophisticated runoff systems to

bring the flood water from the washes out into the fields and they're very ancient and very skilled in their construction. Then just before the fields, at the bottom of the waddies, or the sandbanks - or the arroyos, as we say there - they dig wells. Above the wells are actually water filled pans too, at flood time.

But in the really dry period, everyone traditionally leaves the desert and goes into the mountain foothills to the permanent springs. Then you hang out up in the foothills and collect your pine nuts and deer and all. And when the rains come back you go to your fields in the centre of the desert. That's the Sand Indians.

The same Pima group as the Papago live along the river and they have water all the time, so they water their beds

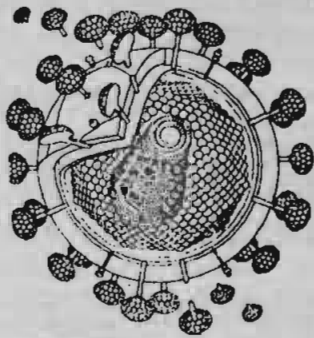
from the river. They have pretty intricate systems of floodwater-trapping with little fences and mounds, so the floods come up, flood the fields, leave the silt - almost like the old Egyptian culture. They have a very ancient agriculture down there, five or six thousand years old, older than the earliest Egyptian records.

It's amazing how far they took agriculture. You go up steep ravines into the hills and there'll be thousands of little stone-walled fields in which they grew agave - and a special agave only found in those fields, there are no wild ones like it. They trim it all off until it looks a bit like a short pineapple and then they pile tonnes of it into pits and cook it; hot stone pits.

There were thousands and thousands of people there with a pretty sophisticated agricultural base. Since white Americans overran most of that country the Indians are now penned into much smaller and poorer reservations and they can't leave the desert for the hill country.

Continues Over

AIDS: The Real Story



As regular readers of ANY publication will know, a massive amount of information is printed about AIDS. NEXUS researchers have been sifting this mass for quite some time, and many anomalous features of the spread of AIDS came to our attention - so many that we were led to months of research in biomedical libraries to sort fact from fallacy and downright misinformation.

What we discovered has placed a whole new complexion on the nature of AIDS (Acquired Immuno-Deficiency Syndrome) and HIV (Human Immuno-deficiency Virus). We found so much, in fact, that it doesn't fit in NEXUS - so we've printed a NEXUS Supplement in our usual format to present the startling facts uncovered by other researchers and ourselves.

Called *AIDS - The Real Story*, it tells you all the facts - from the World Health Organization, Government Health departments and reputable scientific journals - which paint a very different picture of the spread of AIDS to that which we are normally shown.

Separated into easily-understood sections including *The Heterosexual Myth*, *The Virus Engineers* and *Aids in Africa*, fully referenced and rounded out with a clear Glossography, *AIDS - The Real Story* shows how media hype and scientific misinformation has helped cover up the probable source of AIDS and divert research from the most promising areas of exploration.

It also clearly illustrates why there's no need to panic, and how AIDS is *not* spreading heterosexually.

AIDS - The Real Story is a truly in-depth presentation of the facts behind AIDS, cancer research and presents an overview of what may yet be the tip of a biological iceberg.

If you have trouble finding copies in newsagents or health food stores, this supplement is available direct from NEXUS - see the back inside cover of this issue for details.

It's interesting working with each Indian group and they're very hospitable, put on little ceremonies for me and do sweat lodges, dust me down with eagle feathers and have little chants. They really have a lot of good times and tell a lot of stories - and jokes.

N: Do these deserts still retain their original gene stocks because they've remained in the hands of native people?

BM: No. The Sonora desert and all that area was a great prairie with huge herds of animals on it. In 1880 the first of the Texan herds reached the Sonora and they wiped off the prairie. By 1890 the first gulches and arroyos had cut into the grassland and it drained the waterable down so there's no more prairie. In those days there were huge trees in the river valley, two or three feet through, but now all the cattle and horses have to eat is mesquite. They went and took cattle up onto this dried-out landscape. So now you have a sand plain with shrub mesquite.

Originally it was a densely forested area with a lot of beaver, streams, huge cottonwoods - that was only in 1880. And cattle have reduced it to a cactus desert today. The cattle alone have done that.

N: Do you think cattle have caused the same problems in Australia?

BM: Since their presence here - yes, most definitely - it's made our desert land very arid, and eventually it will become just a sand dune desert. You can see it happening with increasing rapidity.

N: How do you turn it around, aside from taking cattle and other hard-footed animals off the land?

BM: Ah, well how are you going to take the graziers out of Parliament? I mean, only 4% of our beef comes off the deserts. It's an insignificant amount of beef, but to get that small amount we're destroying thousands of square miles of landscape and it's an obvious immorality that its yields before cattle were enormous - and the yields now are ridiculously small.

N: If you remove the cattle, how do you go about regenerating the land?

BM: You make sausages from stones all wrapped up in wire - very heavy ones - and you build them in place across the valleys, so the sand builds up behind them up to the old level. You have to start putting swales across the country - contour drains about thirty feet wide - they catch runoff. And then you start replanting the swales and it's tedious and painful work but the results are pretty spectacular. You can bring back some of the old grasses at that point so you get a prairie and tree effect and you can start to plant cottonwoods behind the covered stone 'sausages'. But it's all hard work once you've gone downhill.

I very much admire the Papago Indians. They're using all these techniques to return the land to some kind of health.

N: You seem to continually be drawn to arid lands.

BM: I tend to be. I told the people at Alice Springs, "Why send for me? I'm a Tasmanian - I don't know anything about the desert." But by observing I started to learn how to use the desert. Over a decade ago we started to learn how to direct and absorb water and studied the work of the Israelis. We've become good at deserts. We like deserts. We think they're great places to grow.

Water Harvesting

The way to grow in deserts is by *water harvesting*. Say you're getting an average of 15 inches of rain per year, then half of that, 7 inches, falls only 13% of the rain days and the whole 15 inches over only 34 rain days. You only get 4 days of heavy rain and during those 4 days half the rain will fall. But if you can find a rock shelf, you can store water. Every hundred feet or so you store a shelf of water 20 feet wide with a bank about a foot high on the outside. All the hundred feet of runoff will fill that shelf - you can absorb 47 inches in it. And in that you can grow big orchard trees on contour strips, or swales, for miles.

You can grow trees which require forty inches of rain in a 15 inch rainfall area - and we can do that down to 4 inches of rain. It's quite productive with an average rainfall of 20 inches.

N: Do the trees help hold the moisture as well?

BM: Yes. After the swales age there's a noticeable leaf litter catch washing off the desert above into these little strips. Then slowly you'll see deep rich chocolate soils developing and you can sit in the swales picking up humus. Soil that smells like a compost heap.

Every bit of animal manure is washed across the desert and into the swale, every leaf, every stick. And the trees in the swale drop their leaves, so the soil becomes very rich very quickly. After a while the trees produce more rain because they transpire and by increasing the number of swales you could turn the desert back to humid forest in a relatively short time, as little as twenty years.

If we can hold back the graziers who want it all to be beef and lamb.

R. Ayana

Anyone interested in Permaculture should contact the EPICENTRE - Permaculture International, 113 Enmore Rd, Enmore 2042 Ph (02) 51 2175

Smart Bugs

Bacteria which survived in the frozen corpses of Arctic explorers for 140 years have been found to be resistant to modern antibiotics.

The bacteria were found lying dormant in the tissues of British seamen William Braine and John Hartnell, who died during a failed attempt to find a Northwest Passage in Canada in 1848. Their resistance to modern antibiotics - with which they have had no contact - calls into question the theory that resistance to antibiotics is caused only by 'random selection'.

Dr Kinga Kowalewska-Grochowska of Alberta University in Edmonton recently suggested that this resistance may be induced by the body's reaction to heavy metals (as the bodies of the explorers contained high levels of lead from lead-soldered food tins).

It's also possible that this is evidence for so-called morphogenetic field effects described by biologist Rupert Sheldrake, in which genetically-related forms seem to learn from their relative's experiences - a possible explanation for instinctual learning, 'selective' evolution and much more.

Deliberate Evolution

New studies appear to sharply contradict accepted ideas about evolution and random genetic mutation.

Two research groups have independently found that some bacteria seem to be able to recognise environmental changes and choose or create specific mutations which will be of the most use to them, passing these traits on to later generations; the bacteria seem to be directing their own evolution.

"The evolutionary implications are very important because they will change our views of how mutations arise and how micro-organisms evolved into more complex creatures," said molecular biologist Barry Hall of the University of Connecticut, a member of one of the two research groups.

"It would be a great leap of belief to say that something like this could operate in more complex organisms," said Harvard School of Public Health Professor John Cairns, who published his report in *Nature* last year. But his own findings require a 'great leap of belief' for most biologists.

Prof. Cairns' group studied an intestinal bacteria called *Escherichia coli* (*E. coli*) that had been genetically altered so it couldn't use lactose as an energy source. Standard theory



indicates that if these bacteria are placed in a culture containing other sugars, a very small number will mutate during replication and re-learn the ability to digest lactose.

If they're placed in a growth medium containing only lactose they should remain alive without replicating - and with little chance to reacquire the ability by mutation - or so goes the theory.

But Prof Cairns noticed that his bacteria replicated rapidly in a lactose environment, showing that significant numbers of them had learned how to digest lactose - yet he noted that the overall mutation rate had *not* increased.

Two other experiments involving different types of mutations achieved the same results.

Mr Hall's research involved the study of two different mutations - one of which occurs infrequently in *E. coli* and another which occurs so rarely it's never observed in the laboratory. He had similar results.

"The mutations occur, or occur more frequently, only when they are of benefit to the cell," Mr Hall said - a surprising find that redolent of the theories of 18th century pioneer biologist Jean-Baptiste Lamarck, who argued that acquired traits could be passed on to progeny - and that the majority of mutations were favourable, not random.

Neither of the two studies show any evidence to indicate how the mutations are occurring.

Woollongong University biologist Dr Ted Steele argues that he was the first to recognise and publish a mechanism by which living things might evolve "deliberately", changing their genetic code during their lifetimes in response to environmental pressures. His ideas, first published in 1980, seemed heresy to neo-Darwinists and were largely ignored.

Nature, Los Angeles Times

AIDS Myths Dispelled

After all the publicity governments and researchers have given to the need for heterosexuals to engage only in 'safe sex' to stop the spread of AIDS, much of the research which initially appeared to show that AIDS was spreading heterosexually (vaginally or orally) has now been refuted. This fact isn't yet widely known.

"I wouldn't be worried at all," eminent virologist Peter H. Duesberg (considered the micro-biologist who knows more about retro-viruses - the group to which the HIV organism belongs - than any other; see last issue) said earlier this year.

"The virus has been around for eight years in a country with more than 200 million people and not even 1,000 women have got the disease. Whatever's causing the disease, it's not easy to get. I might wear a condom to avoid other diseases but not for AIDS.

"Well, maybe if I wanted to have anal intercourse with a prostitute in Port-au-Prince..." he said.

Anastasia Lekatsas, ex-co-ordinator of investigations for the AIDS Surveillance Unit of the New York City Department of Health, followed up reports of heterosexual spread of AIDS for years. By careful investigation and questioning of patients, their friends and relatives she found that many patients had lied on the standard questionnaires (used to compile statistics on AIDS) - that many 'heterosexual' cases had, in fact, belonged to high-risk groups.

The proportion of New York City's 15,000 cases with no identified risk factors has remained at half a percent - just 85 cases, including only 8 men who claim to have caught the disease from a woman. Lekatsas believes almost all of these are lying, but unlike the scores of other cases she has confirmed to be non-heterosexual she can find no proof. For over two years there's been no increase in infection rate among US military recruits or blood donors. The rate of infection is dropping among gay men and may be leveling off among drug users.

AIDS is not a 'gay plague', nor in fact a plague at all. Virtually the only ways to get HIV/AIDS are by intravenous drug use (with infected needles) or anal sex, heterosexual or homosexual - and the receptive partner is at far more risk.

See also *AIDS - The Real Story* (order form on back page) and *Rolling Stone Feb. 1989*

New AIDS Treatment

According to independent studies in Europe and the US, there is a simple, effective, inexpensive and effective way to treat yourself if you have AIDS.

Several dozen AIDS patients have apparently gone into remission using various forms of oxygen therapy, in which their blood is hyper-oxygenated to destroy the HIV virus' outer coating without damaging other tissues.

The AIDS virus doesn't seem to tolerate high levels of oxygen in the bloodstream. Ozone simply oxidises the molecules in the shell of the virus and other organisms associated with herpes, hepatitis B, Epstein Barr disease and cancer.

One method, used by Dr Horst Kief in West Germany, draws a patient's blood, infuses it with ozone (produced by forcing oxygen through a tube carrying a 300-volt charge) and returns it to the patient at regular intervals until the virus is gone.¹ The ozone molecules dissolve into the blood, liberating their third atom and destroying all lipid-envelope (fatty-coated) viruses and other disease forms, apparently leaving blood cells unharmed. Other West German physicians have achieved similar results.

The Medizone Company of New York has undertaken controlled studies required for this treatment to be approved in the USA.² Medizone was granted US Patent #4,632,980 in December 1986 for "inactivating lipid-envelope viruses in blood that is returned to a mammalian host." Investment analysts writing in *Confidential: Report from Zurich, Penny Stock Insider* and *Low-Priced Stock Edition* have urged their readers to buy stocks in Medizone.

Independent studies have also reported ozone therapy to be effective against cancer, leukaemia, arthritis, coronary heart disease, arterial circulation problems and other diseases.

Self-Treatment

Similar results can reportedly be achieved by using hydrogen peroxide (H_2O_2), which ozone (O_3) forms on contact with water (H_2O). It is the only germinal agent composed only of water and oxygen. H_2O_2 also destroys disease-associated organisms by oxidising them as it spreads through the body's tissues.

Self-treatment with hydrogen peroxide is possible - but use Food Grade or Re-agent H_2O_2 (35%, harmful if not diluted) as this is the purest form easily available. It can be taken orally diluted with water to 1/200 or less, or absorbed through the skin by bathing in it (anywhere from 1-8 pints of 35% H_2O_2 in a half-full standard bathtub).³

Adding seven drops of 35% H_2O_2 to a gallon of drinking water and shaking well purifies it germicidally. Cancerous cells, being anaerobic, can also be destroyed by hydrogen peroxide. Low levels of oxygen and energy tend to occur where cancer is present and vice-versa. H_2O_2 can also be infused directly into the blood if diluted from .075% to .15%.

It's more than possible that the body's immune system begins to break down as oxygen levels are lowered - by lack of exercise, shallow breathing or lack of environmental oxygen. These may be simple solutions to many of the diseases with which humanity has afflicted itself.

Thanks to *Waves Forest*, Box 768, Monterey Ca 93942, USA (send \$2 for 12 page report) and *Australasian Health & Healing* (see Conexions)

1 Dr Kief can be reached through Biozon Ozon-TechNIK GmbH, An Der Huane #10, Bad Hersfeld, D-6430, Federal Republic of Germany
2 Medizone, 123 E 54th St, Ste 2B, N.Y., N.Y. 10022, USA. Phone 212-421-0303

3 For extensive references on internal H_2O_2 use contact Walter Grotz, Box 126, Delano MN 55328, USA. Phone 612-972-2144. Send \$1 plus post for a progress report. Also Father Richard Wilhelm, Box 18, Union Rd, California, KY 41007, USA. Phone 606-635-9297. They have located over 4,000 peer-reviewed medical articles on H_2O_2 applications.

Eastern Forests Threat

Approval has been given for 'selective logging' of the Blackbutt Plateau area inland from Byron Bay. The area, nominated for inclusion on the National Estate Register, contains sections of subtropical rainforests and significant stands of unlogged blackbutt - some of these trees are over 800 years old. Blackbutt Plateau was the scene of a protracted environmental dispute several years ago and was 'sat upon' by the previous Labor state government. The new government has reopened the issue.

Another area under threat is North Washpool in northern NSW - 7,000ha of wilderness, about one-fifth of which is rainforest and which contains the world's largest forest of coachwood. The Forestry Commission intends logging the rainforest for plywood despite a nomination by the NSW Wilderness Society for protection under the Wilderness Act. This allows the Environment Minister to apply an interim protection order to a nominated area - but Environment Minister Tim Moore refused to apply such an order to the Washpool area.

South-East For Rest

The NSW Government is currently battling the environment on several fronts. Foremost is the confrontation over the Tantawangalo and Coolangubra Forests in south-east NSW.

Residents and conservationists are fighting to protect 100,000 hectares from clear-felling over the next 20 years - an ecological disaster for these areas, some of which are among the last complete, ancient wilderness areas in NSW.

An Environmental Impact Statement for the Forestry Commission recommends harvesting 95% of Coolangubra and 80% of Tantawangalo for woodchipping. Both forests are on the Interim List of the Register of the National Estate and contain areas of wilderness that have never had human contact.

Jeff Angel of the Total Environment Centre estimates that up to 10 million trees could be destroyed in the next 15 years. These south-east forests contain habitats for a multitude of small animals which don't develop until the forest is mature - after 80 years or more.

New State Natural Resources Minister Ian Causley has given an unequivocal commitment to supply 'timber' to Eden's export woodchip industry (and Japanese company Harris Daishowa) for the next 20 years.

Dolphins Save Boy

A young surfer survived an encounter with a four metre long shark thanks to the help of a pod of dolphins.

"The shark had knocked me off the board and then came back and bit me on the right side," said 17-year old schoolboy Adam Maguire while recovering in Lismore Hospital in January. He was surfing at Halftide Beach when the shark attacked.

"It came back for another go and I managed to push it off with my hand. Then the dolphins started thrashing round in the water and they just seemed to chase the shark off. The dolphins definitely saved my life.

"They seemed to be chasing the shark away and kept it at bay while I had a chance to get back to shore." He was helped to shore by two friends before collapsing.

The shark left a 30cm wide gash in Adam's side and a hole in his surfboard 30cm wide and 15cm deep.

Beach Water Toxic

Sydney is finally noticing it's swimming in sewage. The Water Board and State Pollution Control Commission (SPCC) have buried various reports on toxic pollution on Sydney beaches.

For three years fishermen have been noting malformed and sick fish around coastal sewage outfalls. David Hyde, scientific chairman of Australia's Underwater Foundation became alarmed last September and wrote to the SPCC reporting that the physical form of some marine life appeared to be changing.

"People are being poisoned," said a senior SPCC official in early March. "And the problem is that [they] are being poisoned in the long-term so they don't realise what is happening to them."

Thousands of tonnes of highly toxic sewage sludge and industrial pollutants are discharged into Sydney waters by the Water Board each year. Yet in late 1987 the NSW Public Works Department helped the Water Board block new safety standards for ocean discharge because the new \$350 million ocean outfalls, due to open in 1992, won't comply with them. The board also suppressed one of its own reports which showed that fish around Malabar contained 122 times the safe level of organochlorine pesticides.

Research into grease problems with the new outfalls was never conducted.

"It was then regarded as purely a hydraulic dispersion problem. I don't think anyone even considered what would happen to the oils and fats," said Terry Schulz, who is now conducting the research.

Neither the board nor the SPCC even bothered monitoring the sea off Sydney for viruses until a few months ago; their survey showed that potentially dangerous viruses including meningitis and hepatitis are present.

See Biosphere This Issue

North Gets Theirs

The hole in the ozone layer over the Antarctic spread rapidly this spring and summer, reaching across southern Australia and New Zealand. The Antarctic hole grew to the size of North America and in some places ozone was depleted by 95%. Last summer the ozone over southern cities was severely depleted - by 12% for three days over Melbourne. By next summer the weather bureau hopes to be able to give satellite-generated updates on the state of the ozone layer in daily forecasts.

Skin cancer rates are already rising across Australia. US scientists believe that for every 1% reduction in global ozone there will be at least hundreds of thousands of new cases each year. Up to 25% of people tested in random surveys by the Queensland Cancer Fund in the south-east of the state last summer had suspected skin cancers and melanomas. 30-40% of people had suspected skin cancer or sunspots.

A NASA and British Meteorological Office team recently returned from the Arctic with news of an ozone hole there and the European Community has decided to ban all CFCs by the year 2000. In Australia, sales of CFC-propelled aerosols actually rose by 3% last year.

Conferences are being hurriedly called to alter the Montreal International Protocol, which actually commits us to an increase in global ozone by the year 2000 (see NEXUS #4).

Wear a hat and buy some dark glasses.

See Previous Issues - Reuter, AP, SMH

NO SWIMMING OR FISHING

Sydney's new ocean outfalls could make all the fish along the NSW coast unsafe to eat, according to Ron Snape, an ex-Water Board biologist now working with the NSW Professional Fisherman Association.

Mr Snape said the dumping of sewage and chemical waste 4km out to sea will spread pollution up and down the coast and poison fishing grounds with heavy metals.

"It's a cosmetic solution designed to keep the problem out of sight and out of mind," he said in February. Mr Snape, from Narooma on the South Coast, said his own research concerning mercury pollution - in which he found up to six times the safe level in fish taken at Malabar for the board in the late 1970s - was edited and shelved by the Water Board. He was told not to continue with heavy metal testing.

"The Water Board is doing very bad biology," he said.

He was testing fish that fed directly from worms and weeds in sewage-affected areas and points out that marine life further up the food chain would contain far higher levels.

There are many alternatives to ocean dumping which can recycle wastes and make money at the same time, if the public and industry stop dumping poisons down drains.

Recycle Yourself

We need to recycle more of our wastes. According to a Metropolitan Waste Disposal Authority report, N.S.W. households throw out 1.7 million tonnes of garbage each year; about 800,000 tonnes are recycled. At least 432,000 tonnes more could be recovered except for high recycling costs and low public motivation.

The garbage consists of about 40% organic food and garden waste; 24% paper; 14% glass; 8% metals and 9% plastics (5% misc). 80% of this is recyclable.

No Beaches In Sight

Sydney Harbour is unsafe for swimming 62% of the time after rain and 36% of the time in dry weather, according to a study by former N.S.W. Health Dept. scientist A.G. Bernard. He said the situation was worse for Malabar, Maroubra and Little Bay where 83% of samples taken after wet weather and 57% after dry weather were unsatisfactory. On the northern beaches 71% of samples taken after wet weather and 14% in dry weather were heavily contaminated.

The four-year study was based on data collected from 1983 to 1987. One sample showed 100 times the recommended level of bacteriological contamination (Under this standard swimming is considered unsafe where the faecal count exceeds 300 organisms per 100 mls of water).

Tests by Waverley Council showed Bondi, Tamarama and Bronte beaches were left open on days last November and December when pollution had been up to 8 times the accepted maximum level. *Swim At Your Own Risk* warnings were issued by the Water Board's Surfline.

David Vincent, paper recycling expert with Friends of the Earth, says that ample recycling technology is available for paper - a quarter of all waste - but isn't used because of the availability of cheap public forest.

According to the MWDA report, 53,000 tonnes of glass are recovered and 140,000 tonnes wasted; and only 200 tonnes of recyclable plastic soft drink bottles are recovered (vs 6,000 wasted).

Use paper and bottle collection services and compost your scraps. It actively helps and wasting it really hurts.

Spills and Chills 1989

★ Thousands of fish and birds died as a result of a massive illegal dumping of cyanide in the Cooks River in February. The disaster came within days of the illegal dumping of 7,000 litres of oil and 10,000 litres of paint at North Head.

★ Greenpeace has demanded that Ranger Mines be prosecuted for breaching its environmental guidelines. The Ranger uranium mine gave only 3 hours notice before releasing water from a retention pond next to a pile of radioactive rock which had been dumped there by mistake six months previously.

Dead fish were found in one heavily contaminated billabong. The Office of the Supervising Scientist (OSS) said both Federal and State authorities had apparently ignored OSS requests that Ranger be made to discharge water through a pipe, rather than siphoning it from the pond.

★ The proposed Wesley Vale pulp mill will produce hundreds of organo-chlorines and dioxin, some of the deadliest chemicals known. In the last six months, three Canadian fisheries closed because of pollution from chemical pulp mills.

★ The Daishowa Company plans to use a chlorine-bleaching process at a proposed \$450 million pulp mill to be built near Grafton.

★ Researchers in the New England area of N.S.W. have reported a ten-fold increase in the number of scarab beetles, a major cause of spreading die-back of trees. Tree-loss is one of the main reasons for soil erosion and salinity which cost the nation about \$600 million per year in lost rural production.

★ IN Brazil, singer Sting has told president Jose Sarney that he plans to set up a foundation to defend the Amazonian rainforest. Sting arrived in Altamira where he met with Chief Raoni of the Txucarramae tribe. Thousands more Indians have gathered here to protest the proposed construction of a dam and hydro-electric scheme on tribal lands.

130,000 square kilometres of the Amazon Rainforest is destroyed every year.

The Financial Times



GUBOO

Renewing The Dreaming

Guboo Ted Thomas, Aboriginal Elder of the Yuin tribe, based at Wallaga Lake in southern New South Wales - has helped halt logging of some of his tribal lands at Mumbula Mountain and regularly takes people into the bush to get a feel for the place - often dissolving their 'civilised' separation from the land.

NEXUS found Guboo on his eightieth birthday (Guboo means good friend) at one of his recent Dreaming Camps near Pidgeon House Mountain, inland from Ulladulla.



NEXUS: *How did you grow up as a child?*

Guboo: Well, when I was a boy I went to school. I only went to first class. All I learned was how to knit, sew, crochet, cook tarts and look after the garden. That's all the education I ever had from the white man.

It was wonderful because I learned from my old people. They brought me up - school wasn't the right place to go because I learned nothing. My father was a tribal Elder from the Monaro tribe based in Canberra and my mother is a Chinese woman. I was born in a place near Braidwood.

Now, sometime this year there's going to be a big meeting. A lot of the old people are going to come back and talk in my home town.

I wasn't born in a hospital; I wasn't born in a house. I was born in the bush with the miners. That's where I was reared, with the old people. They took me away from other kids.

I used to play out there with the kids, in the morning or in the afternoon, or late at evening. Just before the sun started to go down the old fella would come out with the boomerang - what you'd call a whistler boomerang, and he'd throw it - *THWHSSSSSS* - and when we heard that coming over our heads we'd run straight inside. It was a signal. We were in bed when the sun went down. Nobody would sit there and say "I don't want to go inside!" No, none of that.

So when we were in bed he'd tell me a story. The old fella used to tell me a story about Noah's Ark. Now at Mount Dromedary we have an Ark there on top of the rock.

We have everything there to show you. There's the life of a people. Everything's there. That's our Bible, we've got it there - Noah's Ark and everything. So those places and those rocks are our education. It's our learning place. It's how the old people teach us; how they'd teach me how to use my mind.

Dolphin Dreaming

When we'd be walking up and down the beach he'd say "Sonny, we're gonna get a lot of fish. Look out there!" He'd say, "We're gonna get a lot directly." And I looked at him and I said "Oh yes." In my mind I said to myself, 'how could he get fish, because he hasn't got a net?' But I daren't say that to him or else he'd hit me with a stick! I couldn't answer him back that way. So I'd just have to keep quiet and say "Oh yes" - that's all I'd do.

So grandfather got up and starting singing - and he was looking out to sea and out at the sand dunes and walking up and down and he sat down, and my dad got up - he walked up and down and he said, "Come on now sonny, dolphins are coming, they're coming now."

"Be way out there. You can't see them yet but they're coming. Come on," he said "We'll go down the beach. And he'd give me a long stick and he said "Sonny, you use that now. And he gave me the stick. They had spears, you know! And I looked at my stick and I thought, 'How can I spear with this stick?' But I dared not say that or he'd hit me with the stick. So I said "Oh yeah?"

We went down and grandfather bounced along the surf. "Right," he said, "Let's stop here". So we did. I watched and I saw one wave, and two waves, and three waves coming in. Grandfather went and hit the water and made a noise; I didn't see anything, and then a big breaker came in and went right up the beach, and I heard this slapping noise hitting my leg just below my knees, and it was fish. When the breaker went out there were twenty fish high and dry on the beach and grandfather said, "Sonny use your stick!" So I started whacking them with the stick. Twenty fish died that day. And every

time they'd throw the spear in there'd be a silver curl on the end and they'd pull a fish up and throw it out. So that's how we got the fish.

And grandfather crooked his arm out and the big dolphin came in and put his head there and just lay there. His tail would go over and around as grandfather was talking to him in the language. And grandfather was saying, "Chi, chi, chi, chi...". Grandfather was talking the language and I was just standing watching him. And he put his hand out and walked around steadily and then the dolphin did a cartwheel on a little breaker coming in and then a somersault over it. Then he splashed the water and said goodbye and the old fella thanked him for all the fish and sang a lament to the beach.

So that was the dolphin and that's what I had to learn and how I learned what I know. What stuck to me more than anything wasn't education, it was common sense. It stuck to me through my life.

My people walked about naked all the time. I loved that, I find that's wonderful for the people. We wear these clothes and we're not getting used to it. It's like hiding our beauty. For forty thousand years we did that in the bush and we roamed about and it was a wonderful life. The kids would have the mother's breast, and if she couldn't give it then her sister took over. Up around seven or eight they're still on the breast. That's why they're different; and then when white man came. They brought the bottle and they became bottle babies and had clothes on.

Aboriginal people grew up naked and in the tribe with all those people there was no rape. And now in the days when the white people are here you go a little bit naked and you can be raped. And that's because they became bottle-fed babies in the first place. That's really what happens with the Aborigines because we look at sex as a great thing if

Continues Over

it's done the right way. It's wonderful - and that's Aboriginal life.

Our law comes from the mountain. When Jesus went up on the mountain he said to his disciples, "You wait here." He went up in the mountain to pray, and most churches I've seen are always on top of a hill or on the side of a hill. You want to take notice of that, because they're trying to be like Jesus when he went up there. When I see churches I say, "Look at the sacred sites".

Aboriginal law comes from the mountain and that's where I learned it all. Whatever Jesus did the Aboriginal people did.

Healing By Touch

Laying on of hands - that's how I heal people, just by putting my hands on them. I don't have to pray, because in the hands is something important. Over in Holland I just sat there and people lined up coming to me. I'd just touch them. A bloke come up and said to me, "All those headache tablets and everything." He said, "Guboo, I have a headache all the time and it never stops!" I just touched him and put my hand on his head and I said "You right?" He got up then and jumped up in the air on his feet and said "I'm healed, I'm healed!!" And it's not Guboo that does it.

I go up into the mountains and pray. I'm just like a battery, I go flat because people take it out of me. I have to go up into the mountain and pray to the Great Spirit.

N: Do you get teachings from the rivers as well, the low points?

G: Yes, well in New Zealand I went up to the top of the mountain to pray and practically right up the top there was a river running with flowing water and it was cold. And when I walked up and looked at it - "Wow!", I said to myself, "Look at this, this is marvelous!" I was reminded of what the Bible says - You drinketh this water, you'll never thirst. Out of my belly flows the rivers of water. So that's it - it's put there for us today. See, we've lost that. We get stuck into the mighty dollar, and that's what's ruining the world today. And the United States is the same - they're worse off there.

It's bad enough over there when a Christian stands up and says, "Well, I want \$7 million or I'll die". I was there when he got the seven million and if he got another three million on top of that he wouldn't die then. So that's money for false pretences; he never died.

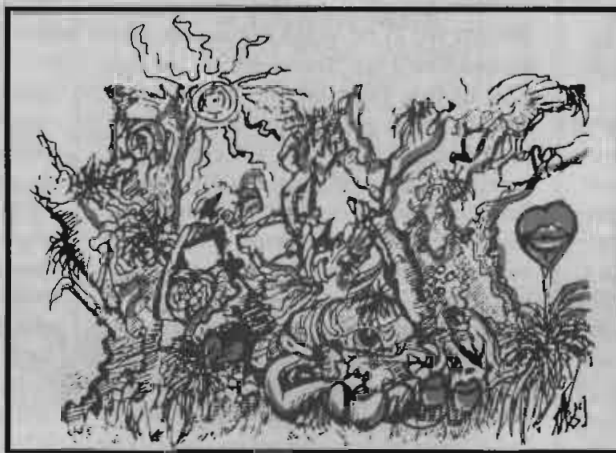
Yowies

N: How do aboriginal people look at Yetis, Yowies if you prefer?

G: Now the Yowie. For three years running I've seen him. He come to me and I saw him. But I never come near him - I just saw him there. I was walking with three white girls and the old fella was walking up behind me.

I had the feeling someone was following me along the top of the bank. Every time I'd look back I'd see nothing and then as I was walking I just looked up and spotted him treading from one stone to the other. 'Oh', I said to myself, 'It's you'.

He knew I was there and I knew he was there because I felt him and so I stopped and turned back. Now that's just three times I've seen him in the Budawangs, up here in the



mountains. He was seen here - just up the road here - the Yowie was seen. But he won't come near the tents. He won't come near you. And he's a hairy man, with arms down to here - all hairy, a bit balding on the chest. His head comes bending over more than ours and he has a big nose. And he still exists in the mountains in Australia.

N: How tall is he?

G: He's about five five foot six.

N: What's the shape of the top of his head, Guboo?

G: Well, the top of his head is sharpish - not like ours.

N: It comes to a point?

G: Yes, to a point. So I've seen him for three years running, up in the mountains. Now there's a bloke up in Katoomba called Rex Gilroy - he's the 'Yowie catcher'. He reckons he's going to get him. He'll never ever get him! He's not in the race because [the Yowie's] like me; a little while back two fellas came and I knew they were coming a long way off and I waited for them. The Yowie knows all the men and sends thoughts

by telepathy. And the Yowie - he sees you coming - he knows you're coming. He laughs sometimes of a night-time - just like a kookaburra.

Now someone said to me the other day they were walking in the bush and they fell asleep. The girls were up there at Pigeon House and they were so sleepy they wanted to have a rest and go to sleep when they were coming down and they lost their way - they took the wrong track. They went off into the bush and that's where they felt it - some of the girls here - and it was him.

He's like that - you get sleepy, tired. You want to be tired, lay down.

N: Why?

G: Well, I don't know. He does that. There's probably something he wanted to have a look at or take, or whatever.

We were coming from Bega over the mountain one full moon and he started to sing out and the old fella heard him singing out way up there. You know, the kookaburra doesn't sing out at night. There were three or four young boys and I, and one fella was so sleepy he wanted to go to sleep, wanted to camp. Grandfather said "Come on," and put the boy underneath his arm. He said, "Goolaga's making him like that".

N: Where do they come from?

G: They're here, they're here all the time. They call him Yowie - we call him Goolaga. Yes, he's here. Now there are forgotten people here and there and he's one of them. They are

also short little fellows - like midgets:

N: What colour are they?

G: They're a brownish colour and they don't wear boots, they go barefoot. Now, if you ever go to Durras, on the north end of Durras beach you'll see their cave. Now, sixty-six years ago when I walked up to Sydney from down home it took us six months because we stopped in one place for a fortnight and we took our time all the way up to Sydney. We'd live on the beach on fish and we were better off; we just took our time and walked all the way up. So we walked in front of the cave and saw all their little tracks - like little baby tracks - in and out of the cave. We went into the cave and one of them started to giggle and we all ran out again. That was their cave, they lived in there.

We used to live right near the river in a little house. There were a lot of stones and of a night-time you'd hear them. They'd make a sound like a puppy and you'd hear the water splashing as they were trying to catch eels - well, they're greasy as they go up the creek, and they try to catch them and they slip out of

their hands and they hit the rocks and the water's splashing. We knew what it was but we didn't go out to see them.

N: Who was it?

G: The little Goowawas.

N: Goowawas?

G: Well, they're there, the Goowawas. Now, there's another, a group of women - what we call Maleema. They have long hair right down to here. Pretty women. They live in the mountains.

N: Are they very small too?

G: No, they're big. The size of me. They're beautiful and they have long hair. They come to the Nowra Show sometimes and no-one notices them. And they're the ones with the seeing and they're still surviving in the south.

N: And they're brown too?

G: Yes, the same colour as myself.

N: You said Rex didn't have a chance, he wasn't in the race...

G: He isn't in the race because they know he's coming, that's why. When I meditate, I see, and I know exactly when someone's coming - and I know that if I concentrate I can see that fella - in a vision I can see him coming. We knew that Captain Cook was coming thousands of miles away, and all he saw was when we were walking up the beach towards Sydney. We knew he was coming a long time ago.

You can't sneak up on me in the bush - I know when you're coming, I can feel you coming. So - the Yowie - I never interfere with him because he's part of the world, part of our life; he probably, I'd say, might be the beginning. You know, this is one of the oldest countries in the world as far as I'm concerned.

N: The beginning of all of us, the Yowie?

G: Yes, yes.

Rainbow Serpent

N: And what about Bunyips?

G: Bunyip's a different one. Bunyips are like the Rainbow Serpent. One came up at Wallaga, about two hundred years ago, when white man came.

N: A bunyip came up the Wallaga Lake?

G: Not the bunyip, the Rainbow Serpent. Underneath where I live, straight out towards Canberra, there's what they call a big lake, a Lake George. You know it goes dry - all the water goes. Well it goes down these holes. Now we're related to the Aurukun people in the Gulf of Carpentaria and that's where they talk about the Rainbow Serpent. So underneath that waterhole there's a big waterway running all the time and that's where he comes through all that, underneath.

N: From the Gulf of Carpentaria?

G: Yes. Right through to Canberra. Now you look in the distance, you see Yaringabilly Caves and that's part of the same waterway and then further up you get the Jenolan Caves. They're all linked into the one main channel. When I was in the United States a couple of years ago, a spiritual man said to me "Guboo - our eyes are on Australia, the centre's going to go under" - the centre's going to go down.

I can really see why, now. Roxby Downs is a big mining place - so that they're taking millions and millions of gallons of water out. And they're pumping it out of the centre of Australia to clean the uranium. And you know what they're leaving? They're leaving a shelf and the water's gone down a long way. And that's why I believe the centre's going to go under - because they're taking all the water out. Taking the pressure off.

N: The Rainbow Serpent comes down the mountains?

G: Yes. It's the Rainbow Serpent that comes out in the stone up in Mount Dromedary, backing on to where I live and you see it at about twenty-five feet high. It's a big stone and it comes up and curls right down to the ground. It's just one massive stone going up, his neck and his head. And his eyes are on it. So everything on that mountain is part of our culture, like our Bible - what we believe.

So that's it - and thank you for coming around.

N: Thank you, Guboo.

- R.A.

EARTHWALK - REBIRTH the EARTH

Guboo and many tribal elders from Australia, New Zealand, and chiefs and representatives from the Hopi, Navaho, Mohawk, Winnebago and Iriquois tribes are gathering at Uluru (Ayer's Rock) between March 28th and April 30th - see LinkUp section for details of EARTHWALK and an upcoming EARTHWALK conference on April 7-9th at the Merroo Conference Centre at Kurrajong, NSW.

Jackie Jackie

A Contemporary Koori Song

Jackie Jackie was a smart young fellow full of fun and energy he was thinking of getting married but his girl ran away, you see

Chorus

CRIKITA BOOBULA WILDEE MAYA
BILLINANJAI JING JALLYWA

Hunting food was Jackie's business 'til the white man came along put his fences across the country now the hunting days are gone

Chorus

Jackie Jackie was a smart young fellow full of fun and energy

He's the only man that could tell you what the emu told the kangaroo, Oh

Chorus

Now the country's short of money Jackie Jackie sits and laughs all day White fella want to give it back to Jackie No fear, Jackie won't have it that way, Oh

Chorus

Macrobiotic Cooking and the Order of the Universe

The concept of *ki* (or *chi*) is not generally found in Western society, including Western medicine, science and religion, but it is a basic concept in the Orient. The idea of *ki* energy is inseparable from Eastern medicine, religion, philosophy and entire way of life. This is a common understanding of all traditional societies - their understanding of life and the universe is from a non-material, spiritual orientation. The concept of yin-yang (negative-positive duality) was originally written about in the I-Ching, a classic Chinese text on the order of the universe and change. It is sometimes a little difficult to understand at first. I hope by introducing the 'spiralic' concept used in macrobiotics you'll understand more of the life processes around you.

Eastern societies see and explain the world of matter in terms of the non-material within the world of matter. The origin of both matter and non-matter is an invisible vibrational force, called energy in modern science. Out of the motion of infinity, two waves of motion collide, creating a centripetal spiral.

Polarity - yin and yang - are then created. This leads to the creation of vibration, to the world of pre-atomic particles, then to the world of elements, to the world of vegetation and finally to the world of animals, including humans - the terminal point on this spiral of physicalisation.

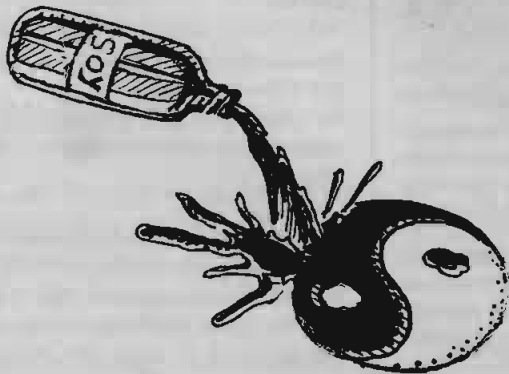
Return to the Sauce

From there, we begin our return journey to infinity, by way of the seven-orbited spiral of spiritualization. Here are the seven stages of human relationship.

The first is the most basic, primary, mechanical one. This is the relationship of attraction/rejection, most basic yin yang energies. It is represented by the most instinctual phase of our becoming - the nine months we spend in our mother's womb.

The next stage is sensorial, the type of relationship that creates feeling among us. Food on this level should be delicious and satisfying to eat.

Third is the emotional level, liking, disliking, loving, hating, gentle, bold, shy, outgoing. If we live alone on an island, we will not have most of them. Food in this level should be beautifully prepared and arranged.



The fourth is intellectual, scientific or rational; here we study and observe others objectively. Food on this level should make nutritional sense, eg using sour-dough bread instead of white.

The fifth is social-economical, which is manifested in forms of racial, ethnic, and political differences. In macrobiotics, our food is never wasted, nor is it expensive.

All the world could eat if this level of judgement was elevated and refined in our culture.

The sixth level is ideological, or religious. These concepts usually have much longer time-spirals involved; the effect of great religious leaders, heroes, entertainers.

The seventh level. Food on the last two levels should take you spiritually higher and higher. This is the level of absolute honesty, and justice, or 'the order of the universe' or Tao/God nature.

Here we have appreciation for everything, without complaints. The macrobiotic diet and medicine, therefore, is based on the order of the universe, which is an education towards understanding all-embracing love and eternity.

Autumn Cooking

In my previous articles I have described the five thousand year old theory of the five transformations of energy, in a cycle of water-wood-fire-soil-metal-water. This concept helps us tune into and give direction to our cooking healing. It helps us reach the potentials and quality of life that all of us desire. The healing process should be one that brings us closer into that potential, that brings us unity, integrity and a sense of purpose and direction, to have understanding of everything happening biologically, spiritually, psychologically and mentally.

Everyone health needs are different. I encourage you to listen to your own body. If you really want to learn to heal yourself with food, cook together with your friends. Cook for each other and challenge each other's ideas. Come and do some cooking classes with us! The first stage of healing is reflection on yourself; symptoms and diseases just don't happen to us, we have an active hand in creating them!

In macrobiotics we eat in harmony with nature, choosing traditional, whole unrefined foods, primarily locally grown and cooked appropriately for each season. We can categorize foods into warming/cooling, wet/dry, salty and sweet to give balance to our bodies, moods and lives.

Late summer and autumn relate to soil (earth) and metal (air) energies and affect the spleen, stomach, lungs and large intestine. This energy is more descending, stabilising and concentrating.

A natural sweet taste from pumpkins, parsnips, chestnuts and cooked fruit help to harmonize the soil, along with slow saute, steamed with the lid on. This brings our attention to more focused, grounded, thoughtful, and compassionate states.

Metal energies go well with the pungent taste of ginger, mustard, and vegetables like Chinese radish (daikon). Brown rice relates well to lungs and large intestines, bringing about brightness and a positive attitude.

Spinach Salad with Hot Miso Dressing

Serves 6

3/4 pound tofu
1 pound fresh spinach
Safflower oil for deep frying. (approx 1 1/2 cups).
Press tofu to remove excess water before frying. Wash spinach, remove stems & arrange the leaves in 6 salad bowls. Fry 1/2 inch cubes of tofu until golden and crisp. Drain.

Hot Miso Dressing

2/3 cup water
1/2 cup brown rice vinegar
2 tbslp white miso
1/3 cup safflower oil
1 small onion, finely minced
1 small pinch dried basil
In a small saucepan bring the water and vinegar to a boil, remove from heat, add miso and dissolve it thoroughly by stirring with a whisk or fork.
Heat 1/3 cup oil and saute onion, add basil and miso vinegar mixture and bring to a boil while stirring. Remove from heat, pour dressing over spinach and serve immediately.

Autumn Wild Salad

Wild watercress
1 cup wood sorrel
Miscellaneous salad vegetables of choice
Umeboshi paste

Chop ingredients into salad-sized pieces and mix. Add chopped cucumbers etc. Top with a dressing of diluted umeboshi paste.

When the weather gets cooler, a bowl of buckwheat noodles can be your grain centre for your meal.

Buckwheat Noodles with Shoyu and Tahini Dressing

1 pkt buckwheat noodles eg soba, mugwort etc
2 tbslp tahini
1 tbslp shoyu
1 tsp juice of lemon, lime or ginger

Cook noodles in boiling water (with a pinch of salt) and stir occasionally to loosen, for about 10 mins until soft. Strain and run under cold water.

Dilute tahini, shoyu and juice with 1/2 cup of stock or water, mix into noodles and to serve sprinkle spring onions on top.

Contractive Foods

To bring warmth to your centre when the weather gets cooler!

Pressure cooked grains and beans
Roots and winter squashes
Sturdy dark greens
Miso soup - hearty soups with beans - garlic
Sea vegetables, fish
Toasted seeds and nuts
Oatmeal raisin cookies
Creamy oatmeal porridge

Baking

Winter squashes and roots taste very sweet when you bake them - especially if you cook them in a covered pot, together with a strip of kombu or wakame seaweed. Put 1/4" water in the pot, add veg and bring to a boil on the stove first. Sprinkle a little seasalt, cover and bake at 375 degrees for one hour.

Cool Weather Veges

Collards, daikon greens, kale, Chinese mustard greens, turnip greens.
Have a daily serving of one of these sturdy greens for an abundant supply of vit C, beta carotene, iron, calcium and other essential nutrients. Steam 5-10 minutes until tender. Steamed greens daily keeps people off the alcohol and gives us plenty of upward energy and brain power. It's one of the best types of food for the liver.

Roger Green

NEW NUKES

A new type of small nuclear reactor has been designed and built. Called a modular, high temperature, gas-cooled reactor, it's claimed to be almost immune to melt-down - the most feared reactor accident. Instead of relying on complicated machinery and human oversight the reactor relies on the laws of nature to shut the reaction down if it gets out of control.

Most nuclear plants now operating are water-cooled, using long rods of uranium oxide 12cm thick which reach 2,260° Celsius in the reactor core. If the water stops for just seconds the rods destroy their metal casing and start to fuse. The new design uses uranium formed into pellets with a diameter of 1mm coated in a temperature-resistant ceramic. Because the top temperature reached is 1,648° the fuel grains can't melt through their protective coating, making the reactor safer from failure of the rods that control the reactor, pumps and cooling systems (although the cladding can still melt, conceivably causing a meltdown).

By using helium to transfer heat from the reactor to electricity generating turbines the gas-cooled reactor operates at up to 50% efficiency, compared to 33% for water-cooled reactors.

For safety the new reactors are limited to 140 megawatts, with 3 or 4 reactor modules strung together to make a power plant. This, and their lower sensitivity to fuel temperature changes, means that the new reactor is not the disaster waiting to happen that the conventional reactors are. Nevertheless they produce all the other unwanted side effects of nuclear power generation - uranium mining, radioactive accidents, waste disposal etc.

The main opposition to the new reactors may not come from anti-nuclear groups but from the nuclear power industry. Their huge investment in water-cooled reactors could be at risk if there was a move to something safer. Two prototypes are already operating, a 40 megawatt plant in West Germany that's run faultless for years and a 300 megawatt plant in the USA that's been nothing but trouble.

New York Times, New Scientist

AMERICA'S NUCLEAR MESS

The US Department of Energy has revealed, under pressure, 155 instances of environmental contamination at its 16 weapons plants. These plants are excluded from the heavy regulations that govern the operation of nuclear electricity generators, and their pollution record is much worse. The Department estimates that removing environmental risks at its plants might cost over US\$120 billion and take 20 years. In the worst case the water supply of Denver was threatened by radioactive contamination.

This widespread pollution is one result of the actual neglect of America's nuclear arms programme under Reagan. Another result has been the *halt in production of tritium, a radioactive gas that's vital in nuclear weapons*. Because it decays rapidly, with a half-life of 3 years, it has to be replaced - in all the warheads. The Savannah River plants that are the US source of tritium have been shut down since last April after cracks were found in the cooling system. Even if repaired the plants are reaching the end of their 40 year service life.

In an executive order issued after the last election, Reagan ordered the Nuclear Regulatory Commission to prepare emergency



plans for a takeover of civilian nuclear plants to provide material for nuclear weapons if national security were threatened. If these plans are actually carried out - to obtain tritium for example - the distinction between military and peaceful use of atomic energy that is the spirit of the 1968 Nuclear Non-Proliferation Treaty would be wiped out. Also, converting civilian plants to produce tritium is currently illegal in the US.

The same executive order overrode local opposition to nuclear power stations in New Hampshire and New York. The Shoreham and Seabrook plants have been completed but the refusal of local government to draw up evacuation plans has prevented them from starting up. Now a Federal agency can organise the plans, breaking local opposition.

New York Times

RADIOACTIVE ROUNDUP

West Germany's government has been accused of a cover-up after a US magazine published details of a 1987 incident at the Biblis nuclear power plant near Frankfurt. A valve in the cooling system was left open by a 'technical defect' that the workers 'apparently didn't take seriously' - the next shift found out what was happening. Radioactive steam was released when a valve opened to take the pressure off the malfunctioning one.

The report on the incident was never made public. In his statement the minister responsible for the environment and safety of nuclear reactors said that there had never been a nuclear crisis in West Germany - but there are on average 12 'urgent' incidents and 400 'normal' ones each year.

A.P.

After a French nuclear test in the South Pacific in November, said to be 54 kilotonnes, an earthquake measuring 6.0 on the Richter scale shook northeastern America and eastern Canada.

Canadian geographer Bruce Stirling has claimed that there is an earthquake in another part of the world between one and three days after every nuclear test. Late last year the French detonated a 100 kilotonne blast, one of the biggest on record. Instead of using Mururoa Atoll a new site was used.

Australian Financial Review

A Swedish space research company released satellite images of the site of a Soviet nuclear accident, thought to have happened in 1957 but never officially acknowledged by Moscow. The computer-enhanced images show an abandoned military nuclear complex east of the Ural Mountains, surrounded by a devastated area of 250 square kilometres. A nearby river has been blocked, presumably to prevent the escape of radioactive water.

There are tracks in the area indicative of troop manoeuvres, suggesting the Soviet army has used the area for training purposes. It's quite probable that the world's largest and most devastating nuclear accident happened in total secrecy. The Swedish researchers were the first to provide details and pictures of the 1986 Chernobyl disaster, using the commercial SPOT satellite system.

Note: if America is in a nuclear mess imagine what it must be like in Russia, where the government has, until now, been immune from public pressure that's been so important in the West.

Penan Tribe Arrested in Defence of Malaysian Rainforest

Over one hundred indigenous tribespeople face sentences of up to two years jail and heavy fines under harsh new laws introduced in Malaysia in January. Section 90b of the Forestry Ordinance provides severe penalties for anyone found guilty of obstructing logging operations. This includes the blockading of forest roads into tribal lands.

Last December, twelve Penan tribesmen were arrested at a blockade on the Baram River. Five more were scheduled for trial for burning down logging bridges after their barricades were knocked down by police. In January this year 81 Penan were arrested in three separate incidents. Some are being held under fourteen day detention orders to "assist police with their enquiries". They have not been allowed to see lawyers or relatives.

Harrison Ngau, Kayan leader of the Sarawak branch of Sahabat Alam Malaysia (Friends of the Earth), remains under village arrest after his detention without trial during a crackdown on dissidents last year. The Sarawak branch of S.A.M. was one of the winners of the Swedish Parliament's alternative Nobel Prize, the Right Livelihood Award, in recognition of its anti-logging campaign.

Five new blockades have been set up by Penan communities in Sarawak. This has been made possible with legal and financial assistance from around the world. The Rainforest Information Centre alone sent over \$3,000. Another \$3,000 was sent by Jeni Kendall and Paul Tait from proceeds of the film premiere of *Blowpipes and Bulldozers*.

In some Penan communities only women and children are left to maintain the barricades; all the men have been arrested. Village gardens go untended so the Penan are very dependant on food that is transported into this remote area. Relocation schemes for indigenous people displaced by logging operations in the region have proved unsuccessful, as have attempts by the timber industry to create "renewable" tropical forests.

Malaysian Environment Minister Mr. James Wong denies any conflict of interest between his portfolio and his ownership of a large logging company. Logging concessions and licences have been handed out to family friends and associates.

Amid a storm of international protest, the trial of 43 Penan - scheduled for October 31 last year - has been postponed until April 24th (see *Trees of Life*, NEXUS #7). The trial

will focus worldwide attention and a co-ordinated campaign by conservation and civil rights groups on Malaysia, which accounts for almost two-thirds of all tropical logs exported by developing countries. Most of Malaysia's remaining forests are in Sabah and Sarawak in northern Borneo. *In Sarawak alone 80 square metres of rainforest are destroyed each second.*

Between November 1988 and January 1989, 128 protesters were arrested. Conditions in the police cells in Marudi have been described as appalling. The tribespeople, accustomed to roaming freely about their forest homelands, are so cramped in their cells that each has barely enough room to squat. They have no blankets or mattresses and the food is inadequate.

To maintain their struggle the Penan need funds to cover food and transportation costs. To date the Rainforest Information Centre has sent over \$10,000 to the Penan, but more donations are desperately needed.

International pressure on the Malaysian government must be maintained if the Penan and their traditional land and lifestyle are to be saved. Please write to the authorities expressing your concern at the destruction of primary forests in Sarawak and the denial of the Penan people of their traditional and civil rights.

YAB Datuk Patinggai Haji Abdul Taib Mahmud,
Chief Minister of Sarawak.
The Chief Minister's Office,
93502, Kuching, Sarawak,
Malaysia.

His Excellency Tan Sri Zakaria bin Mahmud Ali,
High Commissioner,
Malaysian High Commission,
7 Perth Avenue,
Yaralumla, A.C.T., 2600.

Write also to
Gareth Evans, Minister for Foreign Affairs,
Parliament House, Canberra, A.C.T.,
2600, demanding that Australia ban the
import of tropical timber from Malaysia
until logging of the tribal land ceases.
*For more information on the Penan and
forthcoming actions contact the*
Rainforest Information Centre,
P.O. Box 368, Lismore, N.S.W., 2480.

THAILAND BANS LOGGING

On the 10th January 1989, the Thailand Government revoked timber concessions across the country, effectively banning commercial logging throughout Thailand. The ban follows flash floods in November last year that killed at least 350 villagers in southern Thailand. Illegal overlogging in the area was blamed for the tragedy.

Thailand, a net importer of timber, has restricted tropical timber exports since 1978. Today, forests cover about 17% of Thailand compared with about two-thirds in 1950.



WILDERNESS FOREST TO BE LOGGED

The N.S.W. Cabinet has decided not to declare the Coolangubra forest a Wilderness Area despite a recommendation by the National Parks and Wildlife Service that the forest be protected from loggers. The forest contains rare and endangered plants and animals that should be protected under the Wilderness Act.

In January this year, N.S.W. Natural Resources Minister Ian Causley and Federal counterpart Peter Cook had agreed to a moratorium on logging in the Tantawangalo and Coolangubra areas in the south-east of the state. That move angered pro-logging groups in Eden and Bombala who saw it as a backdown by the government after the renewal of Harris-Daishowa's export woodchip licence and a threat to the future of three sawmills in the district.

Now the last remaining true wilderness areas in the state are under threat - not only from selective logging, but from totally uneconomic clear-fell woodchipping which destroys the land and the livelihood of selective loggers.

Peter Krygsman

PEGASUS NETWORK

New Times Communications

Northern NSW is getting ready to surprise us all again and create yet another innovation, arising from the incredible nexus that has established itself there.

Computer networking and communications are important for effective action. This has been proven overseas where there are huge inter-continental networks of personal computers. The list of organisations that access and contribute to this computer network is long and illustrious, ranging from American homeopaths to the German Greens, the Sierra Club and the Hopi Epicentre. It's been set up by environmental and similar special interest groups to co-ordinate the information and organisational flow among like-minded groups and to establish new national networks.

A group in Lismore is about to establish something called the *Pegasus Network* as the Australian node in this network.

The Pegasus network is a very orthodox computer network, in a technical sense. Its design concepts have existed and been used for a couple of decades and are used in every way by banks and governments. It uses a pretty standard super big personal computer working as a central clearinghouse that can handle about twelve tasks - like conversations - at a time. The software that guides it has been

developed from a program called *Next* which was a kind of academic conferencing system used in America. It's been extensively tested and upgraded.

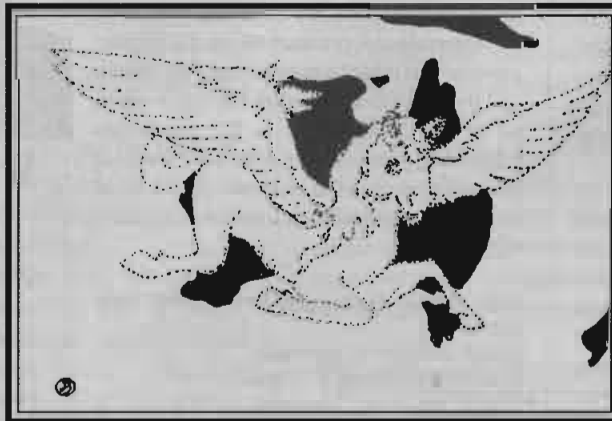
The beauty of this node is that it will provide computer facilities for much less than the usual cost of tens of dollars an hour for access - and which are unique in that Pegasus is full of information directly relevant to change and saving this planet.

So what exactly does this Australian central node do? It will have large amounts of data storage available - at least 60 to 100 megabytes. This space is used to store the information that makes up the various databases and hold messages that can be conferences, private messages and organisation between users.

There will be a section devoted to 'classified ads' that publicises various activities, so that you can find out if, where and when Permaculture or Wiccan get-togethers are scheduled in coming months.

There will be forums and conferences, both public and private, where people will be discussing various topics or organising actions. If necessary, some of these conferences will have a moderator provided who will work to guide the discussions of the participants.

Organisations which use Pegasus will be able to run their own conferences on a national basis, just like hiring some space - memory space. These could be either public access and contribution-based or private, like ongoing conferences organising mailout or voter regis-



tration campaigns.

It gives access to text databases, both local and overseas. You could for instance search and find out the state of environmental legislation in Florida, USA. Locally, a number of organisations such as the Wilderness Society, the Australian Conservation Foundation, Permaculture groups and places like the Rainforest Information Centre are interested in setting up databases on subjects ranging from the House voting records of various politicians to a complete electronic copy of the world Rainforest Report.

This Pegasus computer is linked to the rest of the net using high technology normally reserved for linking large mainframes together. By using something called *packet switching systems* pro-

vided by *Telecom* and *OTC*, the cost of information flow - both nationally and internationally - is much lower than usual. And computers that communicate through Pegasus don't have to be very big or expensive or even very similar.

Low-Budget Networking

The costs for people using Pegasus come in several parts. Obviously there is the cost of a computer and a modem for telephone connection. Then there's just a local call charge (even for long distance calls) to hook up to Pegasus. Then comes the Pegasus fee which is about \$8 to \$16 an hour connect time, with a surcharge for overseas access. A stock standard cost structure like that is very familiar to many business types but this is at a fraction of the prices they're used to. And the networking software has built-in accountancy functions to automatically figure out who owes what to whom.

You can have a look at what these international nets have on them. All you need to do is establish an account with *OTC* and dial the *PeaceNet*, *EcoNet* or *GreenNet* gateway numbers, for example, and create accounts with them directly. Pegasus can help you in this process.

The Pegasus node itself will not be online until July this year as they're still in the setting-up process. Just to ensure that they've learned the techniques involved they will be testing the system from July to September. There'll be only limited access while that's happening.

In the meantime they're taking subscriptions - \$30 includes a couple of free hours of access and a user manual that shows you how to get around in the net. I've sent off for my copy.

References : Ian Peters (066) 218765
Pegasus Project
P.O. Box 368, Lismore 2480

- M'Bob

Theta Wave If You're Tired

New technology has appeared which can be used to generate many different states of mind.

Bio-feedback is a term which is used to describe any method of self-training in which you consciously interact with a system in your body - heartbeat, blood pressure, nervous system, brain wave patterns, etc. These methods all require conscious attention to reap the benefits of more balanced breathing and/or thought patterns and are meditations in themselves.

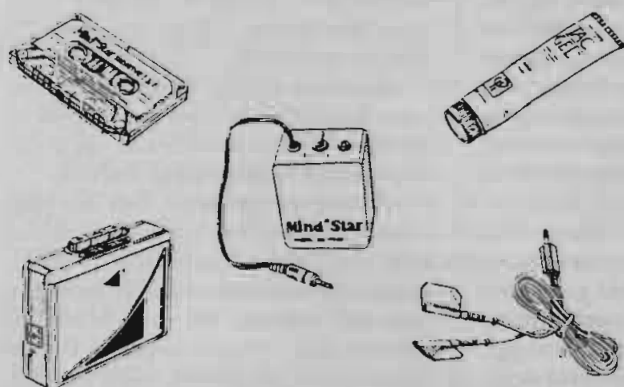
But the effects generated by bio-feedback are now reproducible without concentration. Balanced brain-wave patterns, for instance, can be recorded for later reproduction and a few devices are now available which re-transmit specific brain-wave frequencies electrically or by light and sound.

Having had some experience with biofeedback and bio-feedback devices in the past, the idea of using a machine to achieve relaxation and altered states of consciousness was both unnerving (it seemed lazy, somehow) and intriguing. But trying out a few brainwave patterns generated by one of the new systems available locally, one can see how these devices are of value in fields as diverse as hypnotherapy and massage.

One unit, called Mind Star, consists of a cassette player which uses specially recorded (and virtually unpiratable) tapes which generate specific frequencies. These pass through a small 'black box' adaptor into which a small pair of electrodes is plugged. These are painlessly adhered behind your ears, and the rest can be clipped to your belt. The whole unit is powered by two AA batteries and when worn it could easily be mistaken for a Walkperson.

The tapes generate Alpha, Theta and Delta wave patterns plus a variety of specific frequencies which are designed to activate particular neurotransmitters in the brain - chemicals which help in relaxation and meditation; nicotine, alcohol, opium or marijuana withdrawal; sleep induction; mood elevation, stimulation and stress reduction, among others. The neurotransmitters affected using Mind Star include serotonin, endorphins and noradrenaline and dopaminergic systems.

Mind Star follows in the footsteps of pioneer Dr Meg Patterson, who used a similar device to help such luminaries as Pete Townsend of The Who to break heroin addiction.



To Be Or Not To Be

Accelerated Learning and N.L.P.

There is a stage in human development in which we are especially open to learning and to outside influence in general. At this early age we learn our language, morals and social roles, preparing ourselves for adult life.

Accelerated Learning (A.L.) involves a going back in mental functioning - to a greater or lesser extent - to that age. We can thus learn radically new material and skills quite rapidly.

Another way of describing the activity of A.L. is to use the model of conscious versus unconscious mind. The normal conscious mode of functioning is to process information and experience sequentially, a bit at a time. The unconscious mode is like processing lots of information in an holistic fashion, with an openness and vulnerability we usually protect ourselves against. In A.L. we give up the conscious mode with its finely developed ability to discriminate and criticise in favour of rapid learning.

In therapy this is very useful, as we can

lead an individual using metaphors (an A.L. technique too) from the present 'stuck' state to, for example, an earlier time when they were learning to walk or spell. This accesses their childhood (and childlike) ability to learn radically new things. Then, still using metaphor, we might lead them to the psychological resource - eg a particular emotion - they need. By leading their unconscious to make new connections - problem to learning to resource - we gracefully empower them.

Unfortunately this state can be used to disempower people as well. Recently a fellow NLP (NeuroLinguistic Programming) Practitioner and myself spent three hours de-programming a friend who had been to a workshop using A.L. techniques. What we found was a very powerful sub-personality patterned after the workshop presenter.

When we asked that sub-personality, or imprint, "to whom are you primarily loyal?", we got a surprise.

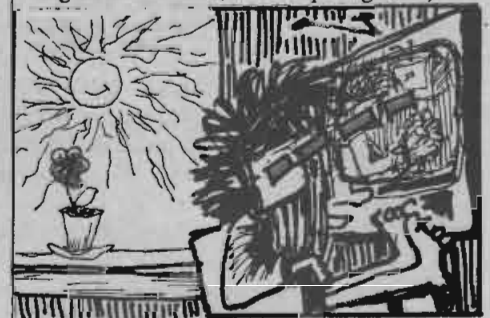
It answered, not with our friend's name, but that of the presenter. It had the cleverness and deviousness of that presenter too. When asked about its influence on our friend it replied with fine-sounding statements about wanting him to have more choices in his life. Nice-sounding words but when pressed it admitted its control over just WHICH choices our friend would make. He could have more choices just so long as the sub-personality could do the choosing.

It took us three hours to de-programme him because the sub-personality had the survival skills of the presenter in deceiving people (our friend in this case) and because it was hiding in every physiological system we tested except the olfactory (smell).

Another man's 'im-plant' had him organizing workshops and going to a great deal of trouble for the benefit of the external person, with no reward at all, financial or otherwise. In

another situation his would be called generosity, but with a sub-personality loyal to someone in the external world, it amounts to subversion of the individual's integrity.

The last workshop using A.L. techniques I went to even had the presenter instructing the participants (in trance) via metaphor not to examine what had been done to them! My years of hypnosis and NLP experience stood me in good stead as I sat there in trance like everyone else and noticed the equivalent of a post-hypnotic suggestion (this is an example of the conscious and unconscious mind sharing consciousness, not competing for it).



Sub-Personalities

It's important to recognise that sub-personalities can be quite beneficial, and they occur naturally. Children playing take them on at will, as they pretend to be the latest super-hero etc. Using this imprint of someone else (even a fictitious character), they try for a way for their true selves to find expression. Seeing a boy with his father we can notice him copying his father's movements and postures, trying on his father-imprint for size. This is a valuable way for a growing child to find just what pattern of expression suits him or her. Of course some people get stuck at this stage and we see them twenty years or more later, still trying to live up to their parent-imprint.

As adults we can consciously choose other individuals to copy and imprint on ourselves. This is an accelerated way to gain some of their understandings and skills.

Even if the presenter does not plant clones of him or her-self in the audience, there is still the ethical question of putting people into trance-like states of consciousness and imparting your own beliefs and values to them. It's not surprising that, regressed to a childlike state, we do what children do and absorb the values of our teachers.



Further, a lot of the workshop presenters are from the U.S.A. which means not only do we receive their personal values but cultural values appropriate perhaps to Americans, but not necessarily to Australians. Different cultural values *can* be imprinted onto a receptive person. Not every Australian shares the American Dream.

Hopefully most practitioners just want to do a good job, rather than create devotees or clones, but even these presenters can hold values and belief systems incompatible with those of members of the audience. If these values and belief systems are given to people in this state then those members of the audience are placed in a state of conflict - sometimes at an unconscious level - which can have a quite negative effect.

N.L.P. has found that gaining another's skills can involve taking on their beliefs but it is surely only fair that this is pointed out to the public before they pay their money to learn that skill. "I came in to learn how to tie my shoelaces and now I'm a member of the Nazi Party!" - that sentence would presumably only apply to border-line Nazis being exposed to a Fascist personality. It is very unlikely, if not impossible, for a warm, loving person to go into the workshop and emerge several days later wanting to string up Jews and Negroes.

It would be nice if misuse of vulnerable states of consciousness did not happen, but since it does, the next concern is what to do about it. Perhaps the best way is to consider the presenter very carefully before doing the course. Regardless of the purpose of the course, what you see in the presenter (the values and beliefs) is most likely what you'll get when you are that open to suggestion.

Of course, some people can be a quite beneficial experience and well worth imitating. The best guide is your 'gut-feeling' in response to the question "would I be happy to have this person hypnotise me and tell me his views on life?" since these techniques are as powerful as hypnosis. Remember too, a workshop lasting one day is much less powerful than one lasting a week.

An NLP trainer is more aware than most of the details of unconscious processes and how this cloning can occur, so it is especially important to consider their character. One thing I warn clients about sometimes is to be clear on just what changes they ask for because using NLP they're likely to get them.

At the NLP Centre we are concerned about the proliferation of these imprints and if anyone who has been trained by an NLP Trainer is of the opinion they have been imprinted, we are willing to check them out free of charge.

Hopefully, other disciplines have their own ways of protecting the innocent from those disciplines' manipulators and gurus.

**JON LONERGAN, Master Practitioner NLP,
(02) 3897458 NLP CENTRE**

IN ORBIT

with Victor Voets

Welcome to the salubrious Serpent year, the Earth Snake. The ostentatious huff and puff of the Mountain Dragon year is now over and we can come back down to Earth where the Snake prefers to remain.

There will be many unexpected changes throughout the year - the snake usually prefers uninterrupted quiet, but when disturbed or provoked it responds quickly and unexpectedly. A year for personal self-sufficiency - not a year to rely on others.

March is the month to attempt to balance relationships and the budget. A month to be optimistic, socialise and communicate. Underlying this optimistic attitude of 'she'll be right, mate' is a need to be aware of longer-term financial commitments. We begin to perceive longer-term practical realities from around the 18th of March until the 17th of April - a time to put some order and system into our lives.

Domestic changes, expenses or beautifying the environment start from March 12th until the 21st. We may become restless and talkative and of two minds about everything, until at least the end of April.

April 9th sees minor, aggravating tensions begin in both work and partnership spheres. Problems arise not because of the way things are done and said. April 14th begins a time of over-sensitive confusion. Try not to become preoccupied with appearances for it is the world within yourself that is more important and permanent than the approval of the outside world.

April will see a bit of financial confusion, a general slowdown because the need for freedom and spontaneity dominates from sunset April 17th.

We begin to come together more, including health-wise, from the early afternoon of April 20th, though relationships experience a time of distancing frustration. Strain and tension dominate the full moon on that date and over the next few days. Use this month until the middle of May as a month for independent experiences - it's not a time for togetherness. April 23rd begins a few months of wanting to go over the past - possibly a light period financially and emotionally.

The full moon of May 5th is slow and straining. Use the time until May 18th to read, philosophise and travel if possible. Domestic and friendship spheres become more balanced and harmonious. May 12th could begin three weeks of losing, delaying and forgetting things. Be careful with paperwork, machinery or while traveling as a certain vagueness will be in vogue.

From May 21 comes a fairly optimistic period when problems begin to find resolutions. June 9th is especially positive.

Love and Peace,
Victor Voets

Self Parenting

DR. JOHN POLLARD

To describe Self-Parenting we would first have to talk about 'inner conversations'. All of us are having an inner conversation and for there to be a conversation there have to be two voices. We can call one of them the 'Inner Parent', defined by the style of parenting you have as a child.

You have uncles, aunts, teachers and other 'parent' figures. They can have a lot of influences on you during the development of your 'Inner Parent', but it all begins with your parents.

The Inner Child

We can call the other voice in your inner conversations the 'Inner Child' - who you were as a child. You still have the same dreams, energies, fantasies - the kinds of things you wanted as a kid are still part of you now. What is happening inside your mind is that your Inner Parent is parenting your Inner Child as you're going through life. Before you do anything you have an inner conversation and the two voices



work out which way they want to go and then you act based on that.

A parent can ask a child a question or a child can ask a parent a question. You can pick any conversation and either voice can be doing any one of many different things. But when you start writing them out and looking at them you definitely see a parent voice and a child voice. The child will ask a question or make a statement and then the parent will respond. One is the voice of authority and one is the voice of enthusiasm or energy.

Reading *Self Parenting* is one way to get a feel for inner conversations. By the time you're through two-thirds of the book you're recognising your inner conversations because of the way it's laid out. The last third of the book is a work book where you do Self Parenting sessions. You sit down for 30 minutes a day and, as the Inner Parent, speak to your Inner Child and it responds in your mind and you write it down.

There are two weeks of questions through which you progress in getting to know yourself. At the end of that you're really hearing your inner conversations. There's a third 'optional' week where you can work out inner conflicts or plan for the future, and do so conscious of both inner voices.

You know we only use 9% of our mind. But if you start listening to your inner conversations and writing them down, there's a deeper thing beneath that. If you really know what you're thinking and feeling you're not unconscious, you're *happening*. The thing most people don't realize is that they are affected by, but are oblivious to, an inner process that they don't really know about.

You resolve inner conflicts exactly as you would the same situation between an actual parent and child - or two business partners. The inner parent comes from your parents, but the inner child is your real individual self.

The Kahunas

This work arises from the Kahuna religion of Hawaii and the work of Max Freedom Long. He 'cracked the code' of the Kahunas - a secret verbal code that no white man was able to be involved in.

In the Kahuna teachings there are three levels of self, a low, a middle and a high. The inner parent corresponds to what they call the middle self, and the inner child the lower self - the 'individual streak'. I believe there are three selves - the inner child, inner parent and inner, high self - the 'guardian angel'. But if you practice self-parenting you'll also find this third self.

Self Parenting by John Pollard - \$19.95 Genetic Human Studies Pub.

Marjoram & Oregano

Family: *Labiatae*

Varieties: *Origanum marjorana* (Sweet or knotted Marjoram) up to 3 feet, sweet tasting.

O. Onites (Pot Marjoram) up to 2 feet.

O. vulgare (Oregano or Wild Marjoram)

O. heracleoticum (Greek or Winter Oregano) the strongest flavour

O. vulgare aureum (Golden Oregano) yellow leaves with pink flowers

Uses: Oregano tea eases indigestion, sore throats and coughs. Use as a gargle for infected gums. Marjoram oil is good for sprains and bruises.

Action: Antiseptic, Carminative (aids digestion and relaxes stomach)

Preparation: Chop 2 cups of Marjoram leaves. Infuse with boiling water for 10 to 15 minutes. Rub into the hair and scalp after washing as an excellent hair conditioner.

Description: Marjoram is a perennial which grows 1 to 2 feet high; leaves are rounded to oval with small flowers which are usually white.

Oregano is a perennial growing up to 2.5 feet; the leaves are dark green, oval shaped and up to 1.5 inches long, while the flowers are purplish red.

Harvesting: When flowers form collect the plant for drying.

Propagation: Marjoram usually grows from seed, but also by root division and layering (pegging down the outside branches).

Oregano usually grows from cuttings; also by root division and layering. Dig up and divide into several plants every 3 years - or it becomes woody and stops growing.

In the Garden: Both Marjoram and Oregano require a pH of 6 (acid) to 8 (alkaline).

N.B.: Water is neutral (pH of 7). Both Marjoram and Oregano prefer full sun and a well drained soil. Keep well-watered and prune regularly to encourage new growth. Add lime (calcium) to the soil using either dolomite, limestone or crushed egg shells. Oregano flowers attract bees.

Companion Plants: Marjoram is beneficial to most vegetables.

Oregano should be grown with any *Brassic*as (broccoli, Brussels sprout, cauliflower and cabbage) since it repels the Cabbage Butterfly. Grow with cucumbers (repels the Cucumber Beetle). Also beneficial for grapes.

In the Kitchen: Marjoram tastes good with tomato, eggs, vegetables and potatoes. Used in mixed herbs (Thyme, Sage, Marjoram).

Oregano is used in Mexican, Italian and Spanish cooking. Good with cheese and tomatoes.

Dried Oregano leaves and flowers repel moths.

Basil

Used in Egypt 4,000 years ago, Basil was introduced from India to Europe over 500 years ago. In France it was called *l'herbe royale*. Only the nobility could grow Basil; it was considered too good for the peasants.

Family: *Labiatae*

Varieties:

Ocimum Basilicum Minimum - Bush (or common) Basil. Grows up to 1.5 feet.

O. Basilicum - Sweet Basil. Up to 3 feet, very aromatic.

O. Bas. Sanctum - Sacred Basil. Indian strain, antibiotic and insect repellent.

O. Bas. Purpureum - Dark Opal Basil. Up to 2 feet, deep purple to bronze foliage.

O. Bas. Crispum - Lettuce Leaf Basil. Lettuce-like leaves with sweet flavour.

O. Kilimandscharicum - Camphor Basil. Not edible, but a good moth repellent.

O. Bas. Citriodorum - Lemon Basil. Strong lemon scent.

Perennial Basil (Greek Love Mint). Perennial if protected from frost, good flavour.

Cinnamon Basil.

Licorice Basil.

Action: Basil is an anti-septic (destroys pathogenic bacteria), a carminative and anti-emetic (reduces nausea).

Uses: Basil reduces nausea and is good for travel sickness and morning sickness in pregnant women. It stimulates and aids digestion. Rub Basil oil into the temples to relieve headaches.

Preparation: To make Basil tea, chop fresh leaves and cover with one cup of boiling water. Infuse for 10-15 minutes.

Description: A native of India, Basil is an annual which grows to 1.5 feet. The leaves are broad and the spiky flowers are white to purple (Dark Opal Basil). Basil attracts bees.

Harvesting: Pinch out Basil regularly to encourage bushy growth. As the flowers start to form, cut down to the second set of leaves (this can usually be done twice) and dry by placing in a

brown paper bag with small holes - which allow water to escape. Suspend the bag in a cool airy place. Or freeze Basil leaves in an ice cube tray; place the cubes in a bag and store in the freezer (this provides 'fresh' Basil in winter).

Propagation: Usually from seed, except Perennial Basil and Camphor Basil; tip cuttings can be used.

In the Garden: pH 6-8 (around neutral). Plant Basil seedlings 8" apart. Plants prefer well-drained but moist soil in a sunny, sheltered spot. It repels flies and mosquitoes.

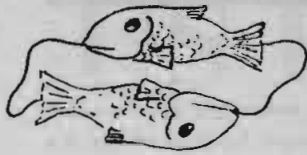
Companion Plant: Grow 3 Basil plants with each tomato plant to repel Fruit and White Fly; it also improves the tomato's quality.

Antagonistic Plant: Rue.

In the Kitchen: Good in any tomato dish or pesto sauce, Italian cooking etc.

Pesto Sauce: Grind Basil leaves to a pulp. Add garlic, olive oil and salt, pine nuts and Parmesan cheese.

Brian Spears



A NEW



AGE DAWNS

By Craig Jarman

Today we find that a 'New Age' is upon us. All around we find an upsurge of crystals, health foods and natural therapies; yet nowhere do we find an explanation for this trend. The New Age is not a cult with its roots in the sixties just as Christianity is not a church. There's more to it, there is a meaning behind the trend. What is the New Age?

The New Age is generally perceived as a conglomeration of esoteric philosophies and practices but is more widespread than most people realise. It may be found at the forefront of every field, be it physics, medicine or political theory. The New Age is not a cult but a state of consciousness.

An age dawns. It arrives as it is realised by the people. First it appears as a revolutionary idea held by one or a few but rapidly the idea catches on until it is encompassed by all. You don't join the New Age - a New Age is realised.

The concept of the ages comes from astrology. Physically, the axis of the Earth wobbles in such a way that different regions of the universe are highlighted over time. Currently the vernal (spring) equinox points towards the cusp (midpoint) of the constellations Pisces and Aquarius, progressively turning towards Aquarius. "So what?"

Well, the importance of this physical progression lies in the fact that it mirrors a corresponding development on the psychological plane. Psychologically, the vernal equinox points towards our highest values - it points towards our gods. As the ages progress our god-image develops, as the ages change our god-image transforms. God, however, does not change. It is much like the different facets of a single diamond. As the ages progress a new facet of the divine is revealed, while at the same time the old face loses its lustre and dies in the eye of the beholder. Thus the wobble of the earth marks the birth, maturing, death and subsequent rebirth of our god-image. Let me tell you a story:

In the desert up bubbled a newly formed spring. Here it flowed unknown to humanity, providing for the trees and the animals. Then one day an old hermit who had lost his way stumbled upon the spring and drank to his heart's content. There the hermit remained and soon he had tapped the spring and built a large fountain to contain the water.

Slowly passers-by noticed the remarkable health of the old man and stopped to ask of his secret. In answer the old man led them to the spring, where they also remained. Soon other people came to settle and the village became a town and the town became a city, always with the spring at its heart. Then one day the earth moved and the fountain ceased to flow. The water from the fountain was soon

exhausted and the city began to collapse. Only the skeleton of the city remained.

Yet the spring did not die. Far away to the west up bubbled the spring. Again it remained unknown until a lost wanderer discovered the new outlet. Again the wanderer settled and tapped the spring and again a city grew up around the fountain. But once again the earth moved and the fountain ran dry. Yet far away the spring found yet another outlet...

The spring represents the deep, inexhaustible, divinely centred source of nourishment and meaning for humanity. It comes up from the dark depths of the unconscious and sprouts forth as inspiration. We find the spring where the waters of mystery erupt into our lives. The fountain is the philosophy which contains the mystery of the spring and to drink from the spring is to be nourished by the meaning which gives our lives purpose.

Every age has had its own spring and with each subsequent age the spring draws closer and closer to the heart of our being. The progression of the ages thus describes the approach of heaven on Earth. From the Earth's angle this development appears as the growing consciousness of humanity; from the perspective of heaven it is the maturing of God.

Progression of Ages

In the Taurean age we derived our meaning from watching the mysterious cycles of nature. We worshipped the Great Mother Goddess while the gods were the spirits of the wheat, the earth, the sky and water. The age of Aries marked the rise of the masculine deities. The new fountain took the form of the Greek and Roman pantheons and for the first time the gods interacted with Man producing a race of heroes and demi-gods. In the age of Aries the qualities of the pioneer were held in highest esteem. The hero went where none had been before, exploring and developing the powers of the mind.

As the Arian age progressed the ram-headed deity Yaweh (JHVH) came into being. Yaweh was the epitome of Aries - he was an angry, quick-tempered god who would not tolerate the worship of

anything other than himself. He was also insecure, but open to reason. Yaweh's openness to argument is apparent in his discussions with Job, while his insecurity caused him to test Abraham's faith. Yaweh's servants reinforced his existence and also taught him what he might overlook. Thus humanity had developed an intimate relationship with God, and in return God had passed over some degree of responsibility to humanity.

The Piscean age began with the birth of Jesus, while the Arian age only ended with the crucifixion. The Great Mother returned in the form of Mary who bore Jesus out of the fullness of her being. He was born as the fish to die as the lamb and his life story is really the bridging of two ages. Jesus taught the new Piscean face of God, that of love, forgiveness and the unity of all life. Yet sacrifice is also a Piscean theme and Jesus was abandoned on the cross as humanity was released to its fate.

In the age of Pisces the fountain took the form of Christianity yet the god-image seemed to have split in two. In the Arian age God was both benign and terrible while in the Piscean age this whole cracked, forming the warring opposites of Satan and Christ. The moral god cast a very dark shadow.

Towards the end of the Piscean age we hear Nietzsche's cry, 'God is dead!' The old spring which nourished our culture for almost 2000 years ran dry. The 'earth moved' (a major shift in consciousness) and the imaginative wellspring of the Piscean age was blocked by the emerging scientific rationalism. One could no longer digest symbolic material in its raw form and there came a need to know the meaning behind the symbol. Just the story of the crucifixion or a fairytale was no longer enough. Symbolic stories and events now required an explanation which would relate them to one's own life.

Yet the interpretation of the symbolic was unavailable. There were no systems which could make the Piscean imagery palatable to Aquarian intellect. As such, the symbolic side of life was ignored and the spring was lost. Astrology dried up into astronomy, alchemy became chemistry whilst myths and fairytales were relegated to the position of children's stories. Christianity also received a devastating blow.

Dramatic developments of science marked the approach of the Aquarian age. 'Knowledge' replaced 'Faith'. Darwin's theory overthrew the dogma of Creation, while Freud and Durkheim explained away humanity's need for religion. Science had become the enemy of religion and in many areas it still is. It is at this point of consciousness at which we find the majority of our population. This is the mythless limbo found between ages; our modern world recognises the death of the Piscean age yet fails to find the spring of the Aquarian age.

The Aquarian age is the age of reason and our awareness has approached the point where we now celebrate the power of humankind more than the power of gods. Similarly we fear our neighbouring cultures instead of devils. Our power for both progress and destruction has reached mythic proportions. Blindly, humanity has become a god unto itself. Yet despite our superior understanding many of us suffer for lack of meaning. The scientific constructs which brought the fall of the Piscean myths have no spring at their heart. *Science offers us no myth to live by.*

Our 'superior' consciousness has cut us off from our 'unconscious' roots. The light of consciousness is so bright that our spiritual lives have turned to desert. It is a vicious circle; we are too aware to believe in the mysteries but without mystery there is nothing to become aware of. A scientist without faith cannot penetrate the mysteries simply because he does not believe in them. We are caught at the cusp of two Ages, when science makes nothing of religion and religion cannot explain itself logically.

One Ring to Rule Them All

The journey ACROSS this cusp is well described in Tolkein's Lord of the Rings. The passing of the Piscean Age can be construed as the ending of the third Age of Elves, Dwarves and Hobbits and the beginning of the fourth Age of Man (the Age of Aquarius).

Frodo's task is to take the one all-powerful ring and throw it back into the pit from which it was forged. Similarly, modern humanity has to make a conscious effort to put away their old gods, making room for the new. Tolkein warns us that holding onto the Ring fosters evil, for the Ring comes to possess its owner. In the same way humans face the danger of having too much power at their disposal. The scientist or politician who plays God wears the Ring and the temptation to rule over creation is great! The fate of the world lies in our ability to relinquish our egocentric desires and sacrifice the Ring. Only then will we return to our rightful position within the whole of creation.

Currently we remain in Tolkein's third Age. Slowly we recognise the danger of the 'one ring to rule them all'. For those of you who know the myth, the 'black tide' which spreads out across Middle-Earth is felt as the chronic problems which are slowly penetrating all levels of our existence. To date the most useful aspect of the New Age is its call to attention of the precarious state of the world. In this way it is 'Greenies' and other environmentally aware groups which constitute the party of the Ring and the war against Mordor. They are screaming for the global consciousness of Aquarius, yet, as Tolkein's story tells, the party of the Ring and the battle against Mordor are not sufficient.

The only way to hold back the 'black tide' is to enter the heart of it and throw back the Ring. We must travel to the source of our current problems, namely our own modern psyche. For this journey Frodo must go it alone. The lone journey is the inner journey. Each of us must

Continues Over

go within to fight the battle which is really a change in attitude. Peace marches, vegetarianism and voting for the 'Greens' etc, are not enough. The 'Dark Lord' lies within each and every one of us; he is our collective shadow. He may be labeled as selfishness, ignorance or megalomania but the fact remains that if he is a quality of humanity then he is a quality of yours and mine. In some way we all make a contribution to the society which is strangling the earth. Thus each of us must start with our own selves and take the inner journey to the black lands of Mordor. Frodo followed Gollum, his own personal shadow and each of us would be wise to do the same. For Gollum knows the way to the heart of Mordor just as our personal darkness leads us to the collective evil.

Journeying to the collective layers of the psyche makes us weaker and weaker. Frodo was near death. In the face of the gods, the archetypes or the problems of today's world we wonder what one individual can do. The situation seems near hopeless. Yet it will take just one 'Frodo' to throw back the Ring. At the collective level, an individual victory is world victory.

A finger is lost when Frodo throws back the Ring. In some way humanity must sacrifice part of his dexterity over creation. Perhaps we will have to live without cars and aerosol cans, forced to live a simpler existence by curbing the use of our technology. It is clear that we have to make a few sacrifices. Frodo lost the finger on which he placed the Ring, so mankind must lose the finger which rests heavily on the pulse of our planet. The fate of the world depends upon it!

After the Ring is thrown back into Mount Doom the war against Mordor is easily won. The victory on the inner level facilitates the victory on the outer level. With a universal change of attitude the struggles of environmentalists and peacemakers will immediately be made effective. People will only hear what they can comprehend, but once the decision is made action will be effortless.

Thus ends Tolkein's third Age and so begins the Age of Aquarius. Aquarius rules collective effort and the new era will hopefully be marked by global consciousness and interrelations. US President Lincoln, an Aquarian, pointed out the two ways we may go when he said 'we must all hang together, or assuredly we shall all hang separately'.

The New Age is best described as the embryonic form of the Aquarian Age. The Piscean Age has died for most of us and it is the New Age which offers us meaning. The New Age has also been referred to as the 'Return of the Goddess'; the Great Mother goddess returns prior to the birth of any Age.

Everywhere we find new discoveries and theories but they are yet to prove their significance and tie themselves into some form of unity. Only slowly does the Aquarian Age take shape.

If the New Age is the embryo, then it was first conceived by the likes of Jung and Einstein, who discovered the laws of past religions anew. Jung's psychological research led to the discovery of the 'Self', the god-image within the mind, while modern physics speaks of the interconnectedness of the whole cosmos. Science has discovered religion; the gods which once resided in the beyond have taken up their place as the archetypes of the unconscious mind and quantum physics reveals itself as a simulacrum of Eastern philosophy. 'The sea in which the unconscious fish are swimming is now past, now the water is in the jug of Aquarius, *that is in the vessel of consciousness.*' (C.G. Jung)

So where will the spring be found in the Age of Aquarius? As Jung points out the water is now in the jug of the water bearer. The mystery now lies within the mind and God's face is to be found within each and every one of us. The spring is no longer outside of ourselves in the form of nature, a religion or a saint. It is now at the core of our own minds - *we are the mystery!*

Roots Seek Spring

The water bearer pours the water into the mouth of the second fish of Pisces. Our task in the Aquarian Age is directed towards the unconscious. We need to water the mysteries so that we don't dry up. In the Aquarian Age we should all devote time to our own personal unconscious, for the unconscious has revealed itself as the root basis of our being. No longer may we search for the spring outside of ourselves, instead we must follow our dreams inwardly. Our task will be that of Prometheus, who journeyed into the abode of the gods to steal fire (consciousness) for the benefit of humanity.

When the Aquarian Age arrives the outer pursuit of divine knowledge will be replaced by the inner quest of self-discovery. The fountain will appear as a psychological theory rather than a religious dogma and its guardian will be a therapist instead of a priest. Our rulers will no longer require the touch of God; instead, self-awareness will be their qualification. We will describe the spring as an 'energy' rather than a 'spirit' and, as we already know, the crystal will come to replace the cross. Nothing ever really changes.

*Craig Jarman is available for astrological chart readings using Jungian psychology and dreamwork.
Contact number: (02) 747 2707*

Editorial

Preaching to the Converted

"What can one person do?"

Some people believe that by 'opting out' of city life or the workforce they're no longer contributing to a society which is destroying the planet. Unfortunately, this is rarely the case - unless we stop using services and products of systems we don't believe in or transform them, we contribute to them passively.

Achieving relative self-sufficiency takes time, patience and cooperation in the country or city. But even 'dropping out' and not purchasing what society has to offer will change society very little; it's an unfortunate fact that most people in the 'developed world' live in cities - actively and continually contributing to environmental destruction merely because of systems we choose to live with. We must turn those systems around so we're engaged in processes that recycle themselves to feed the whole Earth. City dwellers must change even more than country folk if we're to survive and thrive in coming decades. We must create and work at tasks which support us and the environment.

As always, it all comes down to you. If you're a cattle farmer who's losing your livelihood and you don't learn new ways for new times, you'll probably end up chopping down 'your timber' to make ends meet (end meat). If you're starving in the city and develop no alternative skills you'll take work as it comes up - regardless of what you may be destroying by your livelihood.

It all comes down to working for 'the man' or working for yourself and the planet. Almost anything we do can be transformed into a healing act, for the people involved, society as a whole, or the planet, by having the simple presence of mind to BE HERE NOW and really see the ramifications of our actions.

By actively changing what we do at work and at home we heal the planet. If you know the work you do is actively or passively destructive, either stop doing it or use your knowledge to turn the work in a healthier direction. *You may be the only person who can do it.*

At home or work, if more of us separate our wastes and use the recycling services available, recycling will soon become very profitable. If more of us plant food trees and vegetable patches - in whatever spaces we find available - food costs will drop and food, air and soil quality will increase.

If we convert our houses and workspaces to become more energy-efficient and produce their own energy - actually easy to do and very economical - we can halt the Greenhouse effect and the 'need' for nuclear power. But most houses and workspaces are in the cities and towns, and this is where we need to make the greatest changes. It's time to put our money, skills and time where our beliefs are and actively work for changes.

It's 1989. The alternatives are here, and with more use they'll be cheaper than the destructive systems we use now. There's no time but the present.

R.A.

NEXUS IS MOVING

NEXUS is moving to the mid-north coast of NSW during this issue. If you have any trouble reaching us by phone our postal address remains unchanged:
PO Box A556 Sydney South, 2000

APOLOGY

NEXUS would like to make it clear that GLO FRUIT JUICES and JUST JUICE have NEVER been irradiated, and that their inclusion in the "Possibly Irradiated" list on page 14 of NEXUS Number 7 was erroneous. BREAK orange fruit drink and PRIMA fruit juices, also described as 'possibly irradiated', have NEVER been irradiated and are all-Australian products.

We apologise to the Just Juice Corporation, Sunburst Regency Foods and any readers who may have been misled into thinking these juices are irradiated. In fact, they have not been subjected to ionising radiation and are wholesome products which do not deserve to be involved in the irradiation debate.
- NEXUS New Times

The Crystal Argument

In this era of dramatic and radical change, it's understandable that many arguments develop concerning new directions. I've been both angered and humoured by some prescribed paths to higher enlightenment, particularly crystal channelling.

The conflict apparent in this debate is whether or not people should mine crystals on a large scale, transport them all over the world and convince others that it's necessary to use crystals for the purposes of enlightenment or healing.

A spiritual process of development is active as forms, souls or spirits experience the evolution from life to life just as their physical body experiences a material transformation as it evolves from, for example, plant matter, to coal to diamond. I believe that the energies one deals with when focusing on a crystal or mineral formation are in essence those of an ancient spirit that has undergone extraordinary changes on the path of an extremely long life-line.

The world is a living body comprised of many varying substances - as we ourselves are - all of which are vitally important to its physical and spiritual well-being. Just as our bodies require the utmost care and health that relates directly to the health and capabilities of our spirit, the Earth requires all of its minerals for a balanced energy system.

This same ideology is prevalent in the ancient teachings of many so-called primitive cultures, in particular that of the Aboriginal peoples of Australia. They've been aware of the physical and spiritual elements of the Earth that they have harmoniously interacted with for many thousands of years. Through their understanding of their beliefs - that seriously reject mining on the grounds that such tamperings destabilise the balance of the energy systems of the Earth - they relate to the Earth in its ENTIRETY.

Humans are capable of relating to many elements simply by working in harmony with the Earth and its structures; just as a medium can heal through the visualisation of a person, handling an actual crystal dug from the Earth isn't necessary for accessing Earth energies. Direct bodily contact with the energy of the Earth, or using the energy of 3-dimensional formations which copy crystalline structures, also works. It's interesting that these same structures or variations can be seen in many forms of architecture, even domestic dwellings.

Crystal formation can record and reflect information on many levels. In this sense we should visualise the Earth as an immense computer that holds the stored memory of its entire history.

Why mine crystals when they're symbolic tools? Why perpetuate the confined perception of a materialistic, monetary society by deconstructing the most perfect being in existence, one that surpasses anything that can be created by our technology? Why perpetuate destruction and deny our own possibilities at the same time?

Melanie Claire Purcell,
Sandy Bay, Tasmania

You can see two of Melanie's Major Arcana on the back inside cover - R.A.

Time Craft Queries

Your magazine is generally excellent. Your news items are useful because you never fail to give the source of your information.

Why can't I say the same for some of your articles? Just look at your unsigned article (See NEXUS, Summer Edition, 1989), *Time Craft - The Prediction of Supernova 1987A* in which it says that information from the said Adamski contact of 1952 was interpreted by a Sydney psychic who got his information from an ET intelligence (called "Michael") via channelling in 1963. And that all this information proved correct concerning a supernova called 1987A. (Because I can't refer to a nameless writer of your article I'll give a name for easy reference: Joe Bloggs.)

Why does this article, *Time Craft*, mention George Adamski? Bloggs bases the whole article on information given by Adamski, then turns around and says in effect that Adamski is only fibbing. What's a reader supposed to do with an article like that - apart from throwing it on the floor and jumping on it!

Bloggs then uses as a reference Adamski's book, *Flying Saucers Have Landed*. I read the appropriate bits. I can't find any reference to an "(ET) Consciousness", or to any ladder dangling from said saucer. Neither can I find any references to white boots or sandshoes mentioned by Bloggs. But I read that ox-blood coloured shoes made the footprint. And Bloggs says Adamski didn't find the footprints until after the saucer left. But the book tells how this saucer bloke drew Adamski's attention to the footprints while they were still together. And where, Joe Bloggs, does the book say that Adamski found the footprints or their markings repulsive? It doesn't.

This letter is not about whether Adamski (who I'd say met a physical man), or your "Bloggs" (who got his information from channelling) is right or wrong. It's about accuracy and the putting of names to articles.

Joe Bloggs, I mean, should have done his homework before going into print, and being accepted by an otherwise excellent magazine such as NEXUS.

Roy Russell, East Brisbane, Qld
Dear Roy; Thank you for your analysis. But "Joe Bloggs" was named at the end of the article - John Panaman. In NEXUS #4 we noted that many predictions had landed on our desk, and that we wouldn't print any until after they came true. The response to our challenge was this prediction - witnessed and manifested. But when it came to exploring the method of prophecy, our rational minds encountered the same labyrinth as yours, Roy. How a psychic's mind actually arrived at a correct prediction non-linearly was the point of the article. The author cites other sources for details of the Adamski encounter and pointed out (in a deleted sentence) that the 'Venusian' made a show of 'planting' the footprints. Whether Adamski spoke to Venusians is irrelevant to the possibility that information travels through time in consciousness via very circuitous routes. And it's possible this is all coincidental. But the prediction came true...

- R.A.

Beyond the Bicameral Mind

The Bicameral Brain

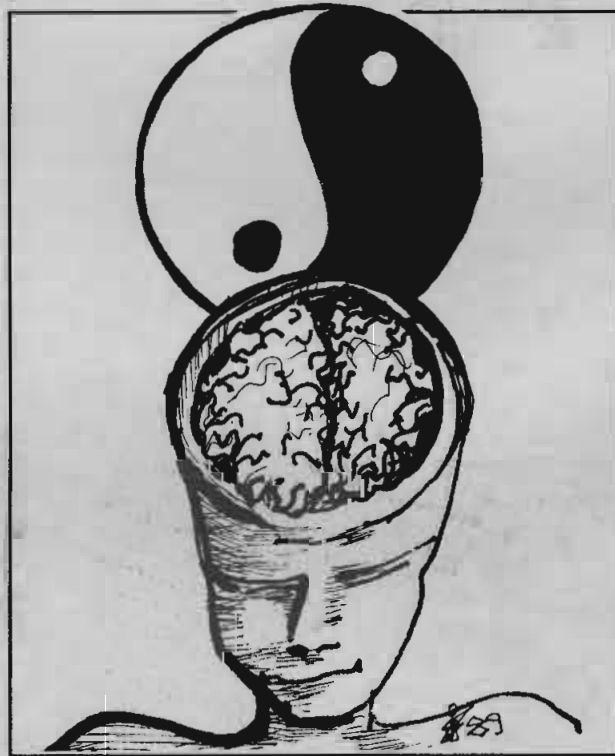
Julian Jaynes, an American psychologist, published his book *The Origins of Consciousness in the Breakdown of the Bicameral Mind* in 1982. This book may be the most controversial work of the late twentieth century. It challenges accepted ideas of human history, culture, religion, psychology and civilization - past, present and future. To support his theory Jaynes draws on archeological, anthropological, neurological and linguistic evidence to the outrage of those working in these fields. For his trouble he lost his position at Princeton.

What is consciousness? Normally, we associate it with learning, purposeful behaviour and the evolution of the higher primates. It happens inside our heads when we are thinking or making decisions. Jaynes dismisses all this and concludes that consciousness is not what we generally think it is. It is *not* involved in learning or performing skills. It is not necessary for making judgements and has no location except an imaginary one.

Consciousness is an *operation*, not a function, the invention of an analog world that parallels the real world in the same way a map relates to the area it depicts. Consciousness creates this analog world only from objectively observable things and does this by using metaphors to designate or describe things for which words are not available. We 'see' the solutions and have 'viewpoints'; minds are 'broad', 'open', 'deep' or 'narrow'; we can 'hold' something in our mind or have it at the 'back' or 'out' of our minds. These are all metaphors.

Similarly, we describe the world in metaphorical terms. For Jaynes consciousness is, in fact, a metaphor-generated model of the world. But metaphor is

a property of language, and if consciousness is the invention of an analog world based on language, then consciousness



must have become part of human evolution *after* language. Jaynes' radical view is that consciousness is of a much more recent origin than we like to believe.

Most important brain functions are bilateral, ie they are performed in both the right and left sides of the brain. The exception is language; all our speech areas are on the left side. There are three speech areas in the left hemisphere and they have different functions and values. Two are concerned chiefly with articulation, and vocabulary and grammar respectively. The third is known as Wernicke's area and is involved with syntax, meaning and understanding speech.

But language is probably the most important of the skills that distinguish the human species. It has always been the basis of social interaction for humanity, both today and during the post-glacial millennia of the past. Why is language not represented in both hemispheres? The physical, 'neurological' structure necessary for language exists in the right side; children with left side lesions (damage) to Wernicke's area transfer the speech mechanism to the right side, thus *not* becoming speechless.

What is, or was, the function of the right hemisphere areas that correspond to the speech areas of the left side, is the foundation of Jaynes' theory. These areas have "seemingly no easily discernible function", known from cases where due to injury or illness, large amounts of tissue have been removed from the right side with "surprisingly little deficit in mental function". The brain may have two hemispheres, ie *bicameral*, but one seems relatively less essential unless the silent 'speech' areas of the right side had some function in the past.

This function must have been important enough to stop right side development as an auxiliary speech area. In humanity's early history the right side of the brain was used for something even more basic than the articulate speech of language, that pre-

cluded such development. Julian Jaynes believes that the right hemisphere was left free to listen to the language of the gods. These gods were, according to Jaynes, hallucinatory mental voices - sometimes 'heard' by more than one individual at the same time.

The 'voices' and 'speech of the gods' were organised in the right area that corresponds to Wernicke's area on the left, and could have been transmitted to the articulate right across the connecting neural pathway. Stimulating the right side induces auditory and sometimes visual hallucinations in people - they hear voices that often command or admonish them. Often the experiences are remembered as an actual event, where the person hearing the voices was passively acted upon. The significant point is the 'otherness' of such experiences, not the actions or words that are heard.

Modern clinical testing provides some support for this hypothesis. It has been shown that both sides of the brain can understand language and that, under certain conditions, the two sides can act independently. Differences in cognitive function today echo the differences of function between humans and gods in the past. For early civilised man the gods were responsible for guiding and planning action, they sorted out and categorised events and directed humanity in its efforts. From what we know of early civilisations mankind lived, behaved and thought very differently from our modern experience.

The Bicameral Mind

Bicameral humanity had a mind that was not just physically divided into two, but had one half that communicated with people while the other half relayed the information of the individual's bicameral voice, or god. "At one time human nature was split in two, an executive part called a god, and a follower part called a man. Neither part was conscious. This is almost incomprehensible to us." (p 84)

When Jaynes describes bicameral mind as nonconscious, he is talking about the language-based, metaphor-generated analog that he calls consciousness. Lacking the ability to think

through a situation and to anticipate likely outcomes, bicameral humanity depended on voices to guide them. Jaynes likens it to driving a car - while engaged in hand, foot and head behaviour, one's consciousness is usually engaged in something else. There is a "reciprocity of stimulation" in one's relation to the world, a smooth interchange of action and reaction that is only interrupted when a new situation occurs.

When we're confronted with something new we assess its implications using our lifetime's experience. When bicameral humans had to make a decision they relied on the bicameral voice which came and "with the stored up admonitory wisdom of his life would tell him nonconsciously what to do." (p 85)

In one's normal day-to-day activities, where what is to be done has been learned - like driving a car or ploughing a field - such instruction is not necessary.

The language of the earliest surviving writings depicts this state of mind; 'god' spoke to Moses, Athena made the decision for Achilles on the beach before Troy. In both cases the voice appeared as a grey mist. While we describe these as hallucinations, to bicameral humans the voice had to be obeyed without questioning or doubt. To hear was to obey (as many 'psychotics' do, auditory hallucinations also being common in schizophrenics) because the command and the action were not separated in the bicameral mind. One side 'spoke' to the other and events then took their course.

What caused the bicameral voices? Jaynes suggests it was stress. Bicameral people had a much lower stress threshold than modern humans and anything that required a decision of any sort was sufficient to cause an auditory hallucination. Out of decision/stress would come a divine voice that made the choice or resolved any conflict between habit and



novelty. To each individual the voices must have seemed omnipotent and omniscient, commanding obedience.

Because most of our lives are routine and because obedience is the basis of social organisation, Jaynes believes that civilization without consciousness is possible. More than that, he believes that there is good evidence for the existence of the bicameral mind left to us from the earliest civilizations. The first records, dating from around 3000BCE, are impossible to translate exactly because they are hieroglyphics and cuneiform. The oldest writing that we can translate with reasonable certainty is the epic history of the Greeks and the Trojans.

Occurring sometime in the thirteenth century BCE and written down around 850-900BCE this story, known as the Iliad, is attributed to Homer although written by a succession of bards (poets). Jaynes regards this as a psychological document of immense importance and asks "What is mind in the Iliad?...The answer is disturbingly interesting. There is in general no consciousness in the Iliad" (p.69) - no mind, no soul or will,

Continues Over

and no subjective consciousness or words for it.

To others a person would appear to be the cause of their behaviour, but not to the person themselves. Agamemnon says to Achilles "What could I do? The gods always have their way" and Achilles accepts this explanation without question. What we describe as hallucinations directed the Trojan War, which was fought by "noble automatons" who knew not what they did. They were humans without an internal mind-space to introspect upon. Planning and organisation occurred without any consciousness and was then 'told' to the individual in their familiar language. The earliest writing in a language we can comprehend reveals a very different mentality from our own. The mentality depicted in this fragment of the Mycenaean Age is called by Jaynes the *bicameral mind*, lacking the subjective analog he calls consciousness.

The Bicameral World

The Iliad is a window into unsubjective times, written during the great change from the bicameral to the conscious mind. It portrays a world of kingdoms centred on royal palaces, strictly hierarchical in structure and supported by agriculture. It was the age of the great empires of the Nile and Tigris-Euphrates rivers.

Jaynes argues that a rapid transformation from gathering to agriculture, about 9,000BCE, its spread around the eastern Mediterranean and the growth of empires after 5,000 BCE were due to the operation of the bicameral mind. The bicameral mind was a form of social control that allowed humanity to develop large communities - it "evolved as a final stage of the evolution of language. And in this development lies the origin of civilization" (p 126).

From fossil evidence we know that the brain size of early man grew with astonishing rapidity after 25,000 BCE. Articulate speech had started and was becoming unilateral in the brain as, under the pressure of enduring tasks, verbal hallucinations evolved through natural selection as a method of behavioural control. They were necessary for the continuity of the tribal group.

The significance of the beginning of language is that it allowed the chief, or king, to exercise control and to keep his people at their task. As small tribal villages grew into agricultural towns, auditory hallucinations developed from a form of behavioural control into the basis of social control. This was a result of the association of the voice with the person of the king.

If stress is the cause of hallucinations, then the death of the king would be more than enough to trigger his hallucinated voice. The house of the dead man, whose voice still ruled, would be regarded as special. He had become a god-king and his house a temple, often with his remains inside - the source of the hallucinated commands that maintained the cohesion of the group. The king's successor may have been buried in the same god house, as at Eynan (about 9,000 BCE in Mesopotamia), suggesting that the hallucinated voice of the old king became fused with the voice of the new. Was this the beginning of the Osiris myth that was so powerful in Egypt.

Ancient civilizations of the Middle East, Central and South America built cities centred on huge monuments to the dead who were called 'gods'. In these temples, idols became increasingly common - during the 7th and 6th millennia BCE, progressing from extremely primitive figurines to large statues, often with exaggerated eyes. Bicameral humans believed that these idols spoke to them - as the Incas explained to the Spanish in what was possibly one of the few confrontations between subjective and bicameral minds.

By the third millennium BCE, writing had developed from pictures of visual events to symbols of phonetic events, with hieroglyphics and the more widespread cuneiform falling between these two extremes. Although most of the words can be translated, being inventories or lists, abstract terms allow different interpretations, depending on context and translator. But we know enough about early Mesopotamian kingdoms to be sure that they were Theocracies, ruled by priests under the king who was the first deputy of each city's god.

Large structures, like ziggurats, housing the statue of the god, are common to most bicameral kingdoms. The inscriptions on these monuments tell of the god as commander, counsellor, decision-maker and of the elaborate rituals for feeding, clothing and washing the statue. The king was the manager and caretaker of the god's lands. In

Mesopotamia in the basin of the Tigris and Euphrates Rivers, the Sumerian, Babylonian, Aramean, Akkadian and Hittite empires distinguished between their living king and their god, although the king became divine after death. This was not the case in Egypt. During the long period of the Egyptian dynasties, each king was Horus in life and became Osiris after death, the voice of his father guiding him through the generations. Intermediaries between the king and those carrying out his orders heard the voice of the living king, not of his father.

As the bicameral world became more complex, the number of voices used by the Egyptian Pharaoh to his courtiers increased - one text from 1,500BCE specifying 14.

Over the long millennia down to the 2nd millennium BCE, humanity acquired civilization. With astonishing consistency, from Egypt to Peru, Greece to Mexico, these early civilizations developed burial rites, idolatry and divine government. Their sculptures share the image of the god touching the king on his left side. Bicameral kingdoms were organised around a large central worship-

ping-place where the king received guidance from the god, in the form of a statue, that he passed on and repeated in his voice, hallucinated in the minds of the people.

Bicameral humans had two separately integrated organisations in the nervous system - one in left hemisphere that was articulate, the one on the right composing what to say. Neither side was 'conscious' in our sense. Bicameral civilization was founded on obedience to the gods of one's city and was therefore politically stable (despite the regularity of wars between cities and empires there were few internal power struggles). The bicameral mind accepted the authority of the gods and, with no subjective sense of purpose, the hierarchy that served them.

The Breakdown

During the second millenia BCE, the long development of the bicameral world was shaken. As cities grew larger and society more complex, bicameral control by the hierarchy would become more and more difficult. Bicameral theocracies could be subject to sudden collapse. But the nature of the second millenium, characterised by war, national migrations and natural catastrophes put extreme pressure on the elaborate structures of the bicameral mind.

Also, the success of writing showed the limitations of the gods. Auditory hallucinations could not be ignored, but instructions given from writing are avoidable. Writing meant "the word of a god had a controllable location rather than an ubiquitous power with immediate obedience" (p 208). Jaynes thinks the increasing use of written commands led to a reduction in the auditory hallucinatory control of the bicameral mind.

More importantly, in social chaos the gods could not usefully tell you what to do. When confronted with events or people from outside the collective experience bicameral reliance on mental voices was a liability, if Jaynes' description of the second millenia is correct. "Heavy laden with profound and irreversible changes, vast geological catastrophes occurred. Civilizations perished. Half the world's population became refugees. And wars..." (p 209) Sometime between the second millenium BCE and 1,200 BCE the whole of the Mediterranean region suffered universal calamity of enormous magnitude.

The cause of the catastrophe Jaynes attributes to the eruption of the volcano Thera (or Santorini), north of Crete. Large areas of land collapsed under the Aegean Sea, pumice and ash covered what was left of Thera, and a huge tidal wave smashed the bicameral kingdoms into history. Whether one or a series of eruptions, it set off huge movements of people and invasions which destroyed the Hittite and Mycenaean empires and "threw the world into a dark ages within which came the dawn of consciousness" (p 209). The breakdown of the bicameral mind came with the chaos of historical upheaval. Three cultures left records of the breakdown.

In Greece and Mesopotamia, the cultural norm underwent a transformation that was documented. In Mesopotamia the Assyrians constantly bemoaned the fact that their gods had left them. All kinds of divination flourished, with incantations and omens for everything in a world believed to be darkened by hostile demons. The benign bicameral gods had been lost, replaced by deep uncertainty.

For over a thousand years, oracles were the method for making important decisions.

Greece is so important because of the understanding we have of its language. When Jaynes claims that there is 'no mind' in the *Iliad*, he translates various words as parts of the body instead of as 'mind' or 'spirit'. From text to text after 800BCE the meaning of those words changes. Usage of some words declines, while others increase. Physical sensations become mental sensations. In the sixth century BCE Solon of Athens wrote his famous injunction "Know Thyself", which would have been incomprehensible to a bicameral human. Suddenly, we are in the modern, subjective age which has inherited from the first humans who sought to explain conscious experience the division between mind and body.

The third piece of historical evidence is the Old Testament, which is "in its grand overall contour the description of the loss of the bicameral mind and its replacement by subjectivity over the first millenium BCE" (p 294). It is the story of the refugees known as Khabiru to the Babylonians and as Hebrews to us, of the slow retreat into silence of the remaining voices (prophets) and the subsequent chaos and violence. Out of this came the considered subjective thought of moral teachers, who debated with their god and sought wisdom in their study of the law. By 400BCE, bicameral prophecy, so important in the early books of the Old Testament, has disappeared.

Consciousness, with its characteristics of mind-space, self reference and narratisation (visualising the story of one's life), with its subjective uncertainties, developed as the divine bicameral voices withdrew. Over the first millenium BCE they disappeared into the skies that were now the home of the gods. Since then, humanity's history has been that of the rise of consciousness.

*

Jaynes says his theory began as an "impulse to discover the source of consciousness" (p 446). He divides human history into four periods; the second millenium BCE when the voices of the gods withdrew; in the first millenium BCE the few

who still heard the voices (prophets, priests and oracles) died away; during the first millenium CE, the sayings and hearings preserved in sacred text were obeyed; in the 2nd millenium CE, those writings lose their authority as the scientific revolution progresses. At the end of the 2nd millenium our problem is to become our own authorisation, to let the dead king die as we enter the third millenium. However, we "are still, in a sense, deep in this transition to a new mentality and all about us lie the remnants of our recent bicameral past. We have our houses of gods, which record our births, define us, marry us, and bury us, receive our confessions and intercede with the gods to forgive us our trespasses. Our laws are based on values which, without their divine pendency, would be empty and unenforceable. Our national mottoes and hymns of state are usually divine invocations. Our kings, presidents, judges and officers begin their tenures with oaths to the now-silent deities taken upon the writings of those who have last heard them"

(p 317).

Gerard

The Origins of Consciousness in the Breakdown of the Bicameral Mind
© Julian Jaynes; Houghton Mifflin Co (Boston) Try TS or Adyar Bookshops.

US BASES IN AUSTRALIA

Ten More Years

ON December 22nd 1988 Prime Minister Hawke told parliament and the nation that new agreements covering the operations of the Pine Gap and Nurrungar satellite bases have been signed with the United States. *Australia is now committed to hosting these electronic spy bases for at least another ten years.*

This is the first time in Australia that it's been publicly confirmed that Pine Gap is an electronic intelligence gathering facility (a spy satellite base). Nurrungar was described as a ground station used for controlling US Defence Support Program satellites (for the details on the functions of these bases see NEXUS #5, *Des Ball and the Bases*).

The original ten year agreement on Pine Gap was signed in 1966 and extended for another ten years in 1973. Under these agreements either government could request termination with one year's notice. The agreement on Nurrungar, signed in 1969, allowed termination on a year's notice after 1978.

As well as extending the agreements under which these 'joint facilities' operate for ten years the new agreements require three years notice to end their operations.

The Prime Minister said that one year's notice wasn't satisfactory because of the "specific benefits to Australia of long-term access to their capabilities". These "specific benefits" are the intelligence information gained on Indonesian and other Southwest and Southeast Asian military activities. With the cost of continually upgrading the technologies used in the bases so high, the government claims that there are operational and financial reasons for ensuring that the bases have long-term guarantees.

Until now the Prime Minister and the Defence Minister Kim Beasley have given two reasons for retaining the bases. The first is the fulfilment of our alliance obligations, which are incurred more by the UKUSA Agreement (the UK, US, Canada, NZ and Australia are the members of this Anglo club) than by the

Australian Wing Commander will become Deputy Commander. These moves formalise Australian input into selecting assignment of tasks for the bases. Australian officials will have a greater say selecting areas from which intelligence is to be gathered and the number of Australians involved in the operations of the bases is being increased.

It's impossible to know what the extent of Australian influence and control over the operation of the bases is. Although these bases were claimed to be joint facilities, Australians had no influence on and little knowledge of their operations. The bases will now operate, at least some of the time, to Australia's benefit instead of entirely for the benefit of the US.

In his statement Mr Hawke said that the

peace movement should support the bases because of their role in verifying nuclear disarmament treaties and preventing nuclear war (through Nurrungar's early-warning role). But both anti-nuclear Senators disagreed and condemned the agreements. Senator Jo Valentine issued a statement saying that the bases are unwanted and should go. Senator Irina Dunn said that the bases tied Australia to US foreign policy and called for the bases' verification role to be taken over by an international agency.

Life After ANZUS

SENATOR DUNN may have recently read a book by Keith Suter, *Is There Life After ANZUS*. Keith Suter is one of twenty recipients of the Australian Government's Peace Awards and the Director of the Trinity Peace Research Institute in Perth. His new book raises the

Continued Next Page



ANZUS treaty. Second is the stability of the nuclear balance. Pine Gap in particular has an important role in arms control negotiations and verification of arms limitation (SALT) and arms reduction (INF) treaties.

Mr. Beasley has now added a third reason - that the bases are now essential for Australia's own intelligence gathering activities. Under Beasley as Minister the level of skill and expertise of the Defence science and technology sections has been significantly upgraded. This technical ability will allow Australia to take advantage of the bases for its own purposes far more than has been possible in the past.

To ensure that the bases are used to benefit Australia (beyond preventing a hypothetical nuclear war) new management and staffing are part of the new agreements. At Pine Gap the Deputy Chief, a newly created position, will be an Australian and at Nurrungar an Aus-

level of debate on alternatives to ANZUS from the more usual simple anti-Americanism by offering practical proposals for peace activists.

The first half of the book looks at the historical background to ANZUS and the treaty itself, which is vague as to obligations and the areas it covers. Suter describes it as a 'manifestation of Australia's past approach to foreign and defence policy'. *On the two occasions Australia sought US assistance in regional crises no help was given.* Both times Indonesia was involved - the 1963 takeover of West New Guinea and the 1963-65 confrontation with Malaysia, when Australian troops fought in Borneo.

The second half of the book examines studies done under Liberal and Labor governments and their conclusions that Australian national security is *not* under threat from within our region. This is the starting point for alternatives to ANZUS. The peace movement 'should be much more active and positive in reassuring fellow Australians that Australia is a reasonably secure nation'. A ten point 'Action Programme' is put forward, based on removing fears about Australia without ANZUS and building support for multilateral disarmament. This programme advocates not attacking ANZUS itself - which wastes the peace movement's energies and gives critics a stick to beat it with - but addressing the colonial mentality that ANZUS is an expression of. Australia's security from attack should be emphasised. Despite recent instability in the South Pacific there is no threat to Australia, only to Australian interests. Suter calls for the establishment of a Ministry for Peace, with responsibility for preparing an annual National Security Assessment, drafting disarmament policies and conducting disarmament negotiations.

Finally, Mr Suter on the US bases in Australia;

"If the bases are as important to the US as is widely suspected, then the US will remove an Australian Government before it removes the bases. Consequently I believe that those bases in Australia which assist in verification should be internationalised (Pine Gap). Those components which are part of a US 'first-strike' capability should be opposed (Nurrungar and Northwest Cape). One value of this approach is that it forces into the open the exact purpose of all foreign bases in Australia. The peace movement wouldn't be blindly anti-American in calling for the removal of all bases. It would simply be endorsing - subject to international guidelines - the value of verification" (*our Italics*).

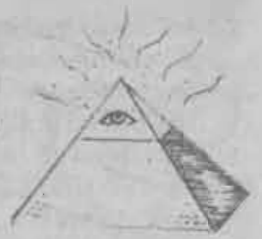
In 1982 the UN General Assembly passed a resolution recommending the establishment of an International Satellite Monitoring Agency. Neither the US nor the USSR supported this resolution, although 126 other countries, including Australia, voted 'yes'. Anyone committed to peace work and the peace movement will benefit from reading this thoughtful and challenging book.

- Gerard

Keith Suter. *IS THERE LIFE AFTER ANZUS: NEW DIRECTIONS FOR THE PEACE MOVEMENT*, Pluto Press, PO Box 199 Leichhardt, NSW 2040. \$9.95.

Gemstone File

Skeleton Key No. 7



The Gemstone File is a serialised alternative modern history, or, if you prefer, conspiracy theory. This is a synopsis written by the inventor of the first synthetic ruby manufacturing process. See previous issues for background information.

August 1973: Rockefeller and his man Kissinger, the Group of 40 and the CIA murder Allende in Chile. Allende had nationalised ITT's Chilean branch, an \$8 million investment. Rockefeller had copper mines in Chile. Admiral Noel Gayler, Naval Intelligence, told Bruce Roberts (author of the *Gemstone File*) one and a half years earlier that Chile would get it. Roberts warned the Chilean Consul in advance. Allegria now "teaching" at Stanford.

ITT exacted \$125 million in payment for its Chilean plants, a heavy tribute and lucrative return on their \$8 million investment. Mafia-controlled Chile's annual inflation rate set a world record. In the style of the old Holy Roman Empire, one more slave nation being bled dry paying tribute to the conqueror.

October, 1973: Another "Holy War" - Israelis vs Arabs.

January, 1974: Joe Alioto grants San Francisco Sunol Golf Course lease to Mafioso Romano, Frattiano, Muniz, Madeiros, Abe Chapman and Neil Nelson. Alioto sets up the Dallas murder squad in San Francisco for more murders.

January 26th, 1974: "Hughes" extradition trial cancelled in Reno by *Alioto Mafia Web* Mafia Judge Thompson, after Moses Lasky from Mafia Alioto's "California Crime Commission" waves the forged "Howard Hughes" signature under his nose.

Maheu wins his damage suit against "Hughes", his blackmail payoff after discussing Hughes' game plan for buying control of the US by buying politicians: governors, judges, senators and presidents.

Faked Terrorism

February 1974: Mafia Hearst's daughter Patty Hearst is 'kidnapped' by Hal Lipset's "Symbionese Liberation Army" in a faked terrorist action. The SLA was an organization recruited by CIA-Mafia from California prisons and turned on an unsuspecting public to terrorise it and spread fear of 'radicals', 'freaks' and blacks, so that emergency measures stressing normal democratic procedure might appear to be justified, setting the stage for open dictatorship of the USA.

Martin Luther King's mother was murdered by a black student, a self-declared "Israelite" supposedly acting alone, who was escorted to the church by somebody and had a list of other mothers as targets. The next day the real target, Shirley Chisolm, got the message and rushed

to sign off the DNC suit against CREEP naming Francis L. Dale. She was the last holdout.

April 4, 1974: Mary McCarthy, a writer who had been given a copy of the Gemstone File, said in an article in the *New York Review of Books* that the key to the formation of Liddy's Gemstone plan lay in the whereabouts and activities of the plumbers between December 1971 and February 1972. Answer: they were in the Draft Inn watching a Gemstone rolling around on the bartop.

August 6th, 1974: Nixon and (Vice-President) Ford came to an agreement at the White House. Ford would become President. Nixon would burn his tapes and files and murder anyone he needed to cover it all up. Ford would help in any way necessary.

August 8th, 1974: Nixon resigns. Nixon stepped down and Ford stepped up to keep the cover-up going.

August 23rd, 1974: Frattiano is in San Francisco, staying at the Sunol Golf Course. More murders are planned regarding the Gemstone cover-up.

August 30th, 1974: Ford hires Mafia lawyer Becker to work out a pardon for Nixon, who might otherwise name Onassis, Graham and Pope Montini to save himself.

The San Francisco Zebra Murders: A series of 'random' killings dubbed "Zebra Murders" by the police because blacks were supposedly killing whites. Sometimes the "blacks" turned out to be whites, like Remiro of the Symbionese Liberation Army did. The real target of the Zebra murder was Silva, the witness of Alioto's Nut Tree Mafia meeting. Silva was shot to death in an alley.

Careful Mafia planning went into this series, to kill several birds with one stone:

- 1: Get rid of witness Silva without being too obvious.
- 2: Spread fear of "black terrorists" and convince people that "law enforcement" agencies needed more money to maintain "security" and more repressive power.
- 3: Blame and frame Black Muslims, knock off or discredit leaders of the opposition.

September 7th, 1974: Bruce Roberts had made an agreement with a friend, Harp of Kish Realty, over a bugged phone. Harp was to buy a Gemstone - with history - for \$500, the price of a trip to Canada for Roberts to check into the "Hughes" Mormon Mafia Canadian stock market swindle and other matters. But Harp was sodium-morphate poisoned before the deal could go through on this date.

September 8th, 1974: Ford pardons Nixon for "all crimes



committed from June 20th 1969 (oops, make that January) through August 1974." A broad brush for whitewash. Gemstone Papers start floating around the world. Indira Gandhi talks about the "US's bloody deeds."

October 1974: Ford drops extradition of Hughes from the Bahamas. Explanation: "We dropped it because we knew we couldn't win. That's for sure."

October 3, 1974: The Watergate trial gets under way - the coverup of the coverup - starring Onassis' and Graham's Hill Volner and Pope Montini's Ben Veniste. In the White House Mafia Mayors and lawyers Alioto, Daley and Beame hold a secret meeting with the 'truth squad': Ford, Scott, Griffin and Mike Mansfield, in secret.

October 10th, 1974: Tina Livanos Onassis Stanford Niarchos is sodium-morphate poisoned by her husband.

Losing his son, Alexander, took all the fun out of killing for Onassis. Who was there to inherit his empire? He ordered his daughter, Christina, to divorce her husband, Joe Polker, and marry her first cousin Phillippe Niarchos.

December 1974: Brezhnev had scheduled a meeting with Sadat of Egypt. The outcome wouldn't help the US, no matter how many trips Henry made to the Middle East with clean socks and blank cheques. A new US "secret weapon" was apparently used: a tiny speck of metal introduced somehow into Brezhnev's lymph system. It lodged in the cluster of lymph nodes over his heart and there it was covered with layers of phlegm - much as an oyster creates a pearl around an irritating grain of sand. Brezhnev's lymph system clogged up, he "got the flu" and his meeting with Sadat was cancelled.

Russian doctors X-rayed him and found a huge lump in his chest. They put him before a Kirlian camera and checked his "aura" for cancer. No cancer.

Note: Kirlian photography is used in Russia as a diagnostic tool. It reveals the presence of disease, physical or moral (it also detects them). Brezhnev's "lump" had to be treated with radiation therapy - hence rumours he had cancer. It took six months to clear up.

March, 1975: Onassis died. The Mafia organisation regrouped itself. Prince Faisal watched his uncle, King Faisal, silently watch the shift of Mafia power - and couldn't stand it any more. He shot his uncle, the spiritual

leader of 600 million Moslems who had played ball with Onassis all along.

South Vietnam's Thieu, dubious about which way the Mafia cookie would crumble now that Onassis was dead, decided that the time was right for him to split. He abandoned the war effort, cursed the US and spilt for Taiwan, his plane so overloaded with gold bullion that he had to dump some of it overboard.

March 15, 1975: Bruce Roberts got the "Brezhnev flu" and spent two weeks at GC Hospital. Doctors there, without the Kirlian diagnostic technique, assumed the softball-sized lump over his heart was cancer. It wasn't.

April, 1975: The Cambodian domino was no fun at all; it fell right over. Premier Lol Nol fled to exile in a Hawaiian suburb. Colby, CIA chief, in a fit of spite, "leaked" the "stolen" story of the CIA/Hughes' *Glomar Explorer's* raising of the bodies of drowned Russian sailors from their sunken nuclear submarine. Purpose: to bug the Russians and also to halt criticism of the CIA by pointing out how noble, brave and self-sacrificing they are in their efforts to save us.

The Russians are funny about their dead. They bitterly resented Colby's game. They quietly went through a massive naval "war game" - the rehearsal of a nuclear attack on the US.

1976: The Mafia world organization was regrouping itself. Ford, Kissinger and Rockefeller squatted like toads on the corpse of America. By the time of the Bicentennial, the stink was unbearable. Ford planned a propaganda movie version of his book, *Portrait of an Assassin*, to reiterate the exploded cock-and-bullshit notion that Oswald was JFK's "lone assassin." He seemed to think Americans would take his word for it and be "reassured" in the face of those "crackpot conspiracy theories". He didn't seem to realise that he would be reminding or informing Americans of his role in the infamous Warren Commission.

It is hoped that this outline will make individual Gemstone papers easier to understand.

Editor's Note: This is the end of the classic first section of the Gemstone File. Other versions bring this alternative modern history into the 1980s. Write and tell us if you'd like to read more about this criminal takeover of world politics.

the Edge of the World

The Silk Road to Samarkand

We descended the windswept Kunjerab Pass and left the jagged, cloistered peaks of the Karakorum Range behind us (see NEXUS Issues 2 & 3). The glaciated terrain gave way to sunny alpine meadows where bushy, furred marmots sunned themselves on boulders or scampered out of the way of our NATCO bus as it clattered down the road to the Chinese border post at Piralee. We completed customs formalities, officially entering the Xinjiang (pronounced Zingjang) Uigur Region of the People's Republic of China and transferred to another bus.

Passing through a long, fertile valley we saw people dressed in thick black cotton-padded coats harvesting a wild reedy grass by hand. Trains of shaggy twin-humped Bactrian camels plodded lazily along the dusty road beneath their loads of freshly cut fodder. After a while this valley opened onto a broad, stony plain surrounded by the snow-capped peaks of the Tagdum Bash Pamir. Here, for the first time, we saw yaks saddled for riding.

134 kilometres and six hours later we arrived in the main settlement of the Tajik Autonomous County, Taxkurgan (*Tashkurgan*) - population 5,000 - where we would spend the night. A few miles to the west, the last rays of sunlight were falling on the Russian Pamirs in Soviet Tadzhikistan.

In 328 BCE these mountains saw Alexander the Great defeat the last of the Sogdian barons and marry one of their daughters, the beautiful Roxana. In the Turki language of Central Asia, *Taxkurgan* means 'stone towers' and in the 2nd century CE the geographer Ptolemy describes these stone towers as being on the road to the land of silk.

The Original Tripitaka

500 years later the Buddhist monk and scholar Hsuan Tsang stayed at this stone fort on his way back to China. Evading an Imperial Prohibition he left Gansu, crossed the Gobi desert, travelled to Samarkand and then entered India by way of the Hindu Kush and Peshawar. We journeyed from the Indus to the Ganges, mastering Sanskrit and collecting Buddhist Sutras. His adventures were immortalised in the *Monkey* folk stories. Hsuan Tsang was the real Tripitaka.

Today, 18,000 of the 21,000 inhabitants of the County are Aryan Tajiks who don't share the nomadic heritage of their Tartar neighbours, the Kirgiz and Uigur who, with Han Chinese, make up the remainder of the population. In Tibetan, Tajik means 'Persian'. As early as 500 BCE Darius the First included the Haoma Varga (soma



caters) of the Pamirs at the edge of his empire. Early Aryan (Iranian) dialects still survive in the Tajik and Wakhan Pamirs. In Persian the place is called Sar-i-koh, 'the Mountaintop'.

In the chill dark before dawn we assembled in the featureless compound where we had spent the night, like many we would stop at along the Silk Road's lonely stretches. Built in the style of the caravanserais still found throughout Central Asia, a high wall of bricks or clay surrounding a wide courtyard. The various rooms or buildings, dormitories, dining rooms, kitchens, workshops etc open out onto this yard, so entry can only be made through a gate in the main wall. Later, in Western China and Tibet, we saw many Red Army and Public Security Bureau barracks as well as markets and residential communities built in the same fashion.

Making The Road

The road to Kaxgar (*Kashgar*) took us through the Muztagh Ata Mountains where we waited for three hours while a large bulldozer carved a road through a collapsed mountainside after which our bus was stuck on a boulder overlooking the steep gorge below. More rocks had to be piled under the rear wheels before we could continue. For much of the journey we didn't seem to travel on any kind of road at all, just following the direction of previous tyre marks while in the distance we

could see long lines of workers constructing a real road. Sometimes we drove for miles through a multitude of manual labourers. Some were using crowbars and sledgehammers to break rock from the surrounding mountainsides, while others were using small hammers to break that into smaller stones which others would, in turn, spread onto the roadway. All the stone was moved from place to place by handcarts. They lived in this bleak and desolate place, housed in large camps of demountable corrugated iron sheds or rough canvas yurts.

Later that night we finally arrived in Kaxgar, the "bright pearl on the Silk Road". The Kaxgar Oasis is situated on the edge of the desert Tarim Basin at the junction of the Tien Shan - the 'heavenly mountains' - and the Muztagh Ata range. To the north, past the grazing lands of Dzungaria lie the rich pastures of Kirgizia; to the south past the Khotan Oasis, the Karakorum Pass links the Yarkand Valley with Kashmir. To the east across a terrible wasteland called the Takla Makan, Yumen - the 'jade gate' - and the end of the Great Wall of China which extends to fortress of Jiayuguan - 'the impregnable pass under heaven'; and two weeks by caravan to the west over the Russian Pamirs is Andizhan and the road to Tashkent and Samarkand.

In the 3rd Century BCE, nomadic Indo-Scythian tribes crossed the Pamirs into Iran and India. In the centuries that followed, Kaxgar became a crossroads for trade and cultural exchange between China, India, Persia and as far as Asia Minor and the Mediterranean. Buddhism spread to China and Ceylon. Art and commerce flourished. In later centuries westward-moving Turkic and Mongol tribes occupied the oases towns of the Silk Road.

Germany Invades Russia

Timurlane (or 'Tamerlaine', 1369-1402) was a Uigur governor in Transoxiana who rebelled against his Mongol overlords and established his own empire stretching from Delhi to Damascus. An inscription over his tomb in Samarkand warns any who would dare disturb his resting-place. On the 18th of June 1941 the tomb was opened. A few days later, as the eminent Russian anthropologist Professor Gerasimov held Timur's skull in his hands, Nazi Germany invaded the Soviet Union. Gerasimov discovered that Timurlane was just over five feet tall, with reddish hair, a hunched back and a lame foot.

Zehir ud-din Mohammed, known as *Babur* - 'the tiger' - was the great-great-great-grandson of Timurlane on his father's side; his mother's line descended from Jagatai Khan, second son of Genghis Khan. He ascended the throne of Fergana, east of Samarkand, at the age of twelve. This was considered to be the edge of the habitable world. Driven from Samarkand he travelled to



Afghanistan from where he launched a military campaign into northern India against the Rajput and Afghan rulers, founding the Mogul dynasty.

With the decline of the Khanates, the Russians advanced into Kazakhstan. In 1862 they installed a governor, and, fearful of a Russian invasion of Kashmir from the Pamirs or Yarkand, the British marched on Hunza to support Chinese claims for eastern Turkestan. In this century Muslim resistance to both the Nationalist and Communist Chinese has been suppressed with Soviet assistance.

Today the bazaars of Kaxgar are famous for their silks, carpets and furs. They sell pelts of the endangered snow and cloud leopards, wolfskin hats, saddles, daggers and leather boots. My favourite Central Asian delicacy is fresh icecream made on the spot, ice and cream churned together by hand or blender. Kebabs and flatbread are also popular. For those attracted to the spicy smell of the kebabs - be wary. Lumps of cooked fat are eaten with great gusto by locals.

Kaxgar is the end - and meeting place - of many worlds.

- Peter Krygsman

Kakadu



KAKADU NATIONAL PARK is a name that generally evokes images of a pristine environment, a profusion of birds and other wildlife and world renowned Aboriginal cave paintings.

These mental images create a bias leading to a predetermined characterisation of this place. This characterisation of Kakadu hides a plethora of information which many people with vested interests are keen to leave unexplored lest public disquiet should disturb the uneasy consciences of the few.

A Pandora's Box of inhumanities seethes along with the teeming wildlife but goes unnoticed by the casual tourist wishing 'to get away from it all' for a holiday.

I'll confine this commentary to 'Stage III' of Kakadu and the proposed 'Conservation Zone'. I recently spent three months in association with the Jawoyn traditional custodians of Coronation Hill and the surrounding 'sickness country'. During that period I studied information from The Sacred Sites Authority, the Northern Territory Environment Centre, BHP Gold, the Federal Government, the NT Government and various other organisations, as well as sharing some time living with the senior traditional custodians, Peter Jadbula and Nipper Brown.

BHP Gold, to their credit, allowed me to 'see for myself', taking myself and Roy Anderson - a younger Jawoyn traditional landowner - up Coronation Hill to view the site of their exploration 'to see what the fuss was all about'.

The initial purpose of my association with the Jawoyn people, now obscured by growing friendship and empathy, was to provide a medium of communication - access to the Prime Minister's office and to the general public - who were unaware of the information belonging to the BHP/"Conservation Zone"/land title/Bula creation mythology equation.

The statements of BHP in this matter have not only been confusing and distorting - reflecting a corporate ambition unrelated to the needs of Jawoyn culture - but have also created a deep mistrust of their present and future intentions.

BHP Gold claimed in an *ABC bulletin* (2.11.88) to still have substantial support of the traditional owners and custodians. Support for the BHP position is minimal and is only maintained in lieu of other work opportunities being offered and developed.

Several of the custodians and elders as well as younger people believe their future would be better served by a granting of title over their traditional lands so that they can develop an educational and tourist facility to foster a better understanding of their cultural values, as well as provide an income and sustainable way of life for their people.

They are extremely concerned that the inclusion of Coronation Hill and the 'sickness country' within the bounds of the

euphemistically termed "Conservation Zone" and the concomitant mining activity will so erode their culture as to preclude meaningful development of self-initiated activities.

Peter Jadbula said that he and several other traditional custodians had not failed to notice that mining royalties to other tribal groups had often proved a disincentive to self-initiated activities. This leads to a loss of personal and collective self-esteem.

"If the white fellah leave us do our way first, make lawful what is ours, then maybe some mining not in 'sickness country' good for us", he said.

Mining within the area will directly sabotage their cultural base as it erodes the traditional spiritual beliefs that still bond people and landscape.

As servant to Peter and Nipper, I learnt much about their daily travail caused by 'worlds in collision'. The competing information of Government, corporate and private sectors does not arise from the landscape they know. Worse, it appears to trivialise the living information they understand that is backed by a 35,000 year history of continuing occupation.

Up to four hundred cave paintings in the area around Sleizbeck attest to their belief in a creator God, Bula, and his two wives having created the land and all that is in it.

Bula and his two wives 'invested' themselves in the land known as the 'sickness country' and warned that various unsanctioned or untoward activities within that area would cause an action of retribution causing anything from personal injury or death to earthly disturbance in the form of massive earthquakes and fire (vulcanism).

Wrath of Bula

JAWOYN people believe they have already seen the wrath of Bula manifested in the widespread sickness, disease and death caused through mining activities during the 1950s.

During August of this year, National Parks and Wildlife Rangers reported great uneasiness among part-aboriginal buffalo musterers working in the vicinity of Sleizbeck. Their operations have reportedly been dogged by misadventure beyond reasonable chance, which they also attribute to Bula.

Just as a collection of buildings, a garden, forest or lake and attendant flora and fauna establish a certain note or resonance which takes effect in the human body (in the form of a feeling of well-being or uneasiness), so too does the prism-like structure of the rectangular projection of gold, platinum, palladium and other minerals buried deep in the foundations of Coronation Hill.

Local belief ascribes to these physically perceivable vibrations a life-enhancing quality. To disturb these vibrations is to disturb the harmony of life.

BHP Gold employees acknowledge the highly unusual configuration of finely dispersed gold woven into this area.

If we are to believe the mythology as depicted in the cave paintings, then BHP will be mining Bula's congealed blood - which the Jawoyn people believe is likely to set a planetary cataclysm in train.

Mining within the Bula area is, to the Jawoyn, similar to the situation of a Christian compelled to watch the complete and systematic destruction of all Christian works, including the deliberate testing of the ten commandments (as if they had no backing in human law) and then awaiting God's judgement.

To give such testing the implicit and explicit authority of the State is unthinkable, yet this will occur if the Federal Government paves the way for BHP Gold to proceed to the stage of exploitation.

According to Barry Lopez of *Arctic Dreams*; the most philosophically troubling issue of our incursion in the New World grows out of our definition of wealth - the methods of its acquisition and our perception of what sort of riches can actually be owned and transferred.

According to Amos Ropoport, an Australian architect who has studied various Aboriginal tribal groups, the stories unfold against the local landscape and give expression to the enduring relationships of life. They are as critical for these people as food and water.

Mythic Landscape

THE MYTHIC LANDSCAPE is not the natural landscape but the mythic and natural landscapes overlap at certain visible points in the land. They are not something to be politically negotiated, for they are fixed in living mythology. They are not susceptible to adjustment.

Rapoport concluded that the European conditioned mind may completely misunderstand the nature of the landscape because of an inherent cultural blinkering.

According to Kenneth Maddock of Macquarie University (*Oceania* Volume 58 No.4, 6/88) the Jawoyn traditional custodians' failure to maintain the Bula site for the Jawoyn people as a whole and for the surrounding tribes may be punishable by death (note the situation of the Chairman of the Northern Lands Council, Mr Yunipingu - see *NEXUS* #7).

To force such a situation may leave Bob Hawke and BHP Management criminally liable, for Australian Law in no way voids Aboriginal Lore and its legal implementation.

However, such corporate or private grievances pale into insignificance when compared to the loss of the Jawoyn culture to the rest of humanity, who may not have glimpsed its personal importance within the shared human psyche.

Until we become familiar and at one with the culture we can't afford to proceed, for their information and intelligence may be critical to our survival, yet remain unseen by most because of cultural blinkering. Only when we abandon cultural



prejudice is there a possibility that intelligence will prevail.

I am given to understand that Jim Green, BHP's Aboriginal Liaison Officer and several other on-site employees may have privately agreed that BHP activities are seriously affecting the lives and culture of the Jawoyn people and are inviting social and cultural breakdown.

On the Second of November last year, six members of the Jawoyn Association working party (including senior custodians) met with Bob Hawke and Ministers Hand, Kerrin, Cooke and Richardson expressing united opposition to any plan of further mining exploration at Coronation Hill, the 'El Sherana' site, or elsewhere within the 'sickness country'.

BHP recently requested permission to explore on their El Sherana lease - which also lies within the 'sickness country' - and have continued to play ostrich in their Public Environmental Report, maintaining their claim of Jawoyn support.

Considering the deliberate misrepresentations of BHP Gold's management concerning the extent of Jawoyn support for their activities and the apparent contempt for their culture, mythology and future aspirations, I believe it would be unwise to pursue the trivial and profane at the cost of the sacred.

Our choice: to heed a 35,000 year old apocalyptic prophecy - and ensure the longevity of the Jawoyn culture - or ignore the implications of their prophecy for economic gain. Regardless of whether this would expose humanity to the risk of earthquakes and 'fire' (the ultimate indication of wrongful relationship to and with the 'sickness country'), mining activity here can easily destroy the cultural integrity of a people.

- G.D. Innes

THIS BODY...THIS PLANET

this blood...this culture
this joy...this life

If you have ever fasted or begun any intense training program.... say for dance or athletics... you'll know that the body can feel like it's at its worst, just before it gets better.

This is because the previous level of fitness has allowed for some degree of toxic build up, or some need for a part of a system to be further developed. The toxin - or existing limits - must be eliminated to allow for greater efficiency as well as the change in programming.

In this process the white blood cells are stimulated to the point where they actively mine metallic salts and other waste out of the flesh of the organs and bring them to the surface for elimination. The internal flora and fauna is cut back, the 'seed stock' mixed, and new directions are formed from the mixing of each organ's picture of life's needs with every other organ's picture.

If the lymphatic system has not been cleared or the emotional response to all this activity is fearful, a "healing crisis" can result.

If the mind sees *this* process as painful it pulls away from the sensation. This reduces the blood supply to the area and makes the process even more painful... but... if the mind can be led *into* the sensation, bringing new blood and gentle awareness with it, the painful pressure is lessened and the process becomes more and more comfortable, even euphoric.

Trick or Trial

When the dancer or the athlete is stretching for the perfect trick, they push to the very edge of pain. If they push too hard they can damage themselves... if they push too little they never get the trick perfect. So there is an art to this

training... a striving and nourishing that is a delicate balance between a frank body awareness and the ability to emotionally visualise a positive reprogramming. This new programming has to be given strength and authority by consistent practice... until it becomes the normal and automatic response of that part of the body.

Every time an organic structure changes its direction there is always some degree of elimination before the new programming can be set.

In the earlier parts of my own life I was seen, by myself and others, as 'the sick little boy' ... I was taught to be afraid of any internal feeling... all internal sensations were labeled as pain... so my mind retreated from the site. This led to the cells of my body becoming more and more disorganised and cut off from my picture of my self... the result was various forms of cancer.

Later I learnt to go to pain... to relax into it... to use one breath to nourish the area... by visualizing the outbreath gently going into the centre of the site, and the next breath to disperse the pressure... by visualising this second outbreath as spreading from and through the site.

This was not the only technique I used... but the things that all the ways I used had in common were to go to the cells rather than pull away from them, to heal them rather than fight them and to use them for life rather than discard them as antilife.

Now I use the same energy - the same ability to genetically mutate that before gave me so much pain - to be a dancer and a gymnast. What had been labeled as an incurable demon was, in fact, a gift of evolution. Because it was subject to my will (my emotional imagination) it had to become what I believed it to be.

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The more I tune myself to the earth as a living being the more I realise that there are no things that are intrinsically demonic.

Some things, including ourselves (our races and our cultures) can be made to have demonic consequences, but intrinsically we are simply life conspiring with the rest of nature to get better at the art of living.

Even, dare I say it, Multinational Corporations are, in their sometimes bludgeoning, guilt-driven way carrying out the will of Gaia, the living Earth.

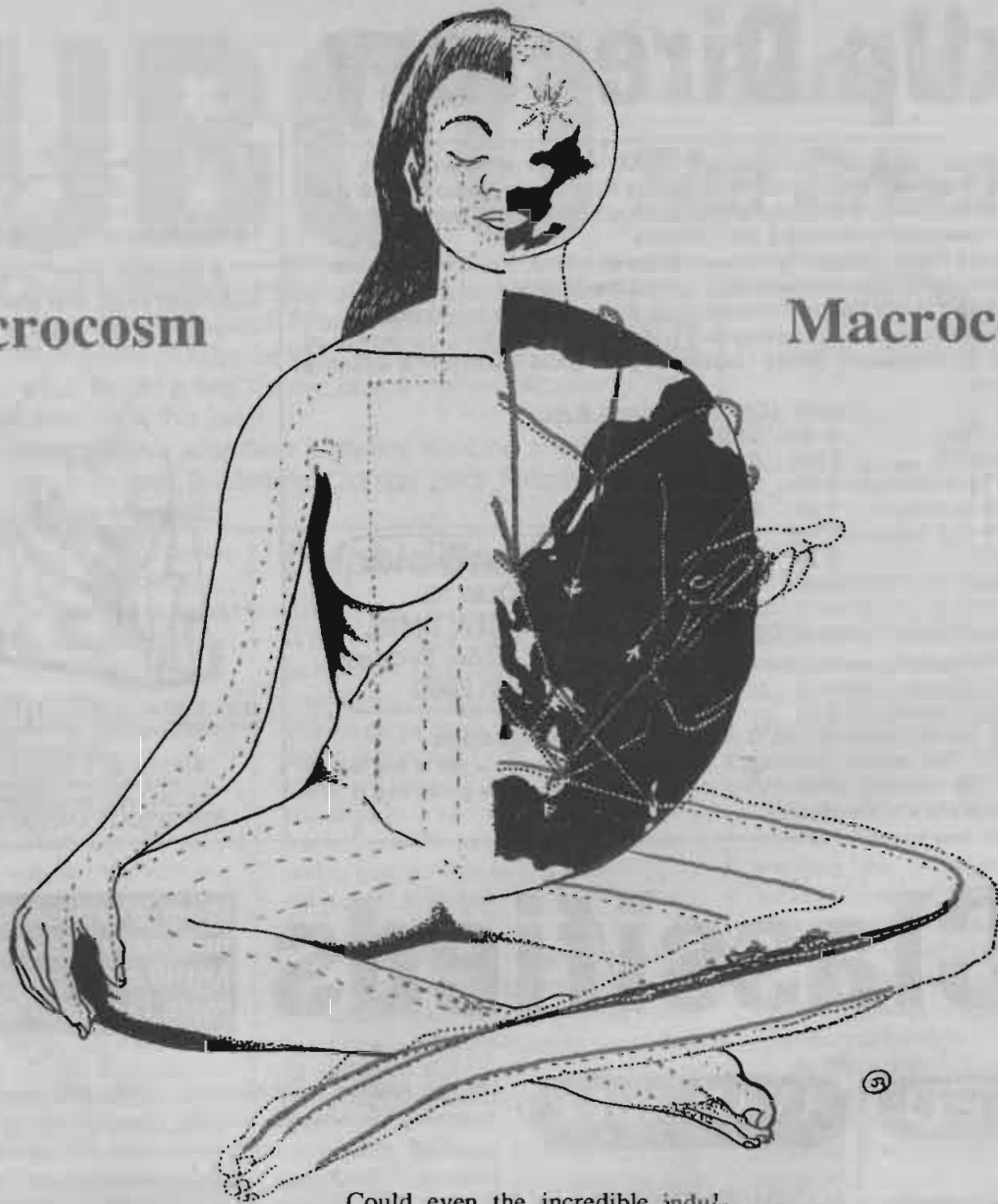
There have been times before when the Earth has changed her magnetic field and her relationship to the Sun. These have been times of great upheaval, but, grant... for a moment... intelligent awareness to the Earth. Imagine that she knows her cycles and prepares for them.

Could it be reasonable for her to subliminally direct her people, her blood, to cut back the great forests to seed stock and mix the seeds of all the nations... to forestall the great world-engulfing fires that have marked these changeover times before? Would she consider mining and refining the metals into, let's say, magnetised packages that she can use to stroke the energy channels of her great body... in the cunning disguise of cars, boats, planes and trains? Where there are energy blocks would it be even remotely possible that she would cause them to be struck together... even to the point of releasing blood and in extreme cases spirit... where her blocked chi really needed the release?

Could she think that it might be wise to take some of the lubricating oils out of her tectonic joints in order to minimise the stress from a change in the internal

Microcosm

Macrocosm



flow of her plasma? Could a greenhouse effect be arranged to protect the delicate life on her surface from the devastation of an overdue ice age? Could a background level of radiation be arranged to be drawn up to replace the protective Van Allen radiation belts if a once again overdue change in magnetic polarity caused them to dissipate?

Do we really know enough about the Earth's cycles to say that we, her blood (acting largely unconsciously) could have destroyed her chance of survival? Or could it be her consciousness that acts through us, causing us to feel like doing the things that we do with our lives?

After all, it is your conscious life decisions that direct the subconscious drives of your blood.

Could even the incredible indulgence of nuclear weaponry be preparation to undertake the incredible task of redirecting some other solar body that could narrowly miss or even collide with our home planet?

But even if her will is directing our subconscious drives and desires there is still a fine art to be practiced. The dancer can tear ligaments by pushing too hard. I could have died as a teenager, as I was told I would. The earth is at a very crucial as well as delicate state. So we can not indulge indiscriminate abuse of our ecology... but at the same time we can not afford the "inevitable doom" belief that has driven so much of our youth to despair... because despair itself can cause a healing process to become something deadly.

To create good health in yourself you have to look and actually allow yourself to see the heathy life force acting in you, as you.

The same is true for our culture... and our culture is our whole relationship... to all peoples... plants... animals... planets... every manifestation of spirit... whatever there is in the manifest and unmanifest universe.

If you look for the beauty, you then lend your life force, your acknowledgement, to the beautiful aspect of the reality you see... increasing it's chances of being the aspect that actually manifests.

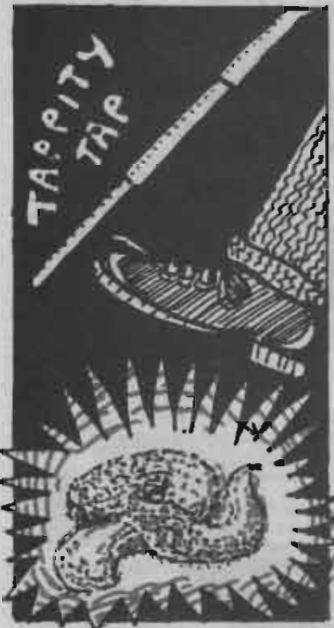
The most efficient, most honest... as well as the most pleasant life path could well be the path of compassionate joy.

The Twilight Zone exists in the fax machines of the wire-services of the world. Step through the door of your imagination...

Curiosity Kills Again

Tokyo police announced in January that they believed graduate student Tetsuo Sugahara, 24, had died accidentally.

He was found dead near his home with his nose and mouth taped shut, so police naturally decided he had been a victim of his own curiosity about how the human body can function without oxygen.



ORGANIC LIGHTING

Accidents at night have always been a problem. George Buckley, a British pharmacist and Parish chairperson, wants to make the streets safe at night by ensuring pet food manufacturers inject their products with bacteria so that Nottingham shoes will stay clean.

The bacteria - *escherichia coli* - would react with bacteria living in dogs which would give off a glow when excreted and streets would shine with fluorescent warnings.

Mr Buckley says he receives scores of complaints from irate residents with soiled shoes.

One That Got Away

An itchy eye helped Major Richard Bingley recover a lost war souvenir. Major Bingley was shot in the thigh during the Korean War in 1952. Four bullets struck him but only three had exit holes.

"I never had any trouble until a couple of months ago when I got a very bad irritation behind my eye," said the 68-year old retired soldier in a London hospital last December.

"The bullet must have somehow worked its way around my bloodstream until it lodged behind my eye. Who knows where else it may have been?"

Martian Shrink

A respected psychiatrist investigated in the Chelmsford 'Deep Sleep' Royal Commission believed he was a Martian, the Commission was told.

The late Dr Harry Bailey, who killed himself in 1985, believed Martians were a superior race who were going to inherit the Earth, according to a sister of one of Dr Bailey's late patients. She said Dr Bailey had told her brother that there were two different types of people - Martians and others - and that "You and I are Martians. Your parents are definitely not Martians." Dr Bailey allegedly believed Martians knew the meaning of life and had knowledge while others did not.

Dr Bailey once told her that "You could walk around the brain with hobnailed boots." He said he'd rather a brain operation than a liver operation and kept a glass jar on his desk and told her it was the brain of a criminal he had treated.

True Tails

An English surgeon has waited five years to release news of a baby born with a perfectly functioning tail.

Surgeon Eftis Paraskevides - who removed the 5 cm-long tail under general anaesthetic the day the child was born after consulting the parents - said "It was a true tail that moved intermittently and was covered with fine, downy hair, just like an animal's.

"I have seen nothing like it and there is nothing in medical records to compare with it. I would say it was unique."

British Medical Journal

The Fish John West Rejects

The home town of Bill Hayden was visited by an eerie omen the month he was sworn in as Governor-General. The Brisbane suburb of Ipswich was deluged by a violent downpour of squirming sardines in February as residents ran for cover.

Debra Degen was walking from a neighbour's home when she was surrounded by scores of flopping fish.

"I thought my husband was playing a joke but when I looked around my front lawn they were everywhere, it was very frightening," she said the next day.

"I heard a noise which I thought was hail but after only about 10 seconds I realised the hail was in fact sardines."

Ipswich police verified the tale, saying several residents had telephoned to say they had seen the sardines fall on the road and the Degen's lawn.

"It is certainly not a fishy tale. It really did happen," said a police spokesperson.

A Brisbane weather official said frogs had previously been reported falling from the sky in Western Australia.

A Common Annoyance

How would you remove a cockroach from your car? Jonathan Warren and Leo Rotello of the University of New York Health Science Centre have the answer.

Through trial and error they advise against using the recommended solution - spraying lidocaine, an anaesthetic, into the ear.

"With hurried anticipation we sprayed the drug briskly into the ear canal and quickly jumped back, fully expecting the beast to come hurtling forth at first contact with the noxious substance."

But the roach refused to do an Alien and stayed put. So the doctors tried again, with no result.

"Get that sucker outa my ear," the female patient shouted and the thus inspired doctors fitted a suction device into her ear.

"Got him! There he was, plastered to the suction tip like a fly to flypaper."

New England Journal of Medicine



Conversations with Uncle Martin

This is the second instalment in a conversation between a purported survivor of an ancient cataclysm and one of their descendants. Echoes of past events travelling down to us through the ages? Science Fiction? Regardless of what you make of it, NEXUS presents this rather one-sided conversation so you can judge for yourself.



Issa: Many people still think the concept of reincarnation is crazy.

Uncle Martin: Then don't describe it as reincarnation to those people. It may be that for them 'conscious' reincarnation doesn't happen.

I: It seems so logical though.

U.M.: It does seem logical but some people abhor the logic of it. Perhaps it would be a better way to describe it to those people to say - all right, you personally are not reincarnated but you have access to the memories of all those who have gone before - you'll find most people can accept that concept. The questions of whether you personally are transcarate does not come into that, what you're doing is accessing herstory.

It's also in the nature of forgetfulness, you see. All of the people on this planet look back subconsciously - at their threshold of consciousness - into their past and remember things. But when we go back in our minds as a collective psyche we arrive at a point that we can't remember - because there was a huge blow to our psychic head, our upper chakras. Now what we see when we look to that point is an amnesiac block. As a collective psyche we don't easily see through that amnesiac

block. But because we see a bubble of distortion in our memory at that point of disruption, many assume that they did things there and then for which they should feel guilty - which is how and why we maintain that amnesiac block.

Popular misconceptions of psychology inform us that people become amnesiacs in order to forget something that they've done that they don't want to remember.

I: Maybe that's what we want to forget - the fact that we are immortal. Maybe this infinity of life we have is what we want to forget. Not bearing being immortal, in some ways - and creating deaths and creating a total blockage of memory toward this immortality.

U.M.: Yes, we have created a block of memory toward our own immortality, but it's also a result of a deliberate occlusion laid down over the eyes of H*Manity by 'higher consciousness' to keep this genie in the bottle. But we created this block of memory as part of a healing process because of past shock.

It's not good for a species to know that they are living in an unstable solar system, and it's something which makes nonsense of most human aspiration, human cultural existence, etc. That's another reason for the collective occlusion, for the collective lack of memory relating to the times when Venus flew past, when Lucifer fell into the 'burning pit', toward the Sun.

The Sun and each of the planets resonates with a crystal-like seed in our body and bodies which we call chakras. These resonate in harmony with the patterns around them. 'Lucifer' was a planet which directly resonated with the upper chakras in the head. When it split and fell, so did conscious awareness 'fall' in shock to resonate below the level of the waters of forgetfulness, below the throat, to more solidified levels of awareness.

Another way of looking at the last few thousand years is that the *Kali Yuga* was a period of healing sleep, a time when the 'unconscious' forces came to the fore while true consciousness was resting.

The people on this planet are really innocents. It wasn't only humans that had their memories occluded at this moment when the core of the planet which some called Lucifer and others call Marduk fell back into the solar system and past the Earth. Many of the animal totems were disrupted also.

That planet flew apart millions of years ago, showering the Earth and other planets with its material and ending the age of the dinosaurs - the beginning of the physical atrophy of the 'third eye'. As a result, Gaia herself was impregnated with the metals and elements of that planet. Many of the deposits of soft

metals which humanity has mined from the mother are actually meteoric deposits which fell millions of years ago. It's interesting that we've been able to dig them from our Mother Earth only since the return of Venus by being partially out of touch with her - like an operation in which the *surgeon* is anaesthetised.

Shattered Planet Reborn

The core of the shattered planet spiraled way out of the ecliptic and did not return until comparatively recent times. It returned a number of times in an ever-diminishing spiral. About 24,000 years ago it passed through the 'bubble' of solar radiation, disrupting the plasma sheet which links all the planets with the sun, in a massive flux of force. On that occasion, the sky on Earth appeared to roll up like a scroll of burning parchment as the ionosphere 'caught fire' and the high civilizations then extant were destroyed. Pyramids acted as great insulators, protecting some areas - but were also used as an energy source, tapping the ionosphere, until that time. Later, Venus/Lucifer bounced off Jupiter, picked up its proto-atmosphere and spiraled back in again. It passed by 12,000 years ago, 6,000-7,000 years ago and only finally took up its present shell or orbit 3,500 years ago.

The asteroid belt itself was the *crust* of the planet and many of the icy comets and ice asteroids which are floating around the solar system were the watery coating on that planet.

The planets in the Solar System generally conform to some self-evident 'laws'. One, known as *Bode's Law*, shows that each of the planets is almost - but not quite - twice as far from the Sun as the one preceding it. The major exceptions are a point where we find the asteroid belt - the crust of the planet which was once found there - and the unique path of Pluto, which didn't originate where it is to be found today.

Another is to be discerned by examining the fact that the planets are also generally to be found in decreasing order of density - the most dense *terrestrial* planets close to the Sun and the more diffuse, gaseous planets further out. Their density diminishes in a fairly smooth pattern - with a few important exceptions. Again, Pluto doesn't match this pattern of diffusion. Interestingly, neither does the asteroid belt.

When the mass of asteroids is combined it has only enough material to account for a small moon - or the *outer layers* of a planet. More interesting, the density of Venus doesn't fit this decreasing order. Its density *almost perfectly matches that for a planet where the asteroid belt is now found* - a watery place between the terrestrial and the gaseous.

Velikovsky touched on many of these features when he spoke of the passage of Venus, the age of Akhnaton and h*manity in amnesia. He attempted to prove his reconstruction from the fossil memory he found written down on paper, on clay, in stone, attempting to reassemble literally forgotten knowledge, and to a large extent he succeeded.

But in order to really access that information you have to go back into your *own* memory and those of the others around you. You'll find that most of us have been around this planet for a long, long time, one way or another. If you like, you can access the memory of those who have gone before. Then the nature of history takes on new meaning. 'Memory' is a fluid motion, perpetual flux. Much is hidden in the word "memory" but it's all obvious. In ancient Hebrew, *Mem* was the letter for water.



I: "Memory" is like the essence, the mirror.

U.M.: 'Mirror' is also like the last part of the word memory, *MEMMARE*, again a watery concept, *MARE* the sea, the ocean of possibility, the first mirror, of memory in flux. And "MIR" is to see, to look. So "memory" is to look through the waters, to see through the water...

I: To look for the essence...

U.M.: Which is forever in flux.

MARE is an interesting root word in itself. *MARE* shares the consonants/concepts of *MERU* and through a process of linguistic transformation leading even to such word/concepts as *MAORI*, *MERlin*, *MERchant*, consonent reversals like *RAMA* and *ROME* - and even *AMERICA* - all children of the *Maruts*, the Sanskrit and Biblical 'men of renown', the 'Sons of God', marked by unconscious linguistic memory - in many cases the sounds are nearly identical *even though* there's no direct linguistic link, due to 'subconscious' processes involved in naming.

Now 'Mars' has been written with the consonants *M*R* for a long, long time (the vowels, the flowing spirit, are more variable than consonants and were only recently recorded at all). It wasn't just the *ancient* name for the planet Mars, when the solar system had a different form than it does today. It is a memory of what the fluid planet that existed where the asteroid belt is once was - the waters of life in perpetual flux - *Marduk* - which was seen by our ancestors to decimate Mars. *LeMURia* and *MU* and tales of pyramidal Mount *MERu* are memories of Earth colonies in this time and place, as is our naming of the planet Mars since cuneiform and sanskrit days with the consonants *M*R*.

The *ARAMaic* and *RAMA* civilizations that swept down from the Indus Valley are Indo-Europeans who, spreading through the West during the passage of *Marduk/Venus* 6-7,000 years ago, carried a direct strain of memory from other places as well; memory interwoven with the stranding waves of genetic information which we encode in our existence here. They were the children of the *Maruts*.

I: Are you saying that the Lumerians came from Mars?

U.M.: No.

Continues Over