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# NEXUS

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**Project Censored's Top 25**

**The Buteyko method:  
a cure for asthma?**

**Scurvy & heart disease**

**Mystery in Antarctica**

**The prophetic visions  
of Mitar Tarabich**

**Past Lives, Future Lives**



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• Our Expanding Earth • Russian Indigo Child •

# NEXUS

NEW TIMES MAGAZINE

Volume 13, Number 1

December 2005 – January 2006

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## STATEMENT OF PURPOSE

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## Editorial

Greetings, and welcome to the latest round-up of news, articles and reviews of things that have captured our attention of late.

This issue contains a double-length article comprised of the top 25 censored stories as determined by the academics and students at Sonoma State University, California. These items usually stem from US-based issues, but since America is impacting upon so many countries these days, I think that many of the censored stories are pertinent to other nations as well.

The biggest underreported story, in my opinion, is the one about how many people are being gagged because of what they know, and about how that information may cause adverse social change. Media workers are gagged when they cross someone's line (i.e., the few who are left who actually do journalist's work, other than rewording incoming press releases); health workers are gagged when they discover, or rediscover, actual cures for disease; research scientists are gagged when they discover, or rediscover, sources of energy that would reduce "fossil" fuel dependency; as are archaeologists and historians who dare to pay attention to "anomalous" findings.

I have lost count of the number of alternative health practitioners and companies targeted by regulatory authorities and closed down. In each case, the victim is required to sign a non-disclosure agreement. This means they cannot tell you about their case, and neither can anyone else. Sympathetic TV, radio or newspaper reporters cannot get the message out to the public because of this. The really annoying thing is that there *are* a few charlatans still out there with bogus products, bellowing all the right buzzwords on their full-page adverts, but for some reason they don't seem to get the attention of the authorities. Predominantly, it is the products and treatments that "work" that are being eliminated.

For example, one would think that a treatment with even a modicum of success in curing asthma would be instantly investigated. Think again. As long-time readers of NEXUS realise, if it can *cure* something, it is ignored/suppressed/outlawed. And I am not just talking about "alternative" cures for disease: there are many more "mainstream" cures that are suppressed than "alternative" ones. The reason you don't hear about them is because the "drug" doesn't even make it to sale. There is no profit for big business in *curing* disease.

Anyway, back to my point: this is the second article that we've run on the Buteyko method for treating asthma. Given the success of this treatment, it is shameful that the medical establishment continues to ignore it. Share the article with anyone you can.

Continuing the idea of giving you both the problem and a solution in the one story, we have a must-read on the link between chronic scurvy and heart disease. It's yet another major reason to take vitamin C regularly.

Our recent NEXUS Conference in Brisbane was another success. One of the keynote speakers was Dr James Maxlow, who did a presentation on the Expanding Earth model of global tectonics. This is a truly fascinating subject, and it demands a lot of historical and social revision as well as geophysical remapping. For example, the model shows how the continent of Antarctica was once positioned between Europe and the Americas, relatively speaking—an interesting tidbit for the researchers who adamantly maintain that Atlantis is under the Antarctic ice!

Speaking of Antarctica, the final part of our series titled "Britain's Secret War..." should make you wonder whether the Germans found something very significant there well before World War II began. Those polar mysteries are just not going away!

The topic of reincarnation does not get a great deal of media coverage. It is something that many people believe in, but do not talk about. Well, the advent of the Internet is resulting in a lot of information-sharing on this subject. Suddenly, a few isolated cases that would be considered "proof" of reincarnation are turning into dozens and scores of cases. Past-life regression therapy is providing some amazing insights, not only into the relationships between the mind, body, emotions and spirit but also into the nature of time itself. Several past-life "regressionists" have found success in future-life "progressions", paving the way for much debate from believers, sceptics and fence-sitters alike about what the heck is going on.

Many years ago, NEXUS published some of the prophetic visions of the 19th-century Serbian peasant Mitar Tarabich. In those days, we did not enjoy such a wide international circulation, so in view of all those thousands of new readers from Romania, Croatia, Germany, France, Russia, Poland, Sweden, Greece and The Netherlands, and in view of international events of the last 10 years, we have updated and republished them. I'm sure you will find the predictions accurate on all counts so far.

And on the subject of remarkable people, be sure to read the final item in the Twilight Zone section. It is about a very gifted Russian boy, a so-called "indigo" child, who not only can remember his previous life but knows much, much more.

Enjoy!

Duncan

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# Letters to the Editor ...

## Electric Sun Clarification

Dear Duncan: I would like to respond to Ron Pearson's comments headed "The Electric and Nuclear Sun", about the article attributed to my co-author David Talbott in the previous issue [see Letters, NEXUS vol. 12, no. 6].

Having acknowledged the logic of the electrically powered Sun as an explanation for the high temperature of the corona above a cool photosphere, Ron then makes the usual error of treating the Sun as an isolated, charged body: "It may well be that an interstellar current is flowing into the Sun...but there is nowhere for the current to flow away."

The father of plasma physics, Hannes Alfvén, showed there is a solar circuit where current flows into the poles and out in an equatorial sheet (known presently in mechanical terms as the solar "wind"). Simply put, the Sun behaves as a Faraday motor, which explains why the equator of the Sun spins fastest when it should be braked by the solar wind.

Additionally, the Sun is part of a circuit involving the entire galaxy. And it seems that galaxies themselves "charge up" over time, which means that stars within the galaxy are forced to keep up with the galactic charging rate.

Ron goes on to argue the traditional explanation for the coolness of sunspots. However, sunspots are a transparent, shallow phenomenon, so that the hot interior of the Sun should shine brightly through the clearing afforded by a sunspot. Granulation has been shown to occur within the umbra of a sunspot, so the argument that convection is throttled by the magnetic field of a sunspot is invalid. What is more, none of the behaviour or detailed structure of the penumbra of a sunspot has any explanation in conventional theory.

Next, the widely held view, that "the Sun's core operates as a nuclear fusion power plant is well established", is not true. It survives only because no one has

seriously considered an external power source since Eddington summarily discarded it. His simple argument was that the Sun needed internal energy to support its bloated envelope against the force of gravity. But he ignored gravitational charge polarisation effects within the Sun. The best evidence against a nuclear-powered Sun comes from counting solar neutrinos, which are thought to fly directly from the Sun's nuclear furnace to the Earth.

For decades, the expected neutrinos from the Sun have not been found. However, it has recently been shown that neutrinos can "change flavour". This discovery was grasped as the answer to the solar neutrino anomaly. However, it cannot be demonstrated that neutrinos are changing flavour between the Sun and the Earth without placing a neutrino detector near the Sun. On the other hand, the electric Sun produces all flavours of neutrinos in nuclear reactions induced electrically in the photosphere. That is why there is an anti-correlation observed between neutrino count and sunspot activity—an effect that is inexplicable if the neutrinos are coming from the Sun's core.

Ron's proposed solution, which has "a bob each way", is inventive but unnecessary for the reasons given above. As for "new physics" being required to explain the cosmos, in an Electric Universe all that is necessary is direct observation, good old physics and sound electrical engineering principles.

Wal Thornhill, <http://www.electric-universe.info>

*[Note that authorship of the article published in Science News, vol. 12, no. 5, was incorrectly attributed to David Talbott instead of Wal Thornhill by our source, the Thunderbolts.info website. Our apologies to Wal. See the Reviews section this issue for a preview of the new monograph by Talbott and Thornhill, titled Thunderbolts of the Gods. Ed.]*

## Australia's Terrorist Threat

Australians in the 21st century are expected to just trust that the government is acting in their best interests, as a child trusts a parent and as a subordinate trusts a superior.

The demolition of the World Trade Center has been likened by some to the burning of the Reichstag (1933) or the staged and filmed border incident that precipitated Poland's invasion by Nazi Germany. Internally perpetrated acts, blamed upon an enemy, have been used throughout history to justify decisions and actions that would otherwise be deplored by the citizenry.

I, for one, have never believed that "9-11" was "an attack on the free West by fundamentalist Muslim fanatics, hell-bent on destroying democracy", simply because the lack of supporting evidence makes such a conclusion irrational.

Until I am convinced that a threat of danger from real "terrorists" exists (as opposed to, say, an internally manufactured and controlled threat—what I would call a severe case of "political Münchhausen's syndrome") I will remain unconvinced that the anti-terrorism legislation serves any useful purpose other than to severely curtail the liberties of world citizens—particularly those citizens who are critical of or actively opposed to the policies of current global incumbents.

And even if I were somehow convinced that a degree of danger from external terrorism really existed, I would still need proof that the suggested new powers could positively prevent terrorist acts.

Margaret F., NSW, Australia

## Radioactivity and MCS

Dear Duncan: I never miss an issue of NEXUS or *New Dawn*, but this is the first time I haven't completed reading an article because it's just too frightening: in particular, Dr Viera Scheibner's article relating to the impact of

vaccinations on the human being, which is relevant to the information revealed in Pauline Rigby's letter to the editor [NEXUS vol. 12, no. 6].

The reason is that my two younger sisters, my parents and I suffer from multiple chemical sensitivity [MCS] as well as severe allergic reactions. We lived on a sheep stud in far western Queensland which in the 1950s and 1960s was under a constant haze from the test site [Maralinga].

My doctor suggested that because both my parents are from families who suffer asthma and hay fever, they should not have combined genes, so to speak. However, my second sister is adopted and has the same severity of health problems.

My parents recall it was easy to know when they were testing, as the clouds also brought with them a strange, acidic-smelling breeze.

Many people in my age group (born in the late 1950s) have died of cancers and brain tumours, and many children were born with intellectual or congenital deformities.

I would be interested to hear other readers' stories from far western Queensland.

Katrina, Toowoomba, Qld, Australia

## Aldara Skin Cancer Warning

Dear Duncan: Because you have the courage to print the truth about multinationals, NEXUS is one of the best forums on Earth for warning the public about dangerous drugs.

Aldara, a skin cancer "cure" made by 3M Pharmaceuticals, brought me close to death. There are countless dangerous drugs on the market, but this has to be one of the worst as it is promoted as "benign", handed out like candy by doctors and sold without prescription or warnings on the Internet.

When I rang 3M's Australian headquarters to suggest that they post warnings on this salve, they dismissed my concerns, saying

# ... more Letters to the Editor

**NB: Please keep letters to approx. 150 to 250 words in length. Ed.**

there had been no complaints other than reports of slight 'flu-like symptoms. This, of course, proves that Aldara's actions are systemic, although 3M denies this.

The Internet contains lots of negative information about Aldara, 3M's denials notwithstanding. This can be verified by reading transcripts from the US Federal Court, in which the company was sued and actually admitted that if Aldara is injected into an animal it will kill it!

This is the really scary part: if Aldara is used on an open wound or creates its own open wound (which it did on my nose), it is tantamount to injecting it, as it easily enters the bloodstream through the wound. Once there, it can cause cataclysmic side effects—anaphylactic shock, irreversible autoimmune diseases and even death.

Since posting the truth about Aldara on our website, we have received many tragic emails describing terrible side effects, which is unsurprising considering that Aldara mounts an aggressive attack upon vulnerable mucous membranes. For this reason, it is particularly dangerous for people who apply it on the face, genital warts and the cervix. Yes, believe it or not, some doctors actually prescribe this!

Trying to force this drug off the market is hopeless. Big Pharma is too rich and powerful, governments are Big Pharma's lapdogs, and most doctors haven't even bothered to read the *Physicians' Desk Reference* on the dreadful side effects.

Our only hope is people power. Please help spread the word by going to the website <http://www.doctorsaredangerous.com>, where you will find an informative essay that you can send to people. If you have been damaged, too, please email details to [elaine@doctorsaredangerous.com](mailto:elaine@doctorsaredangerous.com). Help us fight back!

Elaine Hollingsworth, Director, Hippocrates Health Centre of Australia, tel +61 (0)7 5530 2939, [www.doctorsaredangerous.com](http://www.doctorsaredangerous.com)

## Clinton, Kentucky 'n' Cocaine

Hello. I found your website while reading of the cocaine money-laundering conspiracy which involved Barry Seal in the 1980s.

I found Kentucky on the list of "in pockets" as far as being used for the criminal networking of cocaine and other illegals. I've lived here for about seven years and realise that when Chuck Hayes said "Clinton is turning Kentucky into a 'narco-republic'", for all I have witnessed Hayes was telling the absolute truth. But according to what I've read, it goes far beyond Clinton.

A world-renowned British criminologist, Mr Christopher Berry-Dee, and his partner Steve Morris have begun to publish my incredible story via their "New Criminologist" website.

I am a former freelance and amateur political cartoonist, and here in the USA I have been suffering all forms of harassment, abuse, financial errors and sabotage to my home and animals.

I even suffered the loss of my son.

Having been advised to "document everything" by some members of the US military, I kept all documents which would prove that my story is in fact true.

The British continue to publish my story with documentation which proves its legitimacy, and I am most grateful! Please feel free to visit the site <http://www.newcriminologist.co.uk>.

Fielda M. L., Kentucky, USA

## What's Next in Democracy?

If I understand correctly, President Bush has asked Congress to approve the use of our military to enforce quarantines in America in case of a bird flu epidemic—yet another giant leap in the direction of martial law. I envision a modern-day influenza leper colony established in downtown New Orleans, complete with barbed wire, land mines and guard towers.

Am I the only concerned citizen

who finds this absurd, premeditated aggression to be measured insanity? I watched in horror as our government ignored starving, helpless, dying victims of hurricane Katrina.

Enough is enough. The time has come to take a long, hard look at the vision of our leaders. Such barbarism cannot be ignored if our country is to return to the true essence of free democracy as established by our forefathers...

Bill G., Alabama, USA

## Chips in Bird Flu Vaccines?

Dear Duncan: I'd like to know what you and your readers think is going on behind the bird flu furore that's erupted.

Politicians and health advisers are already touting the benefits of vaccination and the plan to vaccinate all Australians as soon as a vaccine becomes available (which will probably be very quickly, considering the WHO's visit to CSL).

If only they were really concerned for public health! I'm suspicious that the anti-H5N1 vaccine will be laced with microchips (possibly even terminator chips) to be used to control and eradicate the trusting public. Does anyone know of reliable methods capable of detecting and destroying these microchips?

Other disturbing news related to vaccinations is the introduction of the "Bioshield 2" (the "Biodefense and Pandemic Vaccine and Drug Development Act of 2005") legislation in the American Senate effectively absolving government/pharmaceutical cartels from liability of any adverse reactions to vaccination.

If that doesn't alert and wake up people to their hideous intentions, nothing will.

Mary, Melbourne, Victoria, Australia

*[Dear Mary: Your question reflects concerns raised by many readers. As for my own opinion, I am highly sceptical of anything that is designed to generate fear in the population. The use of*

*fear to "herd" the trusting masses is an age-old tactic, and I believe that people are more afraid of viruses than they are of terrorists. What a great excuse to round up or quarantine individuals or groups! In the USA right now, nearly 7,000 people die each day as a result of medical mistakes, adverse drug reactions, etc. I'd be more scared of the mainstream medical system than of some "new" virus. Ed.]*

## Aluminium in Spring Water

Duncan: I found the recent article, "Alzheimer's Disease: The Aluminium Link" in your August–September issue [NEXUS 12/05] quite disturbing.

One of the largest producers of spring water in Australia (Coca-Cola at Peats Ridge near Sydney) is selling large volumes of spring water containing 1.4 mg/L of dissolved aluminium at a pH of 4.2. Dissolved aluminium at a pH of 4.2 is mostly in the form of monomeric aluminium.

Based on the above article by Dr Foster (see web page [http://hdfoster.com/Foster\\_Alzheimers.pdf](http://hdfoster.com/Foster_Alzheimers.pdf)), this water would be considered an extreme case.

Also, there are many other spring-water companies bottling in the same region where the levels of aluminium range from 0.2 mg/L to 0.4 mg/L with a pH between 4.8 and 5.5.

According to previous research, even these waters if consumed for extended periods of time could be causing major health problems in this country.

Isn't it about time that someone in this country investigated Foster's work in relation to products that are being sold into many, many homes around Australia?

This country is already facing a major epidemic with Alzheimer's disease, and I strongly believe that this issue needs at least to be investigated by the appropriate organisations before it is too late.

If Dr Foster is correct, we are in serious trouble.

Andrew C., Australia

## BREAKING AMERICA'S GRIP ON THE INTERNET

You would expect an announcement that would forever change the face of the Internet to be a grand affair—but unless you knew where he was sitting, all you got was David Hendon's slightly apprehensive voice through a plastic earbox.

Hendon is the UK Department of Trade and Industry's director of business relations and was in Geneva representing the UK Government and European Union (EU) at the third and final preparatory meeting for November's World Summit on the Information Society. He had just announced a political coup over the running of the Internet.

Representatives from the UK and US, old allies in world politics, sat just feet away from each other, but all looked straight ahead as Hendon explained the EU had decided to end the US Government's unilateral control of the Internet and put in place a new body that would now run this revolutionary communications medium.

The issue of who should control the Net had proved an extremely divisive issue, and for 11 days the world's governments traded blows. For the vast majority of people who use the Internet, the only real concern is getting on it. But with the Internet now essential to countries' basic infrastructure, the question of who has control has become critical.



In the early days, the US Department of Commerce (DoC) pushed and funded the expansion of the Internet, and when the Net became global the DoC created a private company, the Internet Corporation for Assigned Names and Numbers (ICANN), to run it.

The DoC was due to relinquish that control in September 2006, when its contract with ICANN ends. But an extraordinary u-turn by the US Government in June sent shockwaves around the Internet world when the DoC made it clear it intended to retain control of the Internet's root servers indefinitely.

(Source: The Guardian, October 6, 2005)

## ASIAN CURRENCY UNIT ON THE WAY

Expected to be on trial by the middle of next year, paving the way for a future unified Asian currency, reports International Finance News, citing a senior official of the Asian Development Bank.

The unit will integrate the currencies of 13 members, including mainland China, Japan and South Korea, to be an index to test their currency stability, the Shanghai-based newspaper said. Whether the Hong Kong dollar and New Taiwan dollar will be included is still under study.

The Asian Development Bank will publish daily on its website the exchange rate of the Asian currency unit (ACU) to the US dollar, the euro and the currencies of members.

The ACU will be modelled on the former European currency unit, forerunner of the euro, adopting a basket of currencies to decide its value.

(Source: Shanghai Daily, October 26, 2005)

## USA TO IMMUNISE DRUG COMPANIES FROM LIABILITY

A bill recently introduced in the US Senate, the "Biodefense and Pandemic Vaccine and Drug Development Act of 2005" (S. 1873) aims to shortcut the testing procedures for new vaccines and drugs in case of a pandemic and to protect vaccine-makers from legal liability in case the drug causes adverse reactions.

The US National Vaccine Information Center (NVIC) has called the bill, which passed out of the US Senate HELP Subcommittee on Bioterrorism and Public Health Preparedness the day after it was introduced, "a drug company stockholder's dream and a consumer's worst nightmare".

The proposed legislation will strip Americans of the right to a jury-heard court case if they are harmed by an experimental or licensed drug or vaccine that they are forced by the government to take whenever Federal health officials declare a public health emergency.

The bill allows for the establishment of the Biomedical Advanced Research and Development Agency (BARDA) as the single point of authority within the government for R&D into drugs and vaccines in response to bioterrorism and



"Oh, honey, you shouldn't have! A dozen bottles of the last of the world's oil!"

natural disease outbreaks such as the flu. BARDA would operate in secret, exempt from the Freedom of Information Act and the Federal Advisory Committee Act, ensuring that no evidence of injuries or deaths caused by drugs and vaccines labelled as "countermeasures" will become public.

Nicknamed "Bioshield Two", the legislation is being pushed rapidly through Congress without time for voters to make their voices heard by their elected representatives.

The legislation will eliminate both regulatory and legal safeguards applied to vaccines as well as remove the right of children and adults harmed by vaccines and drugs to present their case in front of a jury in a civil court of law.

(Source: NVIC press release, October 19, 2005, <http://www.nvic.org>)

## BRAIN CHIPS MAKE UNIVERSAL SOLDIERS ONE STEP CLOSER

Apparently the Pentagon has decided that one of the things its soldiers are missing is brains, or at least the ability to remember details of their training. Could microchips implanted in their brains create super-soldiers?

Researchers at the University of Southern California's bio-engineering department have developed a chip which they claim acts in exactly the same way as the hippocampus, the part of the brain that deals with memory. The chip can send out electrical signals which are similar to how the hippocampus operates.

So far the chip has worked well on dead rats, and the Pentagon hopes that one day experiments will be carried out on soldiers.

Clearly none of these boffins or Pentagon experts reads science fiction, or they would not be doing this.

(Source: Inquirer, UK, October 25, 2005)

## THE BRAINGATE CHIP

Imagine being able to control your environment simply by thinking. Ten years ago, this technology was thought by many scientists to be impossible because of the complexity of the human brain.

Matthew Nagel, a C4 paralytic (paralysed from the neck down) has been playing pong, drawing circles and manipulating a computer with thoughts alone via the BrainGate. It's a small chip, 2 mm<sup>2</sup>, and is surgically implanted onto the surface of the brain. Extending down into the cortex are a hundred thin,

platinum-tipped electrodes, each a millimetre long and only 90 microns at the base. These pick up the brain's electrical signals which are then transmitted to a computer via slender gold wires connected to each electrode.

This technology promises profound changes for the lives of millions of paralysed and handicapped individuals, but its implications run much deeper and may one day affect us all. Now scientists are reading this cortex-generated electrical information, much like your first CD player read songs. Very soon they plan to be able to "write" information as well, just like a CD burner.

This could change how we communicate: we could think directly at our friends instead of speaking, learn in our sleep and remember perfectly. Our memories could be stored "off line" on some external device. More importantly, the BrainGate would affect how we interact with our environment.

(Source: PhysOrg News, November 1, 2005, <http://www.physorg.com/news7746.html>)

## EU WINS POWER TO IMPRISON NATIONAL CITIZENS

An unprecedented ruling on 13 September 2005 by the European Court of Justice (ECJ) in Luxembourg gives Brussels the power to introduce harmonised criminal law across the European Union (EU), creating for the first time a body of European criminal law that all Member States must adopt.

The judgement by the EU Supreme

Court was opposed by 11 EU governments: Ireland, Denmark, Finland, Sweden, The Netherlands, Germany, France, the UK, Spain, Portugal and Greece.

In principle, the judgement gives the EU the power to impose criminal sanctions for all breaches of EU law. It greatly extends the power of the non-elected Brussels-based EU Commission, which would have the exclusive right to propose such criminal sanctions to be adopted by majority vote of the Council of Ministers.

Traditionally the European Court of Justice has worked hand in glove with the Commission, as both are supranational institutions that benefit from increasing supranational powers. In the words of one of its judges, the ECJ is a "court with a mission"—that mission being to extend the supranational powers of the EU and its institutions to the utmost.

The ruling means that the European Commission can propose an EU crime that, if passed by the European Parliament and a qualified majority of Member States, must be adopted by all Member States even though a particular government and parliament may be against it. This means that a particular EU Member State can be forced to introduce a crime into its law if enough other EU States support it. It also gives the Commission the power to compel members to enforce EU criminal law if governments drag their heels or if their courts refuse to sentence people for breaches of EU laws.

(Source: Team Europe, September 30, 2005, <http://www.teameurope.info>)



"I used to be a 'convict'. Now I'm a 'spatially circumscribed State customer'."

**BRITAIN RECRUITED MUSLIM TERRORISTS, CLAIMS MP**

An astonishing claim that M16 recruited Muslim extremists in Britain for terror training abroad has been made by British MP and former cabinet minister Michael Meacher in an article for the *Guardian* (sister paper of the *Asian News*).

The former environment secretary claims that Britain's "overseas" security organisation, M16, set about recruiting UK Muslims, directing them to support US efforts to overthrow communist governments in Afghanistan and Yugoslavia.

He highlights a Delhi-based research foundation that estimates anything up to 200 British Muslims could have undergone training in overseas terrorist camps under the protection of the Pakistani secret service, the ISI, which was backing the armed Islamic insurrection against the Afghan communist regime and its Soviet backers.

Mr Meacher also highlights the case of UK-born Muslim Omar Saeed Sheikh, sentenced to death for the murder of US journalist Daniel Pearl in 2002. He writes that Sheikh has been allowed 32 appeals against his sentence, the last being adjourned "indefinitely". He says the same Delhi foundation describes Sheikh as a British agent.

Mr Meacher adds: "This is all the more remarkable when this is the same Omar Sheikh who, at the behest of General Mahmood Ahmed, head of the ISI, wired

\$100,000 to Mohammed Atta, allegedly the leading 9/11 hijacker, before the New York attacks, as confirmed by Dennis Lomel, director of FBI's financial crimes unit."

Mr Meacher's argument is that the UK and US security services do not want a proper investigation into these links because it would expose how they encouraged and helped to recruit Islamic "warriors" when it suited their purposes but that these same forces eventually turned on the West, inflamed by what they saw as anti-Islamic occupations and pro-Israeli international policies.

(Source: The Asian News, September 30, 2005, <http://www.theasiannews.co.uk>)

**STATE-SPONSORED TERRORISTS BEHIND INDONESIAN GROUPS**

Indonesian police or military officers may have played a role in the 2002 Bali bombing, the country's former president, Abdurrahman Wahid, has said in a TV program broadcast across Australia.

In an interview with SBS's *Dateline* program aired on the third anniversary of the bombing that killed 202 people, Mr Wahid said he has grave concerns about links between Indonesian authorities and terrorist groups.

While he said he believes terrorists were involved in planting one of the Kuta nightclub bombs, the second, which destroyed Bali's Sari Club, had been organised by authorities. Asked who he thought had

planted the second bomb, Mr Wahid said: "Maybe the police...or the armed forces. The orders to do this or that came from within our armed forces, not from the fundamentalist people," he said.

The program also claims a key figure behind the formation of terrorist group Jemaah Islamiah was an Indonesian spy. Former terrorist Umar Abduh, who is now a researcher and writer, told *Dateline* that Indonesian authorities have a hand in many terrorist groups.

"There is not a single Islamic group, either in the movement or the political groups, that is not controlled by [Indonesian] Intelligence," he said.

Abduh also told the program his organisation, the Imron Movement, was incited to a range of violent action in the 1980s when the Indonesian military told the group that the assassination of several Muslim clerics was imminent.

Another terrorism expert, George Aditjondro, said a bombing in May 2005 that killed 23 people in the Christian village of Tentena, in central Sulawesi, had been organised by senior military and police officers.

"This is a strategy of depopulating an area and when an area has been depopulated, [people] becoming refugees or becoming paramilitary fighters, then that is the time when they can invest their money in major resource exploitation there," he said. (Source: The Australian, October 12, 2005, <http://www.theaustralian.news.com.au>)

**LIGHT-EMITTING FINGERS**

Human hands glow but fingernails release the most light, according to a recent study that found all parts of the hand emit detectable levels of light.

The findings support prior research which suggested that most living things, including plants, release light. Since disease and illness appear to affect the strength and pattern of the glow, the discovery might lead to less-invasive ways of diagnosing patients.

Mitsuo Hiramatsu, a scientist at the Central Research Laboratory at Hamamatsu Photonics in Japan, who led the research, told *Discovery News* that the hands are not the only parts of the body that shine light by releasing photons, or tiny, energised increments of light.

"Not only the hands, but also the forehead and bottoms of our feet emit photons," Hiramatsu said, adding that, in terms of hands, "the presence of photons



"Can we slot something in about close voting counts in US Federal elections?"

means that our hands are producing light all of the time."

The light is invisible to the naked eye, so Hiramatsu and his team used a powerful photon counter to "see" it. The detector found that fingernails release 60 photons, fingers release 40 and the palms are the dimmest of all, with 20 photons measured.

Fritz-Albert Popp, a leading world expert on biologically related photons at the International Institute of Biophysics in Germany, was not surprised by the findings. Popp and his team believe that the light from the forehead and the hands pulses out with the same basic rhythms, but that these pulses become irregular in unhealthy people. A study he conducted on a muscular sclerosis patient seemed to validate the theory.

(Source: *Discovery News*, September 6, 2005, <http://tinyurl.com/d963a>)

### QUICK DEATH FOR OFFSPRING OF RATS FED GM SOY

The Russian scientist planned a simple experiment to see if eating genetically modified (GM) soy might influence offspring. What she got, however, was an astounding result that may threaten a multi-billion-dollar industry.

Irina Ermakova, a leading scientist at the Institute of Higher Nervous Activity and Neurophysiology of the Russian Academy of Sciences (RAS), added GM soy flour (5–7 grams) to the diet of female rats. Other females were fed non-GM soy or no soy at all. The experimental diet began two weeks before the rats conceived and continued through pregnancy and nursing.

Ermakova's first surprise came when her pregnant rats started giving birth. Some pups from GM-fed mothers were quite a bit smaller. After two weeks, 36% of them weighed less than 20 grams compared to about 6% from the other groups.

But the real shock came when the rats started dying. Within three weeks, 25 of the 45 (55.6%) rats from the GM soy group died compared to only three of 33 (9%) from the non-GM soy group and three of 44 (6.8%) from the non-soy controls.

Ermakova preserved several major organs from the mother rats and offspring, drew up designs for a detailed organ analysis, created plans to repeat and expand the feeding trial and promptly ran out of research money.

Her findings are hardly welcome by an industry already steeped in controversy. (Source: *GMWatch.com*, Oct 31, 2005)

### SELENIUM: GOOD NEWS IN CANCER TREATMENT

This unusual story of a West Australian farmer was told to me by one of the farmer's friends who lives in Melbourne. It is full of happy endings, almost too good to be true.

This farmer was diagnosed with bowel cancer. His doctor-surgeon arranged a date for him to check into hospital to have the cancer removed. In due course on the date set, after he was checked into hospital, the doctor-surgeon visited him in his room to tell him that after reviewing all the tests and X-rays, all concerned agreed that his cancer was inoperable and that all tests indicated his heart was not strong enough to survive such major surgery.

The farmer said, "Doctor, you're telling me there is nothing you can do for me?" "Yes," the doctor said, and then apologised for such a late change of decision. The farmer then requested his wife to go and check him out of hospital and for his son to pack his bag and take it to the car. He said that he would have to go home and treat himself.

For many years this farmer had treated his cattle and sheep for prevention and cure of various ailments. One drench had proved especially effective and that was Selenium Drench Concentrate. He decided to formulate a daily dose for himself based on his own body-weight, as he had so often done for his farm animals.

Over the following few months, he took this dosage on an empty stomach every morning. After several months his wife said, "I think you are getting better! You look good and don't seem to be sick at all. I think you had better visit the doctor and have him check you over!" Which he did. The doctor said that as far as he could examine him externally, the cancer was gone. He told the farmer to go home and enjoy life!

One day shortly after, a well-dressed lady driving an expensive car arrived at the farm. She said, "Your doctor is my doctor and he tells me you cured yourself of bowel cancer. I have bowel cancer and I've come to ask you to share the treatment."

The farmer said, "Woman, it would be worth more than my farm for me to start acting like a doctor! But I know how desperate you are. I'll put the ingredients out and will show you what I mixed up, but I can't give it to you. My wife and I have to do the evening chores—feed the fowls and milk the cows and so on. While we're gone, you can steal the ingredient if you like but I can't give it to you!" That is exactly what the lady did and she treated herself as instructed. Several months later, she returned with bouquets and presents. She told her farmer friends she was cured and given a clearance by their mutual doctor.

Soon after, another well-dressed lady arrived by car at the farmer's house. She had been sent by the first lady. She stated she had bowel cancer and requested the farmer share his treatment with her. He said he would treat her exactly the same as he had treated her friend—which he did with the same excellent results.

Several months later and almost amusingly, the farmer's own doctor arrived at the farm, stating that he had come for more than a social visit because he, too, now had bowel cancer and wanted the farmer to share the treatment with him. Which the farmer did in the same way as for the two ladies. and with the same excellent results.

The friend who conveyed this story to me was a suspected prostate cancer victim having a very high PSA [prostate-specific antigen] count. He immediately went onto the treatment and very quickly his PSA was down to normal. Another of my friends was diagnosed positively as having prostate cancer and was planning surgery. He has been on the selenium treatment, and recently was given a medical all-clear. Friends who have gone on the treatment as a precaution—believing as I do that what will cure will prevent—have found that minor skin cancers on their hands have cleared up.

The treatment as worked out by the farmer is with Selenium Drench Concentrate, which anyone can purchase from veterinary product suppliers. It is liquid selenium. For years, the sale of selenium for human consumption has been prohibited. The active constituent is 10 mg of selenium per mL as sodium selenite. The dosage is one teaspoonful to two litres of water, of which mixture you drink 226 mL or two-thirds of a 400 mL breakfast cup each morning on an empty stomach.

I've been taking it for several years and it certainly does not appear to produce any ill effects.

(Source: *Email from Keith*, dated February 26, 2004, sent to NEXUS Magazine in mid-2005)



# PROJECT CENSORED

## NEWS IGNORED BY THE CORPORATE MEDIA

*These are the top 25 news stories of 2004–2005, as judged by Sonoma State University's Project Censored team, that received little or no coverage in the mainstream media in the USA.*

Compiled by  
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**E**ach year, the Project Censored team from Sonoma State University, California, selects and evaluates thousands of published news stories by journalists working in the national and international mainstream as well as alternative press. Students, faculty staff and community experts participate in this process, which ultimately decides on the top 25 stories that were the most underreported by the US corporate media. Following is an edited summary of Project Censored's selection for 2004–2005. To see the full report with references and updates, visit the web page [http://www.projectcensored.org/censored\\_2006/index.htm](http://www.projectcensored.org/censored_2006/index.htm).

— Editor

### 1. Bush Administration Moves to Eliminate Open Government

**T**hroughout the 1980s, Project Censored highlighted a number of alarming reductions to government access and accountability. It tracked the small but systematic changes made to existing laws and the executive orders introduced. It now appears that these actions may have been little more than a prelude to the virtual lock-box against access that is being constructed around the current administration.

Changes are being made to laws that provide public access to US Federal records. The Freedom of Information Act (FOIA) gives citizens the ability to file a request for specific information from a government agency and provides recourse in Federal Court if that agency fails to comply with FOIA requirements. Over the last two decades, beginning with President Reagan, this law has become increasingly diluted and circumvented by each succeeding administration.

Under the Bush Administration, agencies make extensive and arbitrary use of FOIA exemptions (such as those for classified information, privileged attorney-client documents and certain information compiled for law enforcement purposes) often inappropriately or with inadequate justification. Recent evidence shows agencies making frivolous (and sometimes ludicrous) exemption claims, abusing the deliberative process privilege, abusing the law enforcement exemption and withholding data on telephone service outages.

Quite commonly, the Bush Administration simply fails to respond to FOIA requests at all. Whether this is simply an inordinate delay or an unstated final refusal to respond to the request, the requesting party is never told. But the effect is the same: the public is denied access to the information.

The Bush Administration also engages in an aggressive policy of questioning, challenging and denying FOIA requesters' eligibility for fee waivers, using a variety of tactics. Measures include narrowing the definition of "representative of news media", claiming that information would not contribute to public understanding.

The Presidential Records Act ensures that after a president leaves office, the public will have full access to White House documents used to develop public policy. Under the law and an executive order by Reagan, the presumption has been that most documents would be released. However, President Bush issued an executive order that establishes a process that generally blocks the release of presidential papers.

The Bush Administration has dramatically increased the volume of government information concealed from public view. In a March 2003 executive order, President Bush expanded the use of the national security classification. The order eliminated the presumption of disclosure, postponed or avoided automatic declassification, protected foreign government information, reclassified some information, weakened the panel that decides to exempt documents from declassification and adjudicates classification challenges, and exempted vice presidential

records from mandatory declassification review.

The Bush Administration has also obtained unprecedented authority to conduct government operations in secret, with little or no judicial oversight. Under expanded law enforcement authority in the Patriot Act, the Justice Department can more easily use secret orders to obtain library and other private records, obtain "sneak-and-peek" warrants to conduct secret searches and conduct secret wiretaps.

In addition, the Bush Administration has used novel legal interpretations to expand its authority to detain, try and deport individuals in secret. Since the 9/11 attacks, the Bush Administration has asserted unprecedented authority to detain anyone whom the executive branch labels an "enemy combatant", indefinitely and secretly. It has authorized military trials that can be closed not only to the public but also to the defendants and their attorneys.

The Bush Administration has consistently refused to provide to members of Congress, the Government Accountability Office and congressional commissions the information necessary for meaningful investigation and review of the administration's activities.

(Source: *Common Dreams*, September 14, 2004, <http://www.commondreams.org>)

## 2. Media Coverage Fails on Iraq: Fallujah, War Crimes and the Civilian Death Toll

In April and November 2004, the United States conducted two major sieges against Fallujah, an Iraqi city of 300,000 people. The first attempted siege resulted in a defeat for Coalition forces. As a result, the US gave the citizens of Fallujah two choices prior to the second siege: leave the city or risk dying as enemy insurgents. Faced with this ultimatum, approximately 250,000 citizens, or 83 per cent of the population of Fallujah, fled the city.

The 50,000 citizens who either chose to remain in the city or who were unable to leave were trapped by Coalition forces and were cut off from food, water and medical supplies. The US military claimed that there were a few thousand enemy insurgents remaining among those who stayed in the city and conducted the invasion as if all the people remaining were enemy combatants.

Burhan Fasa'a, an Iraqi journalist, said Americans grew easily frustrated with Iraqis who could not speak English. "Americans did not have interpreters with them, so they entered houses and killed people because they didn't speak English..." Abu Hammad, a resident of Fallujah, told the Inter Press Service that he saw people attempt to swim across the Euphrates to escape the siege. "The Americans shot them with rifles from the shore. Even if some of them were holding a white flag or white clothes over their head to show they are not fighters, they were all shot." Furthermore, "even the wound[ed] people were killed. The Americans made announcements for people to come to one mosque if they wanted to leave Fallujah, and even the people who went there carrying white flags were killed." Former residents of Fallujah recall other tragic methods of killing the wounded. "I watched them [US Forces] roll over wounded people in the street with tanks... This happened so many times."

Preliminary estimates as of December 2004 revealed that at least 6,000 Iraqi citizens in Fallujah had been killed and one-third of the city had been destroyed.

According to David Walsh on the World Socialist Web Site, the American media also seems to contribute to the subversion of truth in Fallujah. Although, in many cases, journalists were prevented from

entering the city and were denied access to the wounded, corporate media showed little concern regarding their denied access. In the US press, we see casualties reported for Fallujah as follows: number of US soldiers dead, number of Iraqi soldiers dead, number of "guerrillas" or "insurgents" dead. Nowhere were the civilian casualties reported in the first weeks of the invasion. An accurate count of civilian casualties to date has yet to be published in the mainstream media.

In late October 2004, a peer-reviewed study was published in the British medical journal *The Lancet*, concluding that at least 100,000 civilians had been killed in Iraq since it was invaded by the United States-led coalition in March 2003. Researchers, headed by Dr Les Roberts of Johns Hopkins University, undertook a national survey to estimate mortality during the 14.6 months before the invasion (January 1, 2002, to March 18, 2003) and to compare it with the period from March 19, 2003 to the date of the interview, between September 8 and 20, 2004. Iraqi households were informed about the purpose of the survey, assured that their names would not be recorded and told that there would be no benefits or penalties for refusing or agreeing to participate.

According to the survey, the major public health problem in Iraq has been the violence. However, despite widespread Iraqi casualties, household interview data do not show evidence of widespread wrongdoing on the part of individual soldiers on the ground. Ninety-five per cent of reported killings (all attributed to US forces by interviewees) were caused by helicopter gunships, rockets or other forms of aerial weaponry.

The study's results promptly flooded through the worldwide media—everywhere except in the United States, where there was barely a whisper about

the study, followed by stark silence. The study was never mentioned on television news, and the truth remains unheard by those who may need to hear it most.

The US Government had no comment at the time and remains silent about Iraqi civilian deaths. "The only thing we keep track of is casualties for US troops and civilians," a Defense Department spokesman told *The Chronicle*.

The illegal, heavy-handed tactics practised by the US military in Iraq, as are evident in these news stories, have become what appears to be their standard operating procedure in occupied Iraq. Countless violations of international law and crimes against humanity occurred in Fallujah during the November 2004 massacre. Evidenced by the mass slaughtering of Iraqis and the use of illegal weaponry such as cluster bombs, napalm, uranium munitions and chemical weapons during the siege—when the entire city was declared a "free fire zone" by military leaders—the brutality of the US military has only increased throughout Iraq as the occupation drags on.

According to Iraqis inside the city, at least 60 per cent of Fallujah ended up being totally destroyed in the November siege, and eight months after the siege entire districts of the city remained without electricity or water. Israeli-style checkpoints were set up in the city, prohibiting anyone from entering who did not live inside the city. Non-embedded media were also not allowed in the city.

(Sources: *Peacework*, December 2004–January 2005; World Socialist Web Site, November 17, 2004; *The New Standard*, December 3, 2004; *The Lancet*, October 29, 2004; *The Chronicle of Higher Education*, February 4, 2005; FAIR, April 15, 2004)

**"The Americans made announcements for people to come to one mosque if they wanted to leave Fallujah, and even the people who went there carrying white flags were killed."**

### 3. Another Year of Distorted Elections and Coverage

Political analysts have long counted on exit polls to be a reliable predictor of actual vote counts. The unusual discrepancy between exit poll data and the actual vote count in the 2004 US election challenges that reliability. However, despite evidence of technological vulnerabilities in the voting system and a higher incidence of irregularities in swing states, this discrepancy was not scrutinised in the mainstream media. They simply parroted the partisan declarations of "sour grapes" and "let's move on" instead of providing any meaningful analysis of a highly controversial election.

The official vote count for the 2004 election showed that George W. Bush won by three million votes. But exit polls projected a victory margin of five million votes for John Kerry. This eight-million-vote discrepancy is much greater than the error margin. The overall margin of error should statistically have been under one per cent. But the official result deviated from the poll projections by more than five per cent—a statistical impossibility.

Edison Media Research and Mitofsky International, the two companies hired to do the polling for the Nation Election Pool (a consortium of the nation's five major broadcasters and the Associated Press), did not immediately provide an explanation for how this could have occurred. They waited until January 19, the eve of the inauguration. Also, the report shows that the discrepancy between the exit polls and the official count was considerably greater in the critical swing States.

In precincts that were at least 80 per cent for Bush, the average within-precinct error (WPE) was a whopping 10.0 per cent—the numerical difference between the exit poll predictions and the official count. Also, in Bush strongholds, Kerry received only about two-thirds of the votes predicted by exit polls. In Kerry strongholds, exit polls matched the official count almost exactly (an average WPE of 0.3). This exit poll data is a strong indicator of a corrupted election. But the case grows stronger if these exit poll discrepancies are interpreted in the context of more than 100,000 officially logged reports of irregularities and possible fraud during Election Day 2004.

In Franklin County, Ohio, Columbus voters faced one of the longest ballot lines in history. In many inner city precincts, voters sometimes had three-hour waits to get to the poll before being required to cast ballots within five minutes, as demanded by the Republican-run Board of Elections. Seventy-seven of the county's 2,866 voting machines malfunctioned on Election Day. One machine registered 4,258 votes for Bush in a precinct where only 638 people voted. At least 125 machines were held back at the opening of the polls, and another 68 were never deployed. While voters were rushed through the process, 29 per cent of the precincts had fewer voting machines than in the 2000 election despite a 25 per cent increase in turnout.

These problems point to an election that requires scrutiny. Even if the discrepancy between exit polls and actual vote counts is simply a fluke, other flaws and questionable practices in the voting process make one wonder whether or not the people's voice was actually heard and if we are truly a working democracy.

(Sources: *In These Times*, February 15, 2005, <http://www.inthesetimes.com>; *Seattle Post-Intelligencer*, January 26, 2005)

### 4. Surveillance Society Quietly Moves In

On December 13, 2003, President Bush, with little fanfare and no mainstream media coverage, signed into law the controversial Intelligence Authorization Act while most of America toasted the victory of US forces in Iraq and Saddam Hussein's capture. None of the corporate press covered the signing of this legislation, which increases the funding for intelligence agencies, dramatically expands the definition of surveillable financial institutions and authorises the FBI to acquire private records of those individuals suspected of criminal activity without a judicial review. American civil liberties are once again under attack.

The "atmosphere of fear" generated by recent terrorist attacks, both foreign and domestic, provides administrations the support necessary to adopt stringent new legislation. In response to the September 11 attacks, new agencies, programs and bureaucracies have been created.

The Total Information Office is a branch of the US Department of Defense's Defense Advanced Research Projects Agency (DARPA). It has a mission to "imagine, develop, apply, integrate, demonstrate and transition information technologies, components and prototype, closed-loop, information systems that will counter asymmetric threats by achieving total information awareness". Another intelligence-gathering agency, the Information Awareness Office, has a mission to gather as much information as possible about everyone in a centralised location for easy perusal by the US Government.

In November 2002, the *New York Times* reported that DARPA was developing a tracking system called "Total Information Awareness" (TIA), intended to detect terrorists through analysing troves of information. The system, developed under the direction of John Poindexter, then director of DARPA's Information Awareness Office, was envisioned to give law enforcement access to private data without suspicion of wrongdoing or a warrant.

The Total Information Awareness program's name was changed to "Terrorist Information Awareness" on May 20, 2003, ostensibly to clarify the program's intent to gather information on presumed terrorists

rather than compile dossiers on US citizens. Despite this name change, a Senate Defense Appropriations bill was passed unanimously on July 18, 2003, expressly denying any funding to Terrorist Information Awareness research.

In response, the Pentagon proposed the Multistate Anti-Terrorism Information Exchange (MATRIX), a program devised by long-time Bush family friend Hank Asher as a pilot effort to increase and enhance the exchange of sensitive terrorism and other criminal activity information between local, State and Federal law enforcement agencies.

The MATRIX, as devised by the Pentagon, is a State-run information-generating tool, thereby circumventing Congress's concern regarding the appropriation of Federal funds for the development of this controversial database. Although most states have refused to adopt these Orwellian strategies, Ohio, Pennsylvania, Connecticut and Florida jumped on the TIA bandwagon.

Yet somehow, after the apparent successful dismantling of TIA, the expressed concern by Representatives Mark Udall of Colorado,

**The official vote count for the 2004 election showed that George W. Bush won by three million votes. But exit polls projected a victory margin of five million votes for John Kerry. This eight-million-vote discrepancy is a statistical impossibility.**

Betty McCollum of Minnesota, Ron Paul of Texas and Dennis Moore of Kansas, and heightened public awareness of the MATRIX, the Intelligence Authorization Act for Fiscal Year 2004 was signed into law on December 13, 2003.

The Act expands the definition of a surveillable financial institution to include real estate agencies, insurance companies, travel agencies, Internet service providers, post offices, casinos and other businesses as well.

Due to massive corporate mergers and the acquisition of reams of newly acquired information, personal consumer data have been made readily available to any agency interested in obtaining it, both commercial and governmental.

According to an update from Anna Miranda of the American Civil Liberties Union (ACLU), MATRIX was officially shut down on April 15, 2005. The program, which consisted of 13 states—and only had four states remaining prior to its closure—received \$12 million in funding from the Department of Justice and the Department of Homeland Security.

She notes that the tremendous explosion in surveillance-enabling technologies, combined with the ongoing weakening in legal restraints that protect our privacy, mean that we are drifting toward a surveillance society.

For instance, with the application of radio-frequency identification chips (RFIDs)—individualised computer chips capable of communicating with a receiving computer—consumer behaviour can literally be tracked from the point of purchase to the kitchen cupboard and can be monitored by all interested parties.

On May 10, 2005, President Bush secretly signed into law the Real ID Act, requiring states within the next three years to issue federally approved electronic identification cards. Attached as an amendment to an emergency spending bill funding troops in Afghanistan and Iraq, the Real ID Act was passed without the scrutiny and debate of Congress.

One of the main concerns about the electronic identification card is identity theft. The Act mandates the cards to have anti-counterfeiting measures, such as an electronically readable magnetic strip or RFID chip.

Privacy advocates argue that RFID chips can be read from "unauthorised" scanners, allowing third parties or the general public to gather and/or steal private information about an individual. The Real ID Act has given no consideration to this drawback.

Other privacy concerns regarding the electronic identification card is the use of information by third parties once they've scanned the cards and accessed the information. At this time, the Act does not specify what can be done with the information. A company or organisation scanning your identification card could potentially sell your personal information if strict guidelines on what to do with the information are not mandated.

Inability to conform over the next three years will leave US citizens and residents paralysed. Identification cards that do not meet the federally mandated standards will not be accepted as identification for travel, opening a bank account, receiving social security payments or obtaining government benefits, among other things.

(Sources: *Information Management Journal*, March/April 2004; *LiP Magazine*, Winter 2004, <http://www.lipmagazine.org>; *Capitol Hill Blue*, June 7, 2004; ACLU, <http://www.aclu.org>)

## 5. United States Uses Tsunami for Military Advantage

The tragic and devastating power of December 2004's Indian Ocean tsunami was plastered across the cover of practically every newspaper around the world for the better part of a month. At the same time that US aid was widely publicised domestically, the coinciding US military motives were virtually ignored by the press. While supplying aid (which, when compared proportionately to that of other, less wealthy countries, was an insulting pittance), the US simultaneously bolstered military alliances with regional powers in, and began expanding bases throughout, the Indian Ocean region. The US desire to curtail China's burgeoning economic and military might is contingent upon its control of this area.

During subsequent tsunami relief operations in the following months, writes Rahul Bedi in the *Irish Times*, the United States revived the Utapao military base in Thailand, which it had used during the Vietnam War, and plans to move Task Force 536 there to establish a forward positioning site for the US Air Force. It reactivated its military cooperation agreements with Thailand as well as the Visiting Forces Agreement with The Philippines.

US Navy vessels also utilised facilities in Singapore, in keeping with previous treaties. Further, the US Navy and marines arrived in Sri Lanka to bolster relief measures, despite the tsunami-hit island's initial reluctance to permit their entry.

The US also stepped up its survey of the Malacca Straits, over which China exercises considerable influence and through which 90 per cent of Japan's oil supplies pass. The United States has had trouble expanding its military influence in the region largely due to suspicions by Indonesia and Malaysia that the US is disguising imperial aims under the goal of waging war against terror. The two countries have opposed an American plan to tighten security in the vital Malacca Straits shipping lanes—a plan which might have involved US troops being stationed nearby.

The Bush Administration is reviving its hopes of normalising military ties with Indonesia, writes Jim Lobe for Inter Press

Service. The world's most populous Muslim nation, with its strategically located archipelago, critical sea lanes and historic distrust of China, has made it an ideal partner for containing Beijing.

According to Rahul Bedi, Washington has also long wanted a naval presence in Trincomalee, eastern Sri Lanka, or in Galle, further south, to shorten the supply chain from its major regional military base in Diego Garcia, which the British Indian Ocean Territory leased to the US in 1966 for 50 years. Diego Garcia's geostrategic location in the Indian Ocean and its full range of naval, military and communications facilities give it a critical role supporting the US Navy's forward presence in the North Arabian Sea and the Indian Ocean region. However, because of the base's remoteness and the fact that the lease with Britain expires in 2016, the US is seeking an alternative location in the region.

Long before the tsunami struck, an article dated April 21, 2003, by Josy Joseph on Rediff.com, explained that a classified report commissioned by the United States Department of Defense expresses a desire for access to Indian bases and military infrastructures. The US Air Force specifically wants to establish bases in India.

**The United States has had trouble expanding its military influence in the region largely due to suspicions by Indonesia and Malaysia that the US is disguising imperial aims under the goal of waging war against terror.**

The report, entitled "Indo-US Military Relations: Expectations and Perceptions", was distributed amongst high-ranking US officials and a handful of senior members within the Indian Government. It refers to the Defense Department's desire to have "access closer to areas of instability".

Post-tsunami actions in the Indian Ocean illustrate the US intention to move this agenda forward sooner rather than later.

(Sources: *Jane's Foreign Report*, February 15, 2005, <http://frp.janes.com>; *The Irish Times*, February 8, 2005)

## 6. The Real Oil-for-Food Scam

The US has accused UN officials of corruption in the Iraq "oil-for-food" program. According to Joy Gordon in *Harper's Magazine* and former UN weapons inspector Scott Ritter in the UK *Independent*, the charge was actually an attempt to disguise and cover up long-term US Government complicity in this corruption.

Ritter says that "this posturing is nothing more than a hypocritical charade, designed to shift attention away from the debacle of George Bush's self-made quagmire in Iraq, and legitimise the invasion of Iraq by using Iraqi corruption, and not the now-missing weapons of mass destruction, as the excuse".

According to Gordon, the charges laid by the US [General] Accounting Office are bogus. There is plenty of evidence of corruption in the oil-for-food program, but the trail leads not to the United Nations but to the United States. "The fifteen members of the Security Council—of which the United States was by far the most influential—determined how income from oil proceeds would be handled, and what the funds could be used for."

Contrary to popular understanding, the Security Council is not the same thing as the UN. It is part of it, but operates mostly independently of the larger body. The UN's personnel "simply executed the program that was designed by the members of the Security Council".

The claim in the corporate media was that the UN allowed Saddam Hussein to steal billions of dollars from oil sales. If we look at who actually had control over the oil and whose hands held the money, a very different picture emerges. "If Hussein did indeed smuggle \$6 billion worth of oil in 'the richest rip-off in world history', he didn't do it with the complicity of the UN. He did it on the watch of the US Navy," claims Gordon.

Every monetary transaction was approved by the US through its dominant role on the Security Council. Ritter explains that "the Americans were able to authorise a \$1 bn exemption concerning the export of Iraqi oil for Jordan, as well as legitimise the billion-dollar illegal oil smuggling trade over the Turkish border". In another instance, a Russian oil company "...bought oil from Iraq under 'oil for food' at a heavy discount, and then sold it at full market value to primarily US companies, splitting the difference evenly with [the Russian company] and the Iraqis.

This US-sponsored deal resulted in profits of hundreds of millions of dollars for both the Russians and the Iraqis, outside the control of 'oil for food'. It has been estimated that 80 per cent of the oil illegally smuggled out of Iraq under 'oil for food' ended up in the United States."

(Sources: *Harper's*, December 2004, <http://www.harper.org/TheUNisUS.html>; *The Independent*, UK, December 12, 2004, [CommonDreams.org](http://CommonDreams.org))

## 7. Journalists Face Unprecedented Dangers

According to the International Federation of Journalists (IFJ), 2004 was the deadliest year for reporters since 1980 when records began to be kept. Over a 12-month span, 129 media workers were killed; 49 of those deaths occurred in the Iraq conflict.

According to independent journalist Dahr Jamail, writing for Inter Press Service, journalists are increasingly being detained and threatened by the US-installed interim government in Iraq. When the only safety for a reporter is being embedded with the US military, the reported stories tend to have a positive spin. Non-embedded reporters suffer the great risk of being identified as enemy targets by the military.

The most blatant attack on journalists occurred the morning of April 8, 2003, when the US Third Infantry fired on the Palestine Hotel in Baghdad, killing cameramen José Couso and Taras Protsyuk and injuring three others. The hotel served as headquarters for some 100 reporters and other media workers. The Pentagon officials knew that the Palestine Hotel was full of journalists and had assured Associated Press that the US would not target the building.

According to Truthout, the US Army had refused to release the records of its investigation. The US Committee to Protect Journalists, created in 1981 to protect colleagues abroad from governments and others who have no use for free and independent media, filed suit under the Freedom of Information Act to force the army to release its results. The sanitised copy of the releasable results showed nothing more than a commander inquiry.

Unsatisfied with the US military's investigation, Reporters Without Borders (RWB), an international organisation

that works to improve the legal and physical safety of journalists worldwide, conducted its own investigation and gathered evidence from journalists in the Palestine Hotel at the time of the attacks. These were eyewitness accounts that the military neglected to include in its report. The RWB report also provided information disclosed by others embedded within the US Army, including the US soldiers and officers directly involved in the attack. The report stated that US officials first lied about what had happened during the Palestine Hotel attack and then, in an official statement four months later, exonerated the US Army from any mistake or error in judgement. The investigation found that the soldiers in the field did not know that the hotel was full of journalists.

Olga Rodriguez, a journalist present at the Palestine Hotel during the attack, stated on KPFA's *Democracy Now!* that the soldiers and tanks were present at the hotel 36 hours before the firing and that journalists had even communicated with the soldiers.

There have been several other unusual attacks on journalists. In all cases, little investigation has been conducted, no findings have been released and all soldiers involved have been exonerated.

(Sources: International Federation of Journalists media release, 18 January 2005, <http://www.ifj.org>; Inter Press Service, November 18, 2004; Truthout, February 28, 2005, <http://www.truthout.org>; *Democracy Now!*, March 23, 2005)

## 8. Iraqi Farmers Threatened by Bremer's Mandates

In his article "Adventure Capitalism", Greg Palast exposes the contents of a secret plan for "imposing a new regime of low taxes on big business, and quick sales of Iraq's banks and

There is plenty of evidence of corruption in the oil-for-food program, but the trail leads not to the United Nations but to the United States.

bridges—in fact, 'all state enterprises'—to foreign operators". This economy makeover plan, he claims, "goes boldly where no invasion plan has gone before". One of the goals is to impose intellectual property laws favourable to multinationals. Palast says this is likely "history's first military assault plan appended to a program for toughening the target nation's copyright laws".

Interviewed by Palast, Grover Norquist—the "*capo di capi* of the lobbyist army of the right"—makes the plan even more clear when he responds: "The right to trade, property rights, these things are not to be determined by some democratic election." No, these things were to be determined by the Coalition Provisional Authority (CPA). Before he left his position, CPA administrator Paul Bremer "issued exactly 100 orders that remade Iraq in the image of the Economy Plan". These orders effectively changed Iraqi law.

A good example of this business invasion involves agriculture. The details of this part of the "market make-over" are laid out in the *Grain* website article, "Iraq's New Patent Law: a declaration of war against farmers". Order 81 of the 100 is entitled "Patent, Industrial Design, Undisclosed Information, Integrated Circuits and Plant Variety". According to *Grain* staff writers, this order has "made it illegal for Iraqi farmers to re-use seeds harvested from new varieties registered under the law". Plant Variety Protection (PVP) "...is an intellectual property right or a kind of patent for plant varieties which gives an exclusive monopoly right on planting material to a plant breeder who claims to have discovered or developed a new variety. So the 'protection' in PVP has nothing to do with conservation, but refers to safeguarding of the commercial interests of private breeders (usually large corporations) claiming to have created the new plants".

Writing in *The Ecologist*, Jeremy Smith explains: "Under the guise of helping Iraq back on its feet, the US is setting out to re-engineer the country's traditional farming system into a US-style corporate agribusiness." In that traditional system, "97 per cent of Iraqi farmers used their own saved seed or bought seed from local markets".

Smith continues: "Unfortunately, this vital heritage and knowledge base is now believed lost, the victim of the current campaign and the many years of conflict that preceded it."

(Sources: TomPaine.com, October 26, 2004; *Grain*, October 2004, <http://www.grain.org>; *The Ecologist*, February 4, 2005)

## 9. Iran's New Oil Trading System Challenges US Dollar

The US media tell us that Iran may be the next target of US aggression. The anticipated excuse is Iran's alleged nuclear weapons program. William Clark, at GlobalResearch.ca, says that economic reasons may have more to do with US concerns over Iran than any weapons of mass destruction.

In mid-2003, Iran broke from tradition and began accepting euros as payment for its oil exports from its European Union and Asian customers. Saddam Hussein attempted a similar bold step back in 2000 and was met with a devastating reaction from the United States. Iran intends to set up an oil exchange (or bourse) in 2006 that would facilitate global trading of oil between industrialised and developing countries by pricing sales in the euro, or "petro-euro". To this end, it is creating a euro-denominated, Internet-based oil exchange system for global oil sales. This is a direct challenge to US-dollar supremacy in the global oil market. It is widely speculated that the US dollar has

been inflated for some time now because of the monopoly position of "petrodollars" in oil trades. With the level of national debt, the value of the dollar has been held artificially high compared to other currencies.

The vast majority of the world's oil is traded on the New York NYMEX (Mercantile Exchange) and the London IPE (International Petroleum Exchange). Both exchanges are owned by US corporations and transact oil trades in US currency. However, the euro has become a somewhat stronger and more stable trading medium than the US dollar in recent years. Perhaps this is why Russia, Venezuela and some members of OPEC have expressed interest in moving towards a petro-euro system for oil transactions. A shift away from US dollars to euros in the oil market would cause the demand for petrodollars to drop, perhaps causing the value of the dollar to plummet.

Clark warns that "a unilateral US military strike on Iran would further isolate the US Government, and it is conceivable that such an overt action could provoke other industrialized nations to abandon the dollar *en masse*". Perhaps the US planners think that they can corner the market in oil militarily. But from Clark's point of view, "a US intervention in Iran is likely to prove disastrous for the United States, making matters much worse regarding international terrorism, not to mention potential adverse effects on the US economy".

The more likely outcome of an Iran invasion would be that, just as in Iraq, Iranian oil exports would dry up, regardless of what currency they are denominated in, and China would be compelled to abandon the dollar and buy oil from Russia, likely in euros.

Clark points out: "World oil production is now flat out, and a major interruption would escalate oil prices to a level that would set off a global depression."

(Source: Centre for Research on Globalization, September 27, 2004, <http://www.globalresearch.ca>)

**"Under the guise of helping Iraq back on its feet, the US is setting out to re-engineer the country's traditional farming system into a US-style corporate agribusiness."**

## 10. Mountaintop Removal Destroys Ecosystems

Mountaintop removal (MTR) is a new form of coal mining in which companies dynamite the tops of mountains to collect the coal underneath. Multiple peaks are blown off and dumped onto highland watersheds, destroying entire mountain ranges. More than 1,000 miles of streams have been destroyed by this practice in West Virginia alone. MTR endangers and destroys entire communities with massive sediment dams and non-stop explosions.

According to Fred Mooney, an active member of the Mountain Faction of Katuah Earth First!: "MTR is an ecocidal mining practice in which greedy coal companies use millions of pounds of dynamite a day (three million pounds a day in southwest Virginia alone) to blow up entire mountain ranges in order to extract a small amount of coal." He goes on to say: "Then, as if that wasn't bad enough, they dump the waste into valleys and riverbeds. The combination of these elements effectively kills everything in the ecosystems."

The coal industry has coined many less-menacing names for mountaintop removal, such as cross-range mining, surface mining and others. But regardless of the euphemism, MTR remains among the most pernicious forms of mining ever conceived. Blasting mountaintops with dynamite is cheaper than hiring miners who belong to a union. More than 40,000 have been lost to MTR in West Virginia alone.

Ninety-three new coal plants are being planned for construction throughout the US. Demand for coal will increase as these new facilities are completed. Oil is starting to run out and there are no concrete plans for a transition to renewable resources such as wind and solar energy. Coal companies therefore will be well-positioned to capitalise on their growing market. Katuah Earth First! is one of several groups resisting MTR.

(Source: *EarthFirst!*, November–December 2004, <http://www.earthfirstjournal.org>)

### 11. Mental Screening Program Usurps Parental Rights

In April 2002, President Bush appointed a 22-member commission—the President's New Freedom Commission on Mental Health—to "identify policies that could be implemented by Federal, State and local governments to maximize the utility of existing resources, improve coordination of treatments and services, and promote successful community integration for adults with a serious mental illness and children with a serious emotional disturbance". Members of this commission included physicians in the mental health field and at least one former employee (Robert N. Postlethwait) of pharmaceutical giant Ely Lilly and Co.

In July 2003, the commissioners published the results of their study. They found that mental health disorders often go undiagnosed, and recommended to the president that there should be more comprehensive screening for mental illnesses for people of all ages, including pre-school-age children. In accordance with their findings, the commission suggested that schools were in a "key position" to screen the 52 million students and six million adult employees of the nation's schools.

The commissioners also recommended linking the screenings with treatment and support and using the Texas Medication Algorithm Project (TMAP) as a model treatment system. TMAP, which was implemented in Texas's publicly funded mental health care system while George W. Bush was governor of Texas, is a disease management program that aids physicians in prescribing drugs to patients based on clinical history, background, symptoms and previous results. It was the first program in the United States aimed at establishing medication guidelines for treating mental health illnesses.

Critics of mental health screening and TMAP claim that these are a payoff to pharmcos. Many cite Allen Jones, a former employee of the Pennsylvania Office of the Inspector-General. He was fired when he revealed that many key officials who have influence over the medication plan in his state received monetary perks and benefits from pharmaceutical companies, which benefited from their drugs being in the medication algorithm.

TMAP also promotes the use of newer, more expensive antipsychotic drugs. Results of studies conducted in the United States and Great Britain found that using the older, more established antipsychotic drugs as a front-line treatment rather than the newer experimental drugs makes more sense. Under TMAP, the Ely Lilly drug olanzapine, a new atypical antipsychotic drug, is used as a first-line treatment rather than a more typical antipsychotic medication.

**There are growing concerns that mental health screening could be used to label children whose attitudes, religious beliefs and political views conflict with established doctrine.**

Perhaps it is because Ely Lilly has several ties to the Bush family, e.g., George Bush, Sr was once a member of the board of directors. Of Ely Lilly's \$1.6 million political contributions in 2000, 82 per cent went to Republicans and George W. Bush. In June 2002, George W. Bush appointed Ely Lilly CEO Sidney Taurel to a seat on the Homeland Security Advisory Council.

In November 2004, Congress appropriated \$20 million to implement the findings of the New Freedom Commission on Mental Health. Mandatory screening by schools for mental health illnesses would be included in the program. Congressman Ron Paul, R–Texas, introduced an amendment to the appropriations bill which would withhold funding for mandatory mental health screenings and require parental consent and notification. His amendment, however, was voted down by a wide margin (95 to 315 in the House of Representatives).

Paul, a doctor and long-time member of the American Association of Physicians and Surgeons (AAPS), warns that mental health screening could be used to label children whose attitudes, religious beliefs and political views conflict with established doctrine. He further warns that an obvious major beneficiary of this legislation is the pharmaceutical industry. The AAPS has decried this legislation, saying it will lead to mandatory psychological testing of every child in America without parental consent and "heap even more coercive pressure on parents to medicate children, with potentially dangerous side effects".

(Sources: *Asheville Global Report*, no. 284, June 24–30, 2004, <http://www.agnews.org>; *Truth News*, September 13, 2004)

### 12. US Military in Iraq Contracts Human Rights Violators

The US Government is contracting private firms to recruit, hire and train civilians to perform duties normally done by military personnel. These corporate employees are sent to fill empty positions as prison guards, military police and interrogators at US military bases worldwide, including Iraq, Afghanistan and Cuba.

Independent of the United States military, these employees are not held accountable by military law. Many of the recruits are citizens with prior experience as policemen or soldiers.

However, a number of the employees have backgrounds as mercenaries and soldiers who fought for repressive regimes throughout the world, such as in South Africa, Chile and Yugoslavia. Employees from some of these firms have recently been indicated in prisoner abuse at the Abu Ghraib prison in Iraq.

The Pentagon claims that it can no longer fight the war on terror without enlisting the help of private contractors. The reason for this inability is that the number of active troops in the United States military has dropped from 2.1 million to 1.4 million since the end of the Cold War. This puts a lot of pressure on companies to fill positions as quickly as possible. One negative consequence of this rushed hiring is the lack of in-depth background checks on applicants. Many recruits have been implicated in past human rights violations, including torture and killing.

(Sources: *Law.com*, May 11, 2004; *Mother Jones*, Nov/December 2004; *Corporate Watch*, March 7, 2005, <http://www.corpwatch.org>)

### 13. Rich Countries Fail to Live up to Global Pledges

Forty-five million children will needlessly die between now and the year 2015, reveals the Oxfam report, "Poor Are Paying the Price of Rich Countries' Failure". For Third World countries, economic growth is undermined by unfair trade rules. Without finance and support, these countries will not be able to take advantage of global trade and investment opportunities or protect basic human rights.

By offering 0.7 per cent of their gross national income, wealthy countries such as the USA, Germany, Japan and the UK could reduce poverty and end the burden of debt that makes low income countries pay up to US\$100 million per day to creditors. In the years 1960–65, wealthy countries spent on average 0.48 per cent of their combined national incomes on official development assistance, but by 2003 the proportion had dropped to 0.24 per cent.

For the US to spend merely 0.7 per cent of gross national income on humanitarian aid, this would be equivalent to one-fifth of its expenditure on defence and half of what it spends on domestic farm subsidies. The US, at just 0.14 per cent, is the least generous provider of aid in proportion to national income of any developed country. By comparison, Norway is the most generous provider at 0.92 per cent. The US is spending more than twice as much on the war in Iraq as it would cost to increase its aid budget to 0.7 per cent, and six times more on its military program.

(Sources: Oxfam press release, December 6, 2004; IPS, One World US, December 6, 2004, <http://us.oneworld.net>)

### 14. Corporations Win on Tort Reform; Justice Suffers

On February 18, 2005, President Bush signed into law the most sweeping federal tort reform measure in more than a decade. The Class Action Fairness Act puts into effect a tort reform that will take away people's access to the courts, undermining the constitutional right to trial by jury. These reforms weaken consumer and worker protections, denying due process of law in civil cases to all but the wealthiest in our society. The act will move many civil lawsuits from state to federal courts in an attempt to end so-called "forum shopping" by trial lawyers seeking districts most hospitable to multi-party suits against companies.

What has been lost in all the partisan rhetoric is the fact that class-action suits are most often lawsuits brought by people who have been hurt by HMO (Health Maintenance Organization) abuses, civil rights violations or workplace injuries and violations. These are the suits that allow for compensation when large numbers of people are hurt by companies in the pursuit of profit. Critics claim that the real intention of this law is to make sure these cases get buried quickly and are ultimately dismissed.

Attached to this bill is a mass-tort section that will severely restrict large class-action suits against pharmaceutical companies and paves the way for medical malpractice reform, effectively immunising abusive or negligent corporations from liability.

The new class-action restrictions give a virtual guarantee to banks, insurers, drug-makers and other big industries that, no matter how egregious their conduct, the penalty will always be financially manageable.

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(Sources: *Dollars and Sense*, no. 252, March/April 2004, <http://www.dollarsandsense.org/0304court.html>; *Democracy Now!*, February 4, 2005)

### 15. Conservative Plan to Override Academic Freedom

In his article "The New PC" in *The Nation*, Russell Jacoby addresses a new extremist conservative movement to bring what they say is "political balance" to higher education. These conservatives see academia as a hotbed of liberal activity that is working to indoctrinate America's youth with left-wing ideology; they cite studies that conclude that the faculty of most universities are overwhelmingly liberal. They fear that these liberal faculty members are abusing students who profess conservative belief systems, and to remedy this they are pushing for regulation of the academic world to monitor professors' expression of theory and opinion.

At the forefront of this movement is David Horowitz and his academic watchdog, Students for Academic Freedom (SAF). SAF counsels its student members that, when they come across an "abuse" such as controversial material in a course, they are to write down the date, class and name of the professor. They are advised to accumulate a list of incidents or quotes, obtain witnesses and lodge a complaint. Many in the academic world see these actions as a new McCarthyism—an effort to sniff out those who do not subscribe to the "dominant" belief structure of the nation.

Horowitz is also championing a "Student Bill of Rights". Ironically, this bill claims to protect academic freedom. But Jacoby warns that academic freedoms extended to students easily turn into the end of freedom for teachers. In Horowitz's society of rights, students would have the right to hear all sides of all subjects all the time. Principle no. 4 of Horowitz's bill states that curricula and reading lists "should reflect the uncertainty and unsettled character of all human knowledge" and provide "students with dissenting sources and viewpoints where appropriate". The bill does not, however, distinguish when or where dissenting viewpoints are, or are not, appropriate.

(Source: *The Nation*, April 4, 2005, <http://www.thenation.com>)

### 16. United States Plans for Hemispheric Integration

The USA and Canada have been sharing national information since the creation of NORAD (North American Aerospace Defense Command) in 1958. This bi-national agreement to provide aerospace warning and control for North America is scheduled to expire in May 2006.

In preparation for the renewal, the American and Canadian commanders are proposing to expand the integration of the two countries, including cooperation in the "Star Wars" program, cross-national integration of military command structures, immigration, law enforcement and intelligence gathering and sharing under the new title "NORTHCOM, US Northern Command".

Former Canadian prime minister Jean Chrétien refused to join NORTHCOM. To circumvent his decision, this "illusory transitional military body" (aka NORAD/NORTHCOM) formed an interim military authority in December 2002, called the Bi-national Planning Group (BPG). The command structure is fully integrated between NORAD, NORTHCOM and the BPG. The BPG is accountable to

neither the US Congress nor the Canadian House of Commons. The BPG is also scheduled to expire in May 2006—hence the push for Canada to join NORTHCOM.

NORTHCOM's jurisdiction, outlined by the US Department of Defense (DoD), includes all of Canada, Mexico, parts of the Caribbean, contiguous waters in the Atlantic and Pacific oceans, up to 500 miles of the Mexican, United States and Canadian coastlines as well as the Canadian Arctic.

Under NORTHCOM, Canada's military command structures would be subordinated to those of the Pentagon and the DoD. In December 2001, the Canadian government reached an agreement with the head of Homeland Security, Tom Ridge, entitled the "Canada-US Smart Border Declaration", which allows confidential information on Canadian citizens and residents to be handed over to the US Department of Homeland Security.

The BPG is the interim military for NORTHCOM. Part of the BPG's agenda is the Civil Assistance Plan (CAP), which supports the ongoing militarisation of the civilian law enforcement and judicial functions in both the USA and Canada. Military commanders would "provide bi-national military assistance to civil authorities". The United States military would have jurisdiction over Canadian territory from coast to coast, extending from the St Lawrence Valley to Parry Island in the Canadian Arctic.

It appears that some Canadian leaders are in full support of this program. In the summer of 2004, Canada agreed to amend the NORAD treaty to allow sharing satellite and radar data with the ballistic missile defence program based in Colorado, USA. This operation centre will control the 40 interceptor rockets planned for Alaska, California and at sea.

On February 22, 2005, at the NATO summit in Brussels, Canadian prime minister Paul Martin declared that his people would not participate in the controversial Missile Defense Shield program. Contradicting this message, Canada's ambassador to the US (and former board member of The Carlyle Group) Frank McKenna said: "We are part of it now."

On August 2, 2004, the US Air Force quietly published a new doctrine, "Counterspace Operations". Meantime, Canadian military personnel are taking part in large-scale American space war-games designed to prepare for combat in orbit.

Under an integrated North American Command, Canada would be forced to embrace Washington's pre-emptive military doctrine, including the use of nuclear warheads as a means of self-defence, which was ratified by the US Senate in December 2003.

Similar bi-national negotiations are being conducted with Mexico. The US military could exert strategic control over air space, land mass and contiguous territorial waters extending from the Yucatán Peninsula in southern Mexico to the Canadian Arctic, representing 12 per cent of the world's land mass.

The militarisation of South America under the Andean Trade Preference Act and a "parallel" military cooperation protocol signed by 27 countries of the Americas (the so-called Declaration of Manaus) is an integral part of the process of hemispheric integration (see story no. 17).

(Sources: Centre for Research on Globalization, November 23, 2004, <http://www.globalresearch.ca>; *Canadian Dimension Magazine*, January/February 2005, <http://www.canadiandimension.com/>)

## 17. United States Uses South American Military Bases to Expand Control of the Region

The United States has a military base in Manta, Ecuador—one of three military bases located in Latin America. The US Government says it is there to help the citizens of Manta, but an article by Michael Flynn in *Bulletin of the Atomic Scientists* says that many people tell a different story.

According to Miguel Moran, head of a group called Movimiento Tohalli which opposes the Manta military base:

"Manta is part of a broader US imperialist strategy aimed at exploiting the continent's natural resources, suppressing popular movements and ultimately invading neighboring Colombia."

Flynn reports that the military base in Ecuador is an "integral part of the US counterinsurgency strategy in Colombia—and is a potential staging-ground for direct American involvement in the conflict there". He adds that "Ecuadorians worry that the US could ultimately pull their country into conflict".

Flynn goes on to say that "the base is also at the center of a growing controversy regarding the US efforts to block mass emigration from Ecuador [to the US]".

According to a 10-year lease agreement between Ecuador and the United States, "US activities at the base are to be limited to counter-narcotics surveillance flights". Ecuadorian citizens are not pleased with the lease or the way the US has abused it.

The US, says Flynn, is intervening in Colombia through private corporations and organisations. Most of the military operations and the spraying of biochemical agents are contracted out to private firms and private armies.

In 2003, according to an article by Sohan Sharma and Surinder Kumarin in *Z Magazine*, the US State Department said "there are seventeen

primary contracting companies working in Colombia, initially receiving \$3.5 million".

One of these private American defence contractors, DynCorp, runs the military base at Manta.

"The Pentagon's decision to give DynCorp—a company that many Latin Americans closely associate with US activities in Colombia—the contract to administer the base reinforced fears that the United States had more than drug interdiction in mind when it set up shop in Manta," says Flynn.

In addition, say Sharma and Kumarin, DynCorp was awarded a "\$600 million contract to carry out aerial spraying to eliminate coca crops which also contaminates maize, yucca and plantains—staple foods of the population; children and adults develop skin rashes". The chemical—the foundation for the herbicide Roundup—is sprayed in Ecuador in a manner that would be illegal in the United States.

According to the November/December 2004 *Report* by NACLA (North American Congress on Latin America), in 2004 the Pentagon began installing three substitute logistics centres (now under construction) in the provinces of Guayas, Azuay and Sucumbíos, and is currently militarising the Ecuadorian police who are receiving "anti-terrorist" training by the FBI.

(Sources: *Bulletin of the Atomic Scientists*, January/February 2005, <http://www.thebulletin.org>; *Z Net*, December 29, 2004, <http://www.zmag.org>; *NACLA Report on the Americas*, November/December 2004, <http://www.nacla.org>)

**Under an integrated North American Command, Canada would be forced to embrace Washington's pre-emptive military doctrine, including the use of nuclear warheads as a means of self-defence, which was ratified by the US Senate in December 2003.**

## 18. Stocks Fraud Could Weaken US Economy

The negligence of government regulatory agencies and the media is becoming worrisome as a major scandal, unknown outside the financial community, is bankrupting small businesses and investors and having a negative effect on the economy.

The scandal, coined "Stockgate" by the *Financial Wire*, involves the abuse of "short selling". As opposed to a traditional approach to investing in which stocks are researched and bought in the hope they will rise over the "long" term, going "short" involves a bet that a stock is about to go down in value.

The short sale of stocks is a risky bet, usually not recommended except for speculation or hedging, to protect long-term financial positions with short-term offsets. As short-selling is a sale of stocks not owned but lent it is an example of buying on margin—a category of practices whose abuses stand out clearly in many people's minds as a significant factor in the 1929 Stock Market Crash.

"Naked shorting" is an illegal abuse of short selling in which investors short-sell stock that they have no intention or ability ever to cover. When allowed to occur, naked shorting drives the stock value of a company down by creating more stock shares flowing around the market than actual shares of stock that the company can back with its current earnings. Companies, their shareholders and indeed the entire economy are hurt financially by naked shorting, as it reduces the money available to support economic growth.

Investors hurt by or concerned about the consequences of naked shorting organised, petitioned and investigated the background surrounding the Stockgate scandal. What they found was not merely a series of noteworthy cases of extravagant abuse by individual investors and professionals but a systemic pattern of negligence by regulators that allowed the abuse to go by largely unchecked.



While investors have lost hundreds of billions of dollars in savings, the Wall Street firms responsible for the abuse saw negligible fines that had no appreciable impact on their stock values. Some executives were even given raises in the midst of their negligence and fraud!

(Sources: *Financial Wire*, "Stockgate Today" Series, September 20, 2004 and April 7, 2005; *San Antonio Express-News*, March 2, 2005; *TheMotleFool.com*, March 30, 2005)

## 19. Child Wards Used in AIDS & Vaccine Experiments

Orphans as young as three months old were used as test subjects in AIDS drug trials in New York's Incarnation Children's Center. The Center, which is run by Catholic Charities, specialises in treating HIV sufferers, and the drug trials were performed on children with HIV or who were born to HIV-positive mothers. The New York City Health Department is looking into claims that more than 100 children at Incarnation were used in as many as 36 experiments. Most of these experiments were sponsored by Federal agencies such as the National Institute of Allergy and Infectious Diseases.

Documents obtained by the UK *Observer* have implicated British pharmaceutical giant GlaxoSmithKline's involvement in at least four experiments conducted at Incarnation since 1995 using black and Hispanic children. Several trials were conducted to test the toxicity of AIDS drugs. In one trial, children as young as four received a high-dosage cocktail of seven drugs; another tested the reaction of six-month-olds to a double dosage of a measles vaccine. Other studies conducted on children included testing AZT, which can have dangerous side effects, and testing the long-term safety of antibacterial drugs on six-month-old babies. GlaxoSmithKline also used children to "obtain tolerance, safety and pharmacokinetic data" for herpes drugs.

The Incarnation trials were conducted by Columbia University Medical Center doctors. A spokesperson for the university said that there have been no trials at Incarnation since 2000, and that the consent for using the children as test subjects was provided by the Administration for Children's Services. Consent was based upon decisions by a panel of doctors and lawyers who decided whether or not the benefits of allowing the child to receive the drugs outweighed the risks (it was unclear what recipient "benefits" referred to). Though GlaxoSmithKline has acknowledged its involvement in the trials, it denies any wrongdoing.

These trials at New York's Incarnation Children's Center were part of a broader series of HIV and AIDS drug trials that were conducted in at least seven states on foster children. Some children died during the trials. However, government officials have so far found no evidence that their deaths could be directly connected to the experiments.

(Sources: *The Observer*, UK, April 4, 2004; *Democracy Now!*, December 22, 2004, <http://www.democracynow.org>)

## 20. Native Americans Sue for Resources Compensation

Native Americans, after more than two centuries, are still being cheated by the US Government and US corporations. Oil companies operating at Montezuma Creek, Utah, which lies on a Navajo Reservation, have undercompensated the Native Americans for the right to their natural resources since the 1950s.

District Court-appointed investigator Alan Balaran discovered that non-Native Americans in the same area received royalties that amounted to more than 20 times the amount received by the Native Americans on the reservation. His findings show that the government owes Native Americans as much as \$137.5 billion in back royalties. The issue of the government keeping funds from

Native Americans dates back to the Dawes Act of 1887. The Act created a trust fund for Native Americans over the years, but since the 1950s the government has grossly mismanaged revenues from oil, timber and mineral leases on tribal land.

According to Elouise Cobell, a member of the Blackfoot tribe, many Native Americans depend on these royalty checks for the bare necessities. The Navajo Nation has more than 140,000 members and is the country's largest tribe. It is also one of the poorest. More than 40 per cent of its people live in poverty while the median household annual income is \$20,000, less than half of the national median.

In 1994, Congress passed the American Indian Trust Reform Act. This required the Interior Department to account for all the money in the trust fund and clean up the accounting process. The Individual Indian Monies case, also known as Cobell v. Norton, filed in 1996, is the largest class-action suit ever filed against the Federal government.

Elouise Cobell is at the centre of the suit that involves more than 100 years of revenues generated by government leases on Native American land held "in trust" for mining as well as oil and gas exploration. The defendant in the Cobell v. Norton case is Interior Department Secretary Gale Norton. She has been held in contempt by Federal Judge Royce C. Lamberth for ignoring his orders to account for the fund. Lamberth stated that he had never seen greater government incompetence than the Interior Department had shown in administrating the money and representing itself in court.

In early 2001, Alan Balaran made a surprise visit to the government's warehouse. There he found papers from a shredder, which had records concerning the money paid out of the trust fund. The Bureau of Indian Affairs, which is under the Interior Department, said similar documents were being shredded every day.

Judge Lamberth has ordered the government to complete an historical accounting for all funds in the case by January 6, 2008.

(Sources: *LiP Magazine*, Winter 2004; *News from Indian Country*, March 8, 2004)

## 21. Immigration Plan Favours Business over People

A bipartisan effort from the US Federal Government is emerging to close the borders with Mexico by increasing barriers that keep "illegal" immigrants from travelling to and from Mexico, and in turn creating a guest worker program with specific time limits for residency. Reminiscent of the defunct *bracero* program, the status of "guest worker" has reappeared as the preferred name for Mexican nationals working in the USA.

The leading organisation behind the guest worker legislation is the Essential Worker Immigration Coalition (EWIC), organised in 1999 while Bill Clinton was still president. The group quickly grew to include 36 of the country's most powerful employer associations, headed by the US Chamber of Commerce. The National Association of Chain Drug Stores (which includes Wal-Mart) belongs, as do the American Health Care Association, the American Hotel and Lodging Association, the National Council of Chain Restaurants, the National Restaurant Association, and the National Retail Federation. Each of these associations represents employers who depend on a workforce almost entirely without benefits and working at (or below) minimum wage.

Edward Kennedy (D) and John McCain (R) are promoting a bipartisan bill that would create the designation of "guest worker" for a

three-year period. About half a million workers would be eligible for the status if they are sponsored by American businesses and pay US\$500.

Because of the nature of the work being offered under this program, most guest workers will be left with little more than minimum wage employment. There are no benefits or health care offered under the new program. The \$2,000 price tag for uninvited potential guest workers means that most of over 10 million undocumented workers will be unwilling to come forth. There has been no serious discussion on Capitol Hill on realistically dealing with the undocumented worker situation because US corporations will continue to benefit from cheap labour sources from outside and inside US borders.

This proposal allows hard-working, tax-paying immigrants to become a legitimate part of the US economy, but it keeps them from fully participating in democracy—making immigrants a permanent sub-class of society.

(Sources: Interhemispheric Resource Center, November 16, 2004; *Washington Free Press*, November/December 2004; *MotherJones.com*, November 11, 2004)

Thousands of papers have come out touting different developments in nanoscience, but fewer than 50 have examined how engineered nanoparticles will affect people and the environment.

## 22. Nanotechnology's Health Effects Need Scrutiny

The science of nanotechnology is rapidly advancing, but there is little research to show whether or not nano-sized molecules are safe for people and the environment. Nanotechnology uses molecules that are virtually impossible

to see: one blood cell measures 7,000 nanometres in width.

The US Government spent close to \$1 billion in 2004 on nanotechnology research and development. However, only one per cent of it went towards research for risk assessment, despite the fact that nanotechnology also has the potential to cause harm to people and the environment. The nano-sized molecules can damage or kill the skin cells of humans and also kill valuable bacteria in water. The reason little money is given to research the risks is nanotechnology's huge upside: some estimates predict that the nanotech market will reach \$1 trillion in a decade.

Thousands of papers have come out touting different developments in nanoscience, but fewer than 50 have examined how engineered nanoparticles will affect people and the environment. The studies paint a grim picture for nanotechnology.

In the spring of 2004, Dr Eva Oberdorster, an adjunct scientist at Duke University, made headlines with potentially disturbing news about a highly praised nanoparticle called the "fullerene", named for the inventor R. Buckminster Fuller. The fullerene is made of 60 carbon atoms, bonded together like a molecular soccer ball. Dr Oberdorster put a solution of fullerenes into a tank with large-mouthed bass and later examined different organs in the fish. She found signs of oxidative damage in their brains and speculated that the nanoparticles had stimulated the production of free radicals—highly reactive compounds that can cause cellular damage. Dr Oberdorster's and other experiments show that nano-size particles can slip through the blood-brain barrier by travelling up nerve cells into the brain.

A survey by North Carolina State University found that public perception of nanotech remains fairly positive. As has happened with new technologies in the past, this optimism may become accusations and lawsuits if the side effects outweigh the benefits.

(Source: *Chronicle of Higher Education*, September 10, 2004)

### 23. The Plight of Palestinian Child Detainees

According to Catherine Cook, Adah Kay and Adam Hanieh in *Left Turn*, approximately 350 Palestinian children, aged 12 to 18, are being held in Israeli prisons. Over 2,000 children have been arrested since the beginning of the second Intifada, a Palestinian uprising against the Israeli occupation. This number corresponds with that given in a 2004 report by the human rights organisation Defense for Children International (DCI), which adds that another 170 children are held in military detention centres.

Looking at the testimonies from hundreds of detained children, Cook et al. found a pattern in the children's experience of arrest, interrogation, sentencing and prison conditions. These patterns of abuse are not just the actions of a few bad soldiers, but perhaps reveal a broader policy. Virtually every child interviewed describes a deliberate pattern of behaviour by Israeli soldiers or police characterised by violence, physical and psychological threats and overwhelming force, often in the middle of the night.

According to the DCI report: "In many areas, Israel does not reach the standards demanded by the minimum rules [of the UN Convention of the Rights of a Child]... In the territories, the situation is even worse."

(Sources: *Left Turn*, August 19, 2004, <http://www.leftturn.org>; Defence for Children International, <http://www.dci-pal.org>)

### 24. Ethiopian Indigenous Victims of Corporate and Government Resource Aspirations

According to Keith Harmon Snow ([www.w4report.com](http://www.w4report.com)), the US-based organisations Genocide Watch and Survivors' Rights International, after conducting field observations in January, released a conclusive report on February 25, 2004. It provides evidence that Ethiopian People's Revolutionary Defense Front (EPRDF) soldiers and "Highlander" militias in the Anuak territory of Ethiopia have killed thousands of native civilians. The Highlanders are predominantly Tigray and Amhara peoples who resettled in Anuak territory in 1974 and are on a quest to force the Anuak from the region. EPRDF soldiers and Highlander settlers initiated a campaign of massacres, repressions and mass rapes, deliberately targeting the Anuak minority.

Ethiopia is the latest US ally in the "War on Terror" to turn its back on its own indigenous peoples. The Anuak territory is a zone coveted by corporate interests for its oil and gold. According to Anuak sources relying on sympathetic oppositionists within the regime, the EPRDF plans to procure the petroleum of Gambella were laid out at a top-level cabinet meeting in Addis Ababa (the capital of Ethiopia) in September 2003. Prime Minister Meles Zenawi chaired the meeting, at which the militant ethnic cleansing of the Anuaks was reportedly openly discussed.

The killing of eight UN and Ethiopian Government officials, whose van was ambushed on December 13, 2003, marked the start of a coordinated military operation to systematically eliminate Anuaks. As of November 4, 2004, at least 1,500 and perhaps as many as 2,500 Anuak civilians have died in the fighting. Intellectuals, leaders, students and other educated classes have been intentionally targeted. Hundreds of people remain unaccounted for and many have mysteriously "disappeared".

In August 2003, the US committed \$28 million to international trade enhancements with Ethiopia. Beginning in July 2003, forces from the Pentagon's Combined Joint Task Force – Horn of Africa (CJTF-HOA) held a three-month bilateral training exercise with Ethiopian forces at the Hurso Training Camp northwest of Dire Dawa. The US Army's 10th Mountain Division recently completed a three-month program to train an Ethiopian Army division in counterterrorism attacks. Operations are coordinated through the CJTF-HOA regional base in Djibouti, where the Halliburton subsidiary KBR is the prime contractor.

In 2000, Texas-based Sico Inc. signed a \$1.4 billion-dollar deal with Ethiopia for the "Gazoil" joint venture to exploit oil and gas in the southeast Ogaden Basin. Hunt Oil Company of Dallas, Texas, is also involved in the Ogaden Basin through the subsidiary Ethiopia Hunt Oil Company. Hunt Oil's chairman and CEO Ray L. Hunt is also a director of Halliburton.

(Source: *World War 4 Report*, issue 97, April 2004, <http://www.w4report.com.97.html>)

### 25. Homeland Security Designed to Fail

It was billed as America's frontline defence against terrorism, but badly underfunded, crippled by special interests and ignored by the White House, the Department of Homeland Security (DHS) has been relegated to bureaucratic obscurity. Unveiled on March 1, 2003, it had been touted as the Bush Administration's bold response to the new threats facing America in the post-Cold War world of global terrorism. It is currently composed of 22 formerly separate federal agencies and boasts 186,200 employees. Its operations are funded by a budget of nearly US\$27 billion.

There are 15,000 industrial plants in the US that produce toxic chemicals. According to the Environmental Protection Agency (EPA), about 100 of these could endanger up to a million lives with poisonous clouds of ammonia, chlorine or carbon disulphide that could be released over densely populated areas by a terrorist attack.

Following 9/11, there was a big push to increase security at all chemical plants in the United States. Democrats put forth a Chemical Security bill to codify parameters for site security, ensure safe transport of toxic materials and prevent accidents from happening. But Republicans defeated the bill after oil companies pumped millions of dollars into lobbying campaigns to stop it.

Matthew Brzezinski, in *Mother Jones*, asserts that President Bush doesn't put much importance, if any at all, on Homeland Security reports. Security spending has risen just four per cent since 9/11, and most of that increase was only to cover higher insurance programs. There are many chemical plants that have no fencing requirements, no cameras and no guards. He points out the spending needed to ensure the safety of US citizens and compares it (unfavourably) to the amount spent in Iraq over the same time period.

Three years after 9/11, almost anybody can still gain entry into thousands of chemical sites across the US. If a factory spends lots of money on security spending upgrades, its products can't compete with other factories that spend nothing. Only legislation can level the playing field.

(Source: *Mother Jones*, September/October 2004, <http://www.motherjones.com>)

Ethiopia is the latest US ally in the "War on Terror" to turn its back on its own indigenous peoples.





# BRITAIN'S SECRET WAR IN ANTARCTICA

*The Antarctica  
mystery deepens as  
more details emerge  
about Norwegian,  
German, British and  
American  
expeditions from  
the 1930s and  
nuclear blasts over  
Queen Maud Land  
in the 1950s.*

*Part 3 of 3*

by James Robert © 2005

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## Did Britain Really "Miss the Bus" in Norway?

*We are standing here in Norway, undefeated, strong as before. No enemy has dared attack us. And yet we, too, shall have to bow to the dictate of our enemy for the benefit of the whole German cause. We trust we shall from now on deal with men who respect a soldier's honour.*

— General Böhme, German Commander-in-Chief in Norway, 7 May 1945

The primary reasons for Norway's importance to Germany were that its coastlines made exceptional U-boat bases, the Germans needed to secure shipments of Swedish iron ore, and the Vermok hydro-electric plant, which produced deuterium oxide (heavy water), was essential to their atomic research, in which they were leading the world at that juncture. However, there were other reasons—reasons that caused Hitler to review and reverse his stance on preserving Norwegian neutrality.

On 14 January 1939, Norway formalised its claim to Queen Maud Land in Antarctica, its course of action forced on it by the imminent German discoveries. Adversely, for Norway, its attempt at pre-empting any German claims failed, and so began a political crisis that led to invasion. The Deutsche Antarktische Expedition, using Norwegian maps, soon realised that the wily Norwegians had omitted the vast, dry areas that it rediscovered on 20 January 1939. The Norwegians, and also the British, had long been aware of ice-free areas but had purposely omitted them on their maps so as to avoid additional claimant countries appearing and the conceivable diplomatic crises that would ensue.

When the Germans reported the ice-free areas, they were told to claim the whole area in the name of Nazi Germany. They were ordered to drop stakes with swastikas on them to state their intent for sovereignty: this, the Nazis hoped, would be enough to formalise their claim. Nazi Germany and Hitler cared little about what the world thought: they had already gained Austria and Czechoslovakia, and Antarctica was to be a further extension of the Third Reich. Norway valiantly protested about the German claim and the renaming of Queen Maud Land to Neuschwabenland but, with European nations gearing up for war and the world's attention turning to Poland, Antarctica was forgotten.

When war finally broke out in September 1939, most of Germany's eventual conquests declared neutrality. Norway was no exception. Hitler wanted Norway to remain neutral but his War Cabinet, whose opinions he trusted until the tide turned against Germany, persuaded him otherwise.

On 20 February 1940, Hitler ordered General von Falkenhorst to lead an expedition force to Norway. Hitler claimed: "I am informed that the English intend to land there [Norway] and I want to be there before them."<sup>32</sup>

The British prime minister, Neville Chamberlain, famously boasted when he announced that British forces had also landed in Norway that Hitler had "missed the bus"<sup>33</sup>. His folly caused his government to collapse, his resignation to be forced and his reputation to be destroyed. Furthermore, by committing troops to Norway, Chamberlain had played into the hands of Hitler and all those inside the German War Cabinet. But had the British mission been a total failure?

Operation *Weserübung* was launched by Germany on 9 April 1940 and Norway was invaded (Denmark was also invaded that same day). And though the British and Allied forces had to be evacuated in June, they had slowed the unstoppable Wehrmacht enough to help the monarchy, the government and the national treasure be evacuated on board the British cruiser, HMS *Devonshire*. King Haakon VII represented Norway in exile, and the

vast treasures and documents saved were beneficial not just to the preservation of Norway but to British Intelligence.

Hitler was furious with Vidkun Quisling, whom he had hoped would aid the Nazis more comprehensively. Quisling ultimately would have no power, and his inability to stop the evacuation of the monarchy, the government and not least the vast treasures and documentation caused Hitler to lose faith in him and declare him a Norwegian traitor. Those who failed Hitler lost their standing—Hitler made sure of that. Even so, Quisling claimed publicly that he had been offered "safe refuge". Whether the statement was that of a madman or was an honest admission, it echoed the claims of others.

Though Hitler had only wished to beat the British to Norway, his War Cabinet knew that Norway was vital to virtually all the branches of Germany's armed forces and was more beneficial to its war effort than any other conquest. Nazi Germany's occupation of Norway brought immense benefits to the Reich. There were thousands of miles of protected fjords for the German U-boats, and there was the possibility of the Nazis exerting pressure on neutral Sweden.<sup>34</sup> The Third Reich now had a border closer to the Arctic,<sup>35</sup> and there was also the chance to train its soldiers in polar conditions, especially after the acquisition of Spitzbergen,<sup>36</sup> much to the pleasure of Himmler and his Ahnenerbe. Best of all, Norway was within striking distance of all Nazi Germany's enemies. Norway and its ports also made marshalling the Arctic Sea and the North Atlantic far more profitable. These benefits, allied with the primary reasons, made Norway a highly prized conquest.

However, Germany's occupation was not without problems. Britain heavily financed the Norwegian Resistance and it was due to their cooperation that the Vermok hydro-electric plant was targeted and sabotaged so successfully.

Information was passed on a two-way basis and the SOE and SIS were privy to any revelation uncovered. British Intelligence also had access to all the Norwegian Government's files, no matter how "sensitive" the information. Britain at that point stood

alone: any information, no matter how trivial, was indispensable. Many Poles had gone to the UK after the start of the German occupation with intelligence on the Germans as well as with one of the first prototypes of the *Enigma* code-making device. Similarly, with the invasion and occupation of Norway, many fleeing Norwegians brought secrets of the Reich to England.

After Britain frustrated Germany in the Battle of Britain and, as a result, instilled hope in the numerous governments in exile, in 1940–41 it could only fight the Germans in Africa or bomb their cities. But news was soon filtering through about a new front, and one that both the British and Norwegian governments had hoped would never be opened—a front for which there was little in the way of contingency plans.

On 13 January 1941, German commandos under the leadership of Captain Ernst-Felix Kruder from the commerce raider, the *Pinguin*, stormed and violently captured two Norwegian whaling ships. If that had happened around European coastlines, there

would have been no mystery because the Germans allowed none of its conquered peoples to sail too far from land; but because the captures took place in the Southern Ocean off Neuschwabenland, the news when it filtered through could only have sent shock waves through both the British and Norwegian governments. However, the mystery deepened further because the subsequent night the German commandos resurfaced and captured three more whaling ships and also 11 catchers.

The German Antarctic Fleet was active and prospering—mines they had laid around Australian ports sank the first US vessel lost to enemy action—but it was the Antarctic coast and islands where they mainly loitered. The *Atlantis*,<sup>37</sup> the *Pinguin*,<sup>38</sup> the *Stier*<sup>39</sup> and the *Komet*<sup>40</sup> were just four of the documented ships that had anomalous reasons for being so far south. All four were eventually sunk by the British Navy, far from Antarctica in various parts of the world from France to the Ascension Islands.

Now that the Antarctic Front had been truly opened, Britain increased its Antarctic bases and personnel numbers and even issued a postmark. However, possibly the most important area that demanded a base was in Neuschwabenland, officially known as Queen Maud Land. Through Norway's assistance with information and maps, Britain envisaged Maudheim as the most viable place for a base because it was close enough to be able to spy on German activities and also was within striking distance for a highly trained and disciplined military unit. The seeds for the Neuschwabenland campaign had been sown.

From 1941 until the start of the British–Swedish–Norwegian Expedition of 1949–52, Britain sent at least 12 official missions to Antarctica—half of them between the end of the war and the beginning of Operation *Highjump*, led by Admiral Byrd, starting in December 1946. Even more intriguingly, Britain sent no missions from the commencement of *Highjump* until 1948, during which time the US had Antarctica all to itself. Britain nonetheless was more active in Antarctica during the 1940s than any other nation, yet the only Antarctic

mission mentioned in depth by historians is Admiral Byrd's. His mission still overshadows every other mission and is the main focus of attention for many conspiracy theorists. Britain's exertions were and still are totally overlooked; and with Admiral Byrd spreading misinformation, the true conspiracy concerning Antarctica as a Nazi haven was forgotten.

After the German surrender, Norway still needed to be mopped up, the possible Nazi exodus needed to be ascertained and the secrets that Norway held still needed more investigation. The discoveries further confirmed that the war had ended just in time, but suspicions were still aroused about the estimated 250,000 missing German personnel—including Martin Bormann and thousands of other wanted Nazi war criminals. The enigma of the submarines that were presumed to have been utilised in their escape also required consideration. However, even though a percentage of Germany's U-boats may have fled Norway, what was uncovered was still intriguing and certainly proved that the Germans had

**Britain nonetheless was more active in Antarctica during the 1940s than any other nation, yet the only Antarctic mission mentioned in depth by historians is Operation *Highjump*, led by Admiral Byrd, starting in December 1946.**

made great technological strides.

In June 1945, the *Washington Post* published an article stating that the RAF had found, near Oslo, 40 giant Heinkel bombers—aircraft with a 7,000-mile range. The article stated that the captured German ground crews had claimed that "the planes were held in readiness for a mission to New York".<sup>41</sup>

The British also requisitioned some of the U-boats held in Norway at the end of the war, including the new Type XXI. Captain Mervyn Wingfield was placed in charge of taking these 25 salvaged U-boats to Scapa Flow and, interestingly, chose the new Type XXI to sail in. Upon returning, he stated that "the Allies had won the submarine war just in time"<sup>42</sup>—a statement reiterated by all the Allies when speaking about the Nazis' new weapons.

In the UK, British Intelligence unearthed more of Norway's secrets but suppressed them; Antarctica was no exception. When the Norwegian Government returned to a liberated Norway, Antarctica soon returned to their consciousness, though the Norwegians would have to wait several years to go back there, lest the rumours of a Nazi base were true.

On the other hand, Britain decided it had collated enough knowledge about Antarctica to initiate an intense investigation—one that had to dispel all fears and hide all evidence—for it could not tolerate any more technology or personnel being acquired by the wrong hands, namely, the USSR and the USA.

Britain had helped liberate Norway and, as 1945 was drawing to a close, was in the process of "liberating" Queen Maud Land (the new atlas of the post-war world no longer recognised Neuschwabenland). However, the mysterious wartime expeditions conducted by all the combatant countries, especially Germany, were not entered into the World War II history books. A travesty of history had occurred.

### Postwar Power Plays

In the immediate aftermath of World War II, suspicions surfaced and rumours spread, and the new enemy—one that Hitler had hoped to annihilate—was communism. Allies became enemies, whilst former enemies became allies in the battle against communism. And whilst the USA was offering huge financial subsidies to Western governments to keep them communism-free, Britain was left alone to clean up the last remaining Nazi outposts.

When German forces surrendered in May 1945, peace should have broken out but, alas, the world was thrown into a turmoil that was every bit as volatile as it had been before the most violent war in humanity's history began. The year 1945 was not just the year that World War II ended but also the year that the Cold War started in earnest; and whilst the USSR and the USA had fears about each other's intentions, they also had differing ideas for how Germany was to be administered. The problems started at the Yalta Conference of 4–11 February 1945, but were heightened by the end of the war in Europe when the misinformation and secrecy about the Allies' discoveries made the partnership that had destroyed Nazism no longer tenable.

The atmosphere that surrounded Germany in May 1945 following the Nazi surrender was one of exhaustion; but whilst the Western Allies were so fatigued by the war effort, Stalin was not

going to give up his territorial gains and was prepared for war and, indeed, fully expected it. The Soviets did nothing to allay the fears that a Nazi haven had been built or that Hitler might not have committed suicide but, instead, had escaped.<sup>43</sup>

Just before Berlin fell to the Soviets, it was reported that Martin Bormann had discussed Tierra del Fuego, Argentina, with Grand Admiral Dönitz. This conversation that emanated from Hitler's Berlin bunker was one of the last to be intercepted in the war in Europe. Argentina had long been perceived as a haven for many escaping Nazis, but this possibility was long denied by the sympathetic Perons. Yet, with the Soviet General Zhukov and Stalin disagreeing as to whether Hitler was dead or had fled, the Nazi survival myth gained momentum.

Britain, in the unique position of holding the strategically important Falkland Islands, was the only country in the immediate months after the war that was in a position to investigate the leading Nazis' claims about an Antarctic haven and the rise of a Fourth Reich in South America.

The USA, distracted by the war against Japan and the brewing Cold War, had been caught short by Britain's Antarctic exertions and humbled by its aggressive stance.

So the Americans soon adopted a policy, dreamt up during the war, that would destroy Britain's imperial aspirations, hinder every attempt by Britain to exert any influence around the world and make the country an "ally" in name only. However, as early as 1942, Britain and British identity were suffering as a result of the United States' globalisation agenda. It must be remembered that Britain was denied its own atomic bomb, despite the fact that the bomb could have not been created without British expertise. Furthermore, the British people faced worse rationing

than any other Western nation, lasting direfully until the 1950s, and Britain was also pressured into giving full independence or self-government to most of the territories in its Empire.

So, whilst Britain went into World War II a superpower, by the end of the war and by the actions of American foreign policy, especially Operation *Highjump*, it had been put firmly in its place. The United States became the only country that could successfully influence Britain—as the 1956 Suez crisis proved. Even now, 60 years after the end of World War II, British blood is still being shed on behalf of US foreign policy.

### Exploring Queen Maud Land

As discussed in part one, the Nazi "Shangri-La" did exist. Of unknown size, it was set up during the 1938–39 Deutsche Antarktische Expedition. The existence of a Nazi Antarctic base hidden in vast caverns was considered feasible enough for the British to set up bases in many parts of Antarctica during the war in response to the threat. And whilst the officially recorded British expeditions mainly concentrated around the Antarctic Peninsula, those not recorded were those that concentrated on investigating Queen Maud Land—so named by Norwegian whalers prior to 1939 in honour of Queen Maud of Norway (1869–1938), consort of King Haakon VII and formerly Princess Maud of the United Kingdom, a granddaughter of Queen Victoria.

The Norwegians began exploring Queen Maud Land intensively in 1930, and using planes for the first time they

**The mysterious wartime expeditions conducted by all the combatant countries, especially Germany, were not entered into the World War II history books.**

photographed and sketched the area. In subsequent flights in 1931 and 1936, they uncovered areas unknown and identified anomalies that would attract worldwide interest. On 4 February 1936, Lars Christensen dropped the Norwegian flag from his plane, thus claiming the land informally. The maps produced from the photographs omitted the dry areas and lakes that had been identified, but the discoveries led to private discussions between the Norwegian Government and the Monarchy as to whether Norway should annex the area.

After much deliberation, on 14 January 1939—six days before the first Deutsche Antarktische Expedition flight over Queen Maud Land—the Norwegian Government passed a royal decree annexing the region between Enderby Land and Coates Land as Queen Maud Land.

The Deutsche Antarktische Expedition discoveries were well publicised. Captain Ritscher and his two Dornier *Wal* flying boats (*Boreas* and *Passat*) flew extensively and produced in excess of 1,500 photographs that covered an area of over 250,000 square kilometres. However, as with the strange case of the suppressed Norwegian maps, most of the films, records and research materials were destroyed in the war, though some have since resurfaced.

During the war and up till the end of the Antarctic summer of 1945–46, Britain's RAF was also flying over Antarctica to map the area and search for suitable places to establish bases. It discovered more dry areas and possibly even the intelligence that provoked Britain's Neuschwabenland campaign.

Britain's arrogance in committing troops to Antarctica, independent of the United States, and in celebrating the feat with the release in February 1946 of a provocative stamp set, would

inevitably lead to Britain's claims on Antarctica being contested, even though the stamps commemorated Britain's final fight with Nazism rather than being a statement of its Antarctic claims. And even though Britain expressed outrage publicly when *Highjump* was launched, it was just a pretence: privately, Britain knew that the USA's newfound superpower status meant that it would not permit Antarctica to be utilised by other nations for financial gain.

Britain halted its Antarctic flights and operations for two years, giving the United States a free hand in Antarctica with the commencement of Operation *Highjump*. With the Nazi haven destroyed, there was little need for the British to return: the Americans would not discover anything that had not already been discovered. Or would they?

In the two years they had to discover as much about Antarctica as possible, the Americans found dry areas and warm-water lakes that provoked immense media interest, but Operation *Highjump*, which they'd planned to last for six months, ended after just eight weeks. They received a hostile reaction from other nations, but it was only after the mission's return that the rumours and theories began to abound and the enigma surrounding *Highjump* really began. The US conducted another expedition, Operation *Windmill*, in the Antarctic summer of 1947–48 and mapped additional areas of special interest.

The RAF returned in 1948–49 and flew extensively in search of a viable base in Queen Maud Land for the joint Norwegian–British–Swedish Expedition (NBSE) that was going to last from

1949 to 1952 and whose objective was to investigate and verify the 1938 German discoveries.

Britain and Norway knew that the area of Queen Maud Land which the Nazis had utilised would be vastly different from that which was mapped in the 1930s and early 1940s. An explosion of sufficient magnitude could have created a warm front. The ground could have warmed enough for rising heat to have created precipitation—how much could only be gauged by the velocity of the explosion. In all probability, snow would have fallen on areas that had not seen water for thousands if not millions of years and the landscape would have changed significantly.

When NBSE team members inspected the area, they found the largest land animal (bar penguins) on the continent: tiny mites. That discovery was an irregularity in itself. The expedition also discovered unusual lichens and mosses in certain areas. However, the lakes that had been so prevalent in reports from previous expeditions were largely not noted; nor were the vast, dry areas. Could the lakes have frozen and the majority of the dry areas have disappeared under a blanket of snow?

Meantime, more and more countries wanted their own bases in Antarctica, and soon skirmishes started.

In November 1948, Britain's Hope Base on the Antarctic Peninsula was suspiciously destroyed by fire; in 1952, Argentinian forces shot at the British returning from the joint expedition. Details of other skirmishes unfortunately have been suppressed for diplomatic reasons.

However, in 1982, Britain went to war against Argentina over the Falkland Islands (the Malvinas). Its defeat of the Argentinian forces led to the collapse of the fascist military junta that had dominated Argentina for several years. Argentina also had more than a passing interest in

Antarctica but, with the deaths of over 2,000 personnel in the Malvinas campaign and facing the possibility of Buenos Aires being bombed, Argentina had no choice but to admit defeat. Yet, whilst admitting the battle was lost, Argentina insisted the war was not over. The Malvinas are Argentinian possessions according to South American atlases, and who is to say that war will not erupt again one day? If that were to happen, Britain would again send an armada to fight because, quite patently, the Falkland Islands are still one of Britain's most prized dependencies and the reason is quite simple: their close proximity to Antarctica and all its treasures and mysteries that one day will be allowed to be utilised and accessed.<sup>44</sup>

### Military Interest in Antarctica

Before the Antarctic Treaty was ratified on the 23 June 1961, the International Geophysical Year (IGY) of 1958 brought immense international attention and cooperation to the frozen continent. The Americans returned in numbers, as did the British, but the Soviets also began their own experiments.

The aim of the IGY was to enable nations to put aside their claims whilst sharing resources and scientific information. The success of the IGY allowed the Antarctic Treaty to be enacted—but with the USSR stating that it had no intention of leaving Antarctica and that it would keep all its bases when the IGY ended. However, all claimants deemed that "Antarctica is to be used for peaceful purposes only", although military personnel and

**Britain halted its Antarctic flights and operations for two years, giving the United States a free hand in Antarctica with the commencement of Operation *Highjump*.**

equipment may be utilised but not for military reasons.

In the years prior to the June 1961 ratification, the USA, UK and USSR had all used Antarctica for military purposes and all three nations were rumoured to have tested nuclear bombs on the continent. On 27 and 30 August and 6 September 1958, at least three such bombs were detonated in Antarctica, allegedly by the Americans. Rumour has it that they were set off in the area of Queen Maud Land and were triggered 300 metres above the target, with the initial aim being to "recover" frozen areas. The locations of other bomb detonation sites have been firmly suppressed, but it is believed that the areas reconnoitred by the Germans in 1939 and 1940 were targeted.<sup>45</sup>

With the Germans and Americans officially claiming to have found warm-water lakes on their expeditions, it was only a matter of time before more were discovered. One such lake, discovered by the Russians, is Lake Vostok, which is 4,000 metres below the surface and curiously is located under the Russian base camp of Vostok. News of the discovery was not released to the world until 1989, so had the Soviets found the subterranean lake years earlier and was this their main reason for refusing to leave its base? The lake has still not been investigated, mainly out of fear of what could be unleashed and to avoid contamination of the lake, although a huge magnetic anomaly has been identified.<sup>46</sup>

With so many lakes being discovered and with satellites proving that the Antarctic is made up of huge, ice-encased archipelagos, is it unimaginable to believe that a subterranean trench, wide enough for U-boats to pass through, actually runs through Antarctica, as claimed by author Christof Friedrich and on the Piri Reis map?

If the Nazis had built a hidden base in Neuschwabenland and that base had been destroyed in 1945, leaving only a few German Antarctic outposts, then any evidence of a Nazi incursion on Antarctica would have been destroyed comprehensively by the nuclear exertions of the USA, USSR and UK. Nevertheless, rumours persist that the Nazis were not totally destroyed in Antarctica but fled to secret bases in South America.<sup>47</sup>

### Britain's Neuschwabenland Campaign Revisited

If British forces had indeed destroyed the Nazi outpost that was rumoured to have existed amid the Mühlig-Hoffmann Mountains, this would never be made public nor be given much credence by mainstream historians. Even so, Britain was the nation most active in Antarctica during the 1940s, which is intriguing if not suspicious. Furthermore, Britain was privileged enough to have collated a mass of evidence on German Antarctic intentions via the leading Nazis it apprehended and via its efficient intelligence network and its own field investigations. All of this leads one to the conclusion that something significant must have occurred there, and it appears only time will tell. Postwar scientific revelations suggest that Antarctica was disrupted by human activity at some time in its near past—a finding that may add credence to the likelihood of Britain's Neuschwabenland campaign.

In 1999, a research expedition discovered a virus to which

neither animals nor humans are immune. Specialists were unable to explain the source of the virus, though some tried. According to some scientists, the virus could have been a prehistoric life-form that had been preserved in the ice. However, other specialists speculated that the virus could have been a secret biological weapon that had been delivered to Antarctica during the 1938–39 Deutsche Antarktische Expedition. If a biological weapon or virus had been taken to Antarctica, it is doubtful that it would have been unleashed onto the continent intentionally, but, instead, stored with extreme care. If the Germans really had been the architects of the Antarctic virus and they had taken studious care of their weapon, would it be too adventurous to think that the virus could have been released by an attack of some degree on the very place where it was stored?

Another mystery may be central to Queen Maud Land and what may have happened in 1945. In 1984 the British Antarctic Survey, based at Halley Station,<sup>48</sup> noticed a hole in the ozone layer for the first time; it was located over Queen Maud Land.

Scientists, after much speculation, claimed that the hole was due to CFCs and in time would increase global warming. Could the hole, like the virus release, have been caused by a huge explosion of nuclear proportions? With three known atomic tests and a considerable number undisclosed associated with the likely destruction of the Nazi base, it appears that the hole was caused by more than just CFCs.

Subterranean lakes with signs of life, geothermally warmed lakes in dry valleys in a supposed frozen wasteland, viruses that threaten mankind, mysterious holes in the atmosphere allied with suppressed military ventures may seem the work of fiction, and yet they are all fact! Antarctica is a truly mysterious place, and that is why it is inconceivable that the Nazis would claim an area and leave it unoccupied and undefended, especially when the Channel Islands, for instance, a strategically unimportant Nazi gain, utilised for its defences more than 10 per cent of all the concrete and iron that was used in the construction of the Atlantic Wall—a wall that stretched from the Pyrenées to the North Cape of Norway!

However, trying to validate the story of the British Neuschwabenland campaign is slightly tougher to ascertain. Tales of Polar Men, ancient tunnels and a decisive battle against remnants of the Third Reich appear fanciful. Even so, it is widely known that Nazi scientists were experimenting on men to simulate the freezing conditions of the Eastern Front and to help their forces better deal with them.<sup>49</sup> Could the heinous experiments have been a success of sorts, allowing certain soldiers to combat the cold more efficiently?

Tales of ancient tunnels, even tunnels leading through the Mühlig-Hoffmann Mountains, appear at first far-fetched, but would a cavern network, glacially eroded enough, appear unnatural and thus be explained as a tunnel? Soldiers are not scientists and see things as they are—though whether it was a tunnel or a long cavern network that the British had discovered, it ultimately led to a Nazi base. The base could have been similar to the U-boat base that appeared in the film *Raiders of the Lost Ark*,

**In 1999, an Antarctic research expedition discovered a virus to which neither animals nor humans are immune.**

**Specialists were unable to explain the source of the virus.**



A strange black ray photographed in 1966 in Antarctica. Photo: Eric Wilkinson

but that's highly unlikely—but what isn't is the possibility that a base had been constructed and was being manned by German forces. The British had secret wartime bases, so why not the Nazis? It also must be remembered that some Japanese soldiers fought on, not accepting defeat, for over 20 years,<sup>50</sup> so why not pockets of Germans? In fact, Nazi Werewolves were active after the May surrender, and isolated attacks occurred for a few years after the war was deemed over and Nazism was thwarted.<sup>51</sup>

Whether the Neuschwabenland base was eradicated by Britain's Special Forces in 1945–46 or not, it is more than feasible that Britain could have pulled off the feat. During the war, Britain had some of the finest special forces personnel in the world, and still does today, and they were expertly trained in sabotage and destruction, using limited manpower in covert and inexpensive operations. They were so successful that, even after the Dieppe fiasco, Hitler ordered that any of them captured were to be summarily executed.

Britain, unlike the United States, believed that success is more attainable with limited resources; however, with the US philosophy of "might is right", it is no wonder that most attention paid to Antarctic expeditions has been firmly focused on Operation *Highjump*.<sup>52</sup> Admiral Byrd's statements and supposed discoveries, which have spawned a multitude of conspiracy theories, overshadowed Britain's exertions comprehensively.

Whether the British mission did destroy the Nazi base, with any remaining Nazis finally being expunged by the atomic force of the wartime allies, is not the question that needs asking. What is, though, is just how much of Antarctica's past, present and, indeed, its future has been, is being and will be suppressed.

#### Postscript: 1966 British Antarctic Survey Mystery

After the first part of *Britain's Secret War in Antarctica* was published in the August–September edition of NEXUS (vol. 12,

no. 5), I was inundated with people and specialists in their field with more substantiating information. However, by far the most intriguing and exciting was an email sent to me by Miles Johnston who investigated a strange story about Antarctica with Danny Wilson whilst with the Irish UFO Research Centre. The centre was contacted by an Eric Wilkinson in 1975, who had reported a strange incident in 1966 when he was with the British Antarctic Survey. An even stranger photo backs up the story (see above). In Miles Johnston's own words, he explains:

"In 1975 I investigated a UFO/Strange Black Ray Cloud formation, taken by a Belfast member of the British Antarctic Survey. He gave me some images of a pulsing cloud formation firing a black ray into the ice, which bounced off and reflected further away from him. Who knows...maybe someone down there is using negative energy beam weapons? Or was...since the images were taken in 1966."

The photo [above] is indeed enigmatic and substantiates the fact that Antarctica and Britain's role there are shrouded in mystery.

#### About the Author:

James Robert is a civil servant with an agency of the UK Ministry of Defence, as well as a World War II historian and writer. He has travelled extensively throughout North Africa and Europe to investigate mysteries of Britain's secret wars. With a family from a military background and with German sources giving many so-called "myths" credence, he set a personal mission to delve deeper into the strange, suppressed, little-known and anomalous activities that were conducted before, during and after the war against Germany. "Britain's Secret War in Antarctica" has been excerpted from his forthcoming book that will document some of his investigations. James Robert can be contacted by email at james-robert@hotmail.co.uk.

Continued on page 75

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# ASTHMA IGNORANCE OR DESIGN?

*The Buteyko method has had great success in controlling asthma, reversing symptoms and removing the need for medication, which is why it poses such a threat to the pharmaceutical companies.*

by Jennifer Stark © 2005

Buteyko Works

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## Introduction

**T**he burden of asthma rests heavily on children and their parents, with an estimated 25 per cent of children and 10 per cent of adults being afflicted in most Western countries.<sup>1</sup> It is frightening for any parent to watch the hollow of the throat being sucked inwards with every breath their child takes and listen to the wheeze and cough. However, it is the elderly who struggle most with this condition and are more likely to die as a result of its strangulation.<sup>2</sup>

It comes as no surprise that, as asthma affects such a wide range of people, there is a thriving industry with puffers, pills and potions sold around the world, promising relief from this insidious condition. GlaxoSmithKline, the leaders in the field, reported in 2004 that its sales of Seretide/Advair were up 19 per cent to £2.5 billion,<sup>3</sup> and AstraZeneca reported that its Symbicort sales totalled US\$797 million for the same year, up 32 per cent.<sup>4</sup> Asthma costs every Western country a fortune, not only in money but also in misery. It is the only chronic condition where morbidity is increasing,<sup>5,6</sup> though fortunately mortality has generally begun to decline.<sup>7,8</sup>

Teachers of the Buteyko method say that they can help people with asthma and in many cases eliminate symptoms and the need for drugs. If we are honest, the drugs at best only reduce the severity of the symptoms because, even when medication is taken daily, these symptoms still recur and the medication does nothing to improve the outcome of the condition.<sup>9</sup>

"Under instruction from our doctor we were giving our son Robert more and more medication, and it seemed that the more medication we gave him the worse he got, but because we trusted our doctors we never made the connection at the time," says Russell Stark, a long-term asthmatic, teacher of the Buteyko techniques and co-author (with this writer) of *The Carbon Dioxide Syndrome*.

Robert Stark was a relatively mild asthmatic from the time he was two years old, taking a bronchodilator medication when he had a cold two or three times a year. When he was six, his GP prescribed an inhaled corticosteroid—which he took diligently for the next eight years in ever-increasing doses. The preventer did not appear to make any significant difference, however, as he still got asthma whenever he caught a cold. As he grew older, the attacks also began to occur during the night, especially in winter. He played a lot of sport, which gave him asthma as well; he was instructed to take two puffs of his bronchodilator beforehand to prevent the attacks. These practices led to Robert taking this medication nearly every day for at least four years.

In spite of his asthma, by the time Robert was ten he was winning middle-distance running races in his home state of Queensland, Australia, and when he was eleven he began to win national events. Robert had a severe attack when he was almost thirteen, which spearheaded the prescription of round-the-clock nebulisation of Ventolin (a bronchodilator) and the need for Prednisone (an oral corticosteroid) every few weeks for the next two years.

By the time Robert was fourteen, his asthma had deteriorated so much that he was not accepted into his school's sports team and sometimes could not even ride his bicycle to school. In desperation and fear of this controlling condition, his parents took him to a Buteyko course, where miraculously his asthma stopped virtually overnight. Robert took his usual nebuliser spray before he went to the first class and has hardly needed one since.

"In twelve years I have had approximately six puffs of Ventolin, and steroids only once for three days. The reduction in medication and symptoms was huge, but I had to work

hard at the Buteyko exercises for two months to make the improvement. I still play a lot of sport—rugby, running, swimming, and I mountain-bike. I seldom get asthma any more, and if I do I use Buteyko to get me through," says Robert, who currently lives in Taiwan with its ever-present smog and humidity.

Doctors might say that Robert grew out of his asthma, just like they thought he grew into it. However, his parents are convinced that it was taking bronchodilator medication every day as part of a regular regime that made his asthma worse. When he followed the education that is provided as part of the Buteyko program—to use the nebuliser only when it is actually needed as well as doing the special exercises—he rapidly improved.

The connection between daily bronchodilator usage and worsening asthma was first made in the 1960s when the world's first asthma "epidemics" occurred in England and Australia. These epidemics and the ones that followed are linked to the overuse of these types of medications.<sup>10,11</sup>

### What is Asthma?

An alternative name for asthma is "reversible obstructive airway disorder" (ROAD), which means that the typical symptoms of chest tightness, wheeze, cough and shortness of breath are not there all the time. These symptoms also occur with other conditions, such as bronchitis or a cold. To add to the dilemma, asthma has no standard definition; instead, diagnosis is based on the characteristics of variable airflow obstruction that happen over short periods of time.<sup>12</sup> All of these things make it difficult to diagnose accurately.

Typically, three things occur in an "asthma attack", which is defined for this article as the situation where the asthmatic finds it difficult to breathe and requires a short-acting bronchodilator medication to overcome the symptoms:<sup>13</sup>

- spasm of the bands of smooth muscle wrapped around the airways;
- swelling of the inner lining of the airways;
- production of an excessive amount of mucus in the airways.

These factors narrow the airspace in the tiny tubes, leading to increased airway resistance<sup>14</sup> and making it especially difficult to exhale. Being unable to breathe out freely causes hyperinflation of the lungs because air is trapped inside them. This compounds the difficulty because the person wants to breathe in again before they have finished exhaling.<sup>15</sup> As resistance in the airways increases, the person naturally breathes harder to overcome the restriction and, paradoxically, this overbreathing increases resistance, making the problem worse.<sup>16</sup>

### The Cause of Asthma

It was originally thought that asthma was caused by "nerves",<sup>17a</sup> and then it was thought to be primarily caused by spasm of the smooth muscle wrapping the airways.<sup>17b</sup> It must have seemed logical, therefore, that taking a short-acting bronchodilator regularly would stop the spasm and lessen asthma symptoms. However, it has been known since at least 1990<sup>17c</sup> that taking a short-acting bronchodilator dose regularly does *not* improve asthma management,<sup>17d</sup> and it is estimated that this practice, based on faulty theory, has caused asthma to get worse in thousands of cases<sup>18,19</sup> and has caused the deaths of thousands more.<sup>20,21</sup>

While today there is no single thing that is considered to cause asthma to start in the first place,<sup>22</sup> theories presumably run thick and fast in the heads of researchers because they do endless studies about this. The first divergence in regard to the cause of asthma is whether it is genetic or environmental.<sup>23</sup>

Those who support the gene theory have not yet been able to identify successfully which gene, or how many genes, could be involved;<sup>24</sup> but this theory holds weight because the airways of an asthmatic are abnormal. There is up to seven times more smooth muscle wrapping the airways of asthmatics compared with non-asthmatics; there are five times more mast cells in their airways releasing inflammatory chemicals such as histamines; the mucus-producing cells are larger and there is a greater number of them in asthmatic airways; and the basal tissues of the airways are thicker.<sup>25,26,27</sup> These distinctions make the airways "twitchy" or overreactive to things that normally cause no harm to humans.

If the cause of asthma is purely genetic, then this knowledge needs to be applied so that it can prevent the problem or at least improve patient care. There have been studies done on the size of newborn babies, for example, which seem to indicate that, if a baby is over a certain length or the head is more than 37 centimetres in circumference, there is a marginally greater chance the baby will develop asthma.<sup>29</sup> While this might be interesting in an academic way, the practical application of what you would do about the baby who has a larger head appears to be missing.

In the meantime, the environmental theorists may be able to make a difference to the outcome of the condition, but they frequently disagree not only with the geneticists but also with each other.

For example, we are told that asthma is a condition that is primarily found in Western societies, and that the more affluent the society then the more prevalent is the problem.<sup>30</sup> We are also told that washing clothes in cold water could be a primary cause of asthma.<sup>31</sup> It is unlikely, however, that people living in impoverished countries with virtually no asthma are using hot water when they wash their clothes.

Other examples of these disagreements include:

- Immunisation encourages asthma.<sup>32</sup>
- Immunisation prevents asthma.<sup>33</sup>
- Gas stoves cause asthma.<sup>34</sup>
- Gas stoves do not cause asthma.<sup>35</sup>
- Not having infections causes asthma.<sup>36</sup>
- Having infections, particularly as a toddler, is a causal factor.<sup>37</sup>

However, there are some things that most asthma researchers *do* agree on:

1. The underlying cause of asthma is airway inflammation, and the chemicals involved in this process damage the airways, causing "remodelling". So even though the symptoms may be episodic, the airway change is permanent.<sup>38</sup>
2. Bronchodilators open up narrowed airways by relaxing smooth muscle.<sup>39</sup>
3. The overuse of beta-2 agonist bronchodilator medications makes asthma get worse.<sup>40</sup>
4. The use of anti-inflammatory inhaled corticosteroids reduces airway inflammation and the need for bronchodilators. It is considered the cornerstone of good asthma management.<sup>41</sup>

**It has been known since 1990 that taking a short-acting bronchodilator dose regularly does *not* improve asthma management.**

## Asthma Medications

Asthma treatments have not changed significantly since the 1950s. For at least 20 years, the only really new medications to make it into the asthma industry are leukotriene modifiers, which show some improvement in asthma control but less than that seen with a low dose of corticosteroid.<sup>42</sup> The other "new" drugs that appear from time to time are really only variations on old ones, which is clever marketing on the part of the drug companies. For example, in the 2004 report by GlaxoSmithKline it was revealed:

"GlaxoSmithKline's respiratory franchise is driven by the growth of Seretide/Advair [combination controller-steroid], gaining patients from competitor products and the cannibalisation of [existing drugs] Serevent and Flixotide/Flovent."<sup>43</sup>

In the same report, there are more than 10 "new" asthma products in "the pipeline" and almost all contain long-acting beta-2 agonists,<sup>44</sup> which have been used to treat asthma for several years. Long-acting beta-2 agonists are a more powerful version of short-acting bronchodilator medication, keeping smooth muscle relaxed for up to 12 hours.

However, the more medication you take, the more you need. Even taking one puff of a short-acting bronchodilator every day causes deterioration in asthma control, and more medication is required to achieve the same result because a tolerance develops to the drug.<sup>45</sup>

Since the early 1990s, this information has led to current recommendations that these drugs should only be taken to treat acute symptoms, and that if they are required more than three times a week the person should also take an inhaled steroid in a bid to reduce the symptoms.<sup>46</sup>

It comes as somewhat of a surprise, then, that many asthmatics are prescribed the twice-daily use of powerful, long-acting beta-2 agonist bronchodilators. The main concern with this practice is that the asthmatic is less aware of how severe the underlying airway inflammation is,<sup>47</sup> and one British study reveals that the risk of dying as a result of asthma is three times higher in asthmatics using long-acting Serevent than short-acting Ventolin.<sup>48</sup> These deaths are likely to be due to airway obstruction—the very thing that Serevent is designed to overcome.<sup>49,50</sup>

"Few doctors would tell a patient with a sprained ankle to take a painkiller night and day to mask the problem in order to continue walking or running normally, because this would worsen the inflammation and cause more damage to the ankle," says Russell Stark. "Since the underlying cause of asthma is believed to be inflammation in the airways, and long-acting bronchodilators tend to cover up the symptoms, it seems possible that they could contribute to worsening airway inflammation, with further airway remodelling in the future."

Corticosteroids reduce airway inflammation and stop the

immune system from overreacting to allergens. By doing this, asthma symptoms decline as airways become less reactive, which has to be a good thing from the asthmatic's point of view.<sup>51,52</sup> However, because steroids suppress natural immunity,<sup>53</sup> they can contribute to infection and the growth of fungi and bacteria, not only in the airways but also systemically.<sup>54,55</sup>

"The design of the respiratory system means that the lungs are normally sterile, and the deliberate inhalation of any substance is usually considered a bad idea," Russell Stark continues. "The wisdom of inhaling something that prevents the body from defending itself against foreign bodies such as bacteria has to be questioned because chest infections are a common cause of asthma symptoms. People using steroids notice the side effects of oral thrush, husky voice, thinning skin and easy bruising, as well as hear about the higher incidence of glaucoma and cataracts, so they are more likely to stop taking this medication than their bronchodilator, which has no such noticeable side effects. Because the medications appear to create their own dependence, most people with asthma slowly increase their intake over a number of years. In spite of this, bronchodilators are dispensed as if they are harmless, and most users are unaware that overuse could worsen their condition."

Perhaps the worst part about asthma medication is that it is not very effective. The person takes it yet still has symptoms, and no medication therapy currently available significantly alters the natural progress of asthma in a positive way.<sup>56,57</sup> Because of this and the perceived danger of asthma medications, many asthmatics become disillusioned with conventional treatments and seek other forms of control, including the Buteyko method.

### Buteyko's Discoveries and Therapeutic Practices

Konstantin Pavlovich Buteyko (1923–2003) was a medical trainee in charge of a Moscow hospital ward when, one night in 1956, he first made the connection between hyperventilation and headache.<sup>58</sup> He was having a particularly bad headache when he noticed that his breathing was heavy, so he consciously reduced the volume of air that he was breathing and found that the pain eased. He deliberately increased his breathing and the headache returned. He then commenced waking the patients in his care, one after the other, getting them to alternately increase and decrease their breathing. They, too, felt worse when they breathed heavily, and better when they breathed less air each minute. Believing that his teachers would warmly welcome this discovery, he reported his findings—but, to his surprise, not one of them was remotely interested. It seems that this apathy from the medical fraternity has largely followed the path of Buteyko for the past 50 years.

### EXAMPLES OF ASTHMA MEDICATIONS

- Medications that open up airways:

#### Short-acting bronchodilator

Airomir\*  
Albuterol\*  
Atrovent  
Berotec\*  
Bricanyl\*  
Respolin\*  
Salbutamol\*  
Ventolin\*

#### Long-acting bronchodilator

Foradil\*  
Nuelin  
Oxis\*  
Serevent\*  
Theophylline  
Volmax\*

\* = Beta-2 agonist

- Medications that reduce asthma symptoms:

#### Steroid Preventers

Becotide  
Becloforte  
Flixotide  
Flovent  
Prednisone  
Pulmicort  
QVAR  
Respocorte

#### Non-Steroid Preventers

Accolate  
Intal  
Singulair  
Tilade  
Vicrom  
Zyflo

- Combination Medications (combination of bronchodilator and preventer):

Flixotide + Serevent = Seretide/Advair  
Pulmicort + Oxis = Symbicort

Fortunately for people with conditions such as asthma, migraine, panic attacks, snoring, sleep apnoea and allergies, Dr Buteyko remained interested in how breathing affects the health. He continued to develop not only his theory that modern life acts like a stress on the human body, causing a rise in the automatic breathing pattern and a drop in good health, but also the way to reverse this problem. He developed a series of techniques based on special principles about breathing, diet and exercise that turn the conventional thoughts of asthma upside down.

While considering airway narrowing as a legitimate and potentially dangerous concern, the Buteyko practitioner also looks on the narrowing as part of the solution to the problem. According to Buteyko theory,<sup>59, 60, 61</sup> airway narrowing occurs for at least three reasons:

1. To keep irritants, bacteria and other foreign materials out of the airways. Every time foreign particles enter the airways they cause scarring, resulting in the airways losing tone and elasticity. To keep foreign matter out of the airways, or at least to keep it in one place while building a defence, the immune system creates excessive amounts of mucus, airway inflammation and smooth muscle spasm.

2. To prevent the cooling and drying of the airways that over-breathing causes.

3. To prevent the excessive loss of carbon dioxide that is caused by breathing too much air each minute.

It is the third point that is largely ignored by asthma researchers.

### Hyperventilation and Asthma

Conventional asthma management recognises that hyperventilation plays a role in asthma, but primarily sees it as a result of the narrowed airways rather than as a cause.<sup>62, 63</sup> It also



*"This is a burned CD of downloaded websites listing online retailers of self-help DVDs that show you how to find a REAL shop where you can buy a book."*

**Buteyko's theory works around the premise that the asthmatic habitually breathes with more force or more rapidly than is necessary almost all the time.**

recognises that acute hyperventilation can mimic asthma attacks in up to 42 per cent of asthmatics.<sup>64, 65</sup> But the Buteyko theory says that hyperventilation is not only a result of narrowed airways but causes the airway narrowing in the first place, and if the person were breathing normally then it would not occur.

There are two kinds of hyperventilation: acute, and chronic or low-grade. The acute type is easily recognisable because the breathing is usually rapid, noisy or with obvious movement in the torso.

The kind of hyperventilation that Dr Buteyko recognised is the subtler, low-grade kind that he called "hidden hyperventilation".

This type of hyperventilation was first discovered during the American Civil War, when soldiers were sick but the doctor treating them (Dr Da Costa) could find nothing physically wrong with them.<sup>66</sup> Since then, it has had various names including "Da Costa's syndrome", "effort syndrome", "chronic hyperventilation syndrome" and even the "fat folder" syndrome, because the patient has so many tests for various ailments that their medical file bulges.<sup>67, 68</sup>

Breathing largely goes unnoticed until there is a problem with it, because

most of the time it is taken care of by the primitive part of the brain. However, it can be deliberately altered, such as during speech or when diving into water.

Hyperventilation is defined as breathing more air than is required to complete an activity; it does not necessarily mean breathing excessively quickly or deeply. A healthy adult breathes around 12 times a minute, inhaling approximately five litres of air by doing so.<sup>69</sup> An example of hyperventilation is breathing 20 times a minute, which could cause around eight litres of air to be breathed. When done over a week, 30,000 litres of extra air will have been breathed—enough to fill a small swimming pool.

No one notices if a person breathes every three seconds instead of every five, unless perhaps the breathing is noisy. However, your body is aware of it, because breathing like this can be almost relentless. It gradually lowers the amount of carbon dioxide found in the lungs and the bloodstream, setting off any of the following symptoms:<sup>70, 71</sup>

- **Respiratory system:** Shortness of breath, chest tightness, extra-sensitive airways, excessive production of mucus, sneezing, long-term blocked or running sinuses, coughing, excessive yawning and sighing.
- **Nervous system:** Light-headedness, dizziness, unsteadiness, poor concentration, numbness, tingling and coldness especially in the hands, feet and face. In severe cases, loss of memory or loss of consciousness.
- **Heart:** Racing, pounding or skipped heartbeats.
- **Psychological:** Degrees of anxiety, depression, tension, apprehension or feeling "spaced out".
- **General:** Dry mouth, abdominal bloating, belching, flatulence, easily tired, poor sleep patterns, sweaty palms, repeated throat-clearing, itchy skin, chest pain (not heart-related), headache, general weakness and chronic exhaustion.

The symptoms are many and varied because breathing affects the entire body and people experience some symptoms more than others.

Most people with asthma attempt to eliminate their symptoms by avoiding trigger situations or by taking medication. Few would think that they are breathing too much air, because a primary symptom is shortness of breath, and anything abnormal in the breathing pattern is generally considered a result of asthma rather than a cause. There is also a Western philosophy that deep breathing is good for you. Both of these factors mean that hyperventilation is not recognised or considered, let alone addressed.

### Carbon Dioxide Balance

Buteyko's theory works around the premise that the asthmatic habitually breathes with more force or more rapidly than is necessary almost all the time. This theory is supported by research where asthmatics were reported breathing 10–15 litres of air each minute when they had no symptoms, instead of the normal 4–6 litres.<sup>72, 73</sup> The carbon dioxide pressure in their blood confirms this because it is commonly less than the normal 40 mm Hg until the person has severe airway obstruction, when it can rise rapidly, causing another problem.<sup>74, 75</sup>

When a person breathes more air than they need to and there is not a huge problem with the gas exchange in the lungs, then carbon dioxide pressure in the lungs and blood-stream drops, causing a major problem for the body. Buteyko theory says that airway narrowing is a simple, if rather extreme, way of avoiding the loss of too much carbon dioxide.

One of the most vital roles of carbon dioxide is ensuring the release of oxygen to tissue cells. When carbon dioxide pressure is low, more oxygen is retained by haemoglobin and less is released to tissues to provide fuel for the body. This was first discovered by Danish scientist Christian Bohr approximately 100 years ago, and is called the "Bohr effect".<sup>76</sup>

Low pressure of carbon dioxide also causes a multitude of other problems and reactions:<sup>77, 78, 79</sup>

- smooth muscle throughout the body spasms;
- extra histamine is produced;
- the airways narrow;
- the heart beats faster;
- the nervous system becomes agitated;
- a condition known as respiratory alkalosis develops.

The primary stimulation for breathing is to maintain a predetermined pressure of carbon dioxide in the bloodstream, and breathing is adjusted to keep the level constant. Carbon dioxide is manufactured within the tissue cells, and when the cells are working hard they produce extra carbon dioxide. This is why during exercise the breathing pattern increases to get rid of the excess, and during sleep it slows down. However, the respiratory centre in the brain is adaptable to new pressures of carbon dioxide, and a prolonged drop in this pressure will cause the brain to accept the new and lower pressure as normal. It now stimulates the breathing pattern to maintain the new pressure. The good news is that the opposite is also true.

According to Russell Stark, by following the Buteyko program,

more carbon dioxide is gradually retained and the breathing pattern drops back towards normal. This opens up the airways and releases sufficient oxygen to tissues so that the person's asthma symptoms reduce significantly.

When overbreathing occurs, the loss of carbon dioxide is first noted in the lungs, and if the person has the asthmatic-type's lungs then the loss is notably marked. However, if the overbreathing can be stopped at this point, then the airways will readily open up again. If the person does not stop the overbreathing and the carbon dioxide pressure in the blood drops further, then the problem will be harder to solve because, as well as smooth muscle spasm, the airway inflammation and mucus production go into overdrive. More and more of the lungs become plugged with mucus and debris until gas exchange becomes severely affected.

It is well documented that, during an asthma attack, carbon dioxide pressure in the blood is low, right up until the attack becomes very severe, with lung function test results less than 20 per cent of the norm.<sup>80, 81</sup> However, carbon dioxide pressure will rise rapidly once the airways are plugged, and finding carbon dioxide pressure normal or high during an asthma attack indicates that the attack is dangerous.<sup>82</sup> Buteyko is not a suitable treatment at this time; instead, immediate medication attention is required.

**Because this trial of Buteyko had such amazing results, it is astounding that asthma researchers have not fallen over each other to do more trials on the Buteyko method.**

**In fact, the opposite is true.**

### The Proof of Buteyko's Efficacy

According to trials of the Buteyko method that have been conducted and published so far, the technique undoubtedly reduces symptoms because a minimum reduction of 85 per cent in bronchodilator medication use and 50 per cent in steroid use has been reported.<sup>83, 84</sup> Even when a video was trialled with minimal intervention by a trained practitioner, the reduction in bronchodilator use was still 60 per cent.<sup>85</sup>

Hundreds of stories similar to Robert Stark's experience contributed to a two-year media campaign in Australia, finally resulting in the Australian Association of Asthma Foundations' funding of a Buteyko trial in Brisbane in 1994–95. Six weeks into that trial, the Buteyko participants had reduced their bronchodilator medication by 90 per cent. The research doctor, Simon Bowler, said: "We were surprised at the results, as we didn't expect any significant changes."<sup>86</sup>

Ordinarily, an almost complete cessation in bronchodilator medication use is usually only possible with a substantial increase in steroid preventers, yet these were also reduced by 49 per cent a few weeks later.<sup>87</sup> The doctors had no obvious explanations for these improvements or the 71 per cent reduction in symptoms and significant improvement in quality of life, except that they might have been due to the number of phone calls that the Buteyko practitioner made to the participants.<sup>88</sup>

Asthma costs so much in both money and suffering, and yet a vast amount of research is conducted into the problem every year. Because this trial of Buteyko had such amazing results, it is astounding that asthma researchers have not fallen over each other to do more trials on the Buteyko method. In fact, the opposite is

true, with a mere handful of trials since that time and only one that followed the same model as carried out in Brisbane. This trial was conducted in Gisborne, New Zealand, in 2000, in spite of a refusal of funding by the New Zealand Asthma and Respiratory Foundation. To find out if the asthmatics in the Brisbane group were indeed talked out of their asthma by the Buteyko practitioner, each participant in this trial was matched with a control-group participant and any contact with the teacher from either group was reciprocated with the matched person. The results of the six-month trial rebutted the psychological impact of the Buteyko method and mirrored the Brisbane results.<sup>89</sup>

If the clinical trial results were replicated in Buteyko classes throughout the Western world, this would mean an unprecedented saving of monies currently allocated to health. For example, there would be at least a 70 per cent reduction in the A\$700 million that the Australian Government spends every year in asthma medical costs.<sup>89a</sup> Governments that incorporated Buteyko into their health system could have the techniques taught by asthma educators who are already employed by the government or organisations dedicated to improving the lot of asthmatics. If Buteyko were taught first of all to school-children, within five years the incidence of asthma would be declining instead of increasing and health systems would be feeling less of a squeeze.

#### **Why Has No Further Research Been Done Into This Apparently Harmless Method?**

Since the safety of asthma medications is in serious doubt, should we be surprised that there is not more research on drug-free options of asthma control—Buteyko in particular, since it has demonstrated spectacular results?

#### **• Lack of interest by researchers**

You cannot patent breathing, and it is difficult to give someone a lasting "dose" of carbon dioxide, which means that there is little room for interest from other players in the asthma industry. It also appears that research is more about investigating a personal theory or proving that a drug is safe, rather than improving the *real* quality of life of asthmatics.

#### **• Lack of funding for trials**

Most funding of trials comes from drug companies that are aiming to prove that their products are effective and will not cause major health problems. It is unlikely that any drug company that answers to its shareholders is going to trial something that has already been shown to vastly reduce the need for its products and consequently its profitability. The private individuals teaching Buteyko lack the funding to conduct trials of the method in a major way, and consequently more trials have not been initiated.

#### **• Lack of cohesion among Buteyko practitioners**

Buteyko practitioners tend to work independently and there is no standardisation of teaching or training of new practitioners, therefore the general knowledge of Buteyko and teaching techniques can vary enormously from practitioner to practitioner.

All practitioners are essentially competing against each other for clients, which has led to some of them marketing their courses with a lot of hype and/or denigration of other practitioners. This aggressive marketing approach is not usually a part of the health system and does not inspire confidence from the community in regard to Buteyko.

#### **• Lack of credibility with medical fraternity**

Even though symptoms and medication were slashed in the Buteyko trials that have already been done, a familiar comment is that doctors are unsure that there is any real benefit from using the Buteyko method because lung function tests remained unchanged.<sup>90,91</sup> Russell Stark argues that because preventive medication was halved with no deterioration in lung function, then Buteyko must have been of benefit. Lung function tests have been shown to *cause* airway narrowing and asthma symptoms,<sup>92</sup> and he says that this casts doubt on their accuracy in measuring underlying inflammation.

#### **• Professional jealousy?**

Adults with asthma are never really expected to improve. In fact, asthma is supposed to worsen with age, as most deaths from asthma occur in the elderly age group. In the Buteyko trials, however, people reduce their symptoms by an average of 71 per cent and substantially improve their quality of life. Results like these are perhaps frustrating or unbelievable to doctors whose patients are getting worse—especially when most of the people teaching Buteyko do not have a medical background, according to some doctors who are supportive of Buteyko.

#### **• Antagonism caused by the media**

In his latter years, Dr Buteyko seemed fond of saying two things:

1. Conventional medicine is stupid and is looking at asthma in an upside-down fashion.<sup>93</sup>
2. The only people who should teach the method are those who use it in their own life, to avoid tainting it with upside-down medical knowledge.<sup>94</sup>

Some Buteyko practitioners and journalists have carried forward his message into the media. In many of these stories, the medical profession has appeared to be abnormally self-righteous and disbelieving, with Buteyko appearing to be like a miracle cure. When the doctor's own patient says that he is a lot better, the doctor is made to look foolish, and while this might sell newspapers it does not endear those who are mocked by the media.

All of the above mean two things:

1. For more than 10 years, the public organisations that are dedicated to helping asthmatics have been able to hide behind the same statement that the Buteyko method appears to be safe, but due to the lack of trials it cannot be supported.<sup>95,96,97</sup>
2. Asthmatics still do not have easy access to a safe and effective method of reducing their symptoms and consequently their medication.

**Buteyko practitioners and journalists have carried forward his message into the media. In many of these stories, the medical profession has appeared to be abnormally self-righteous and disbelieving, with Buteyko appearing to be like a miracle cure.**

**Continued on page 76**

# CHRONIC SCURVY

## VITAMIN C DEFICIENCY AS A CAUSE OF HEART DISEASE

***Heart disease, which is chronic scurvy in disguise, can be remedied with high doses of vitamin C together with the amino acid lysine, a therapy pioneered by Nobel Prize winning scientist Dr Linus Pauling but is a threat to the medical/pharmaceutical establishment.***

**by Owen R. Fonorow,  
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**T**he leading killer in the United States—the condition that those in medicine call "heart disease" or "occlusive cardiovascular disease"—is really a low-grade form of scurvy. This fact is becoming increasingly more difficult for modern medicine to deny.

Heart disease is a misnomer. The disease is characterised by scab-like build-ups that slowly grow on the walls of blood vessels. The underlying disease process reduces the supply of blood to the heart and other organs, resulting in angina ("heart cramp"), heart attack and stroke. The correct terminology for this disease process is "chronic scurvy", a sub-clinical form of the classic vitamin C deficiency disease.

The true nature of the disease was identified in the early 1950s by a Canadian team led by G. C. Willis, MD. This finding was confirmed in the late 1980s by the world's then leading scientist, Linus Pauling, PhD (1901–1994). Pauling alerted the world in lectures, in writing and on video after he and his associates conducted experiments that confirmed the Willis findings. To date, this alert has never made its way into a mainstream media outlet. Moreover, cardiologists are taught, and routinely tell their patients, that there is no connection between vitamin C and heart disease, and also that there is no value in vitamin C in amounts much higher than the minuscule RDA (recommended daily allowance).

From a scientific standpoint, if a medical doctor or anyone tries to challenge the true nature of cardiovascular disease, they must be able to cite experiments that refute the Pauling/Willis chronic scurvy hypothesis. *Such experiments have never been published.*

It's been 12 years since Pauling issued his final alert. Pharmacology professors Steve Hickey and Hilary Roberts, in their recent book *Ascorbate: The Science of Vitamin C* (2004), document that, incredibly, there have been no independent experiments published that were designed to test the Pauling hypothesis (except one at much lower doses that was conducted by Pauling's close associate Dr Matthias Rath).

We are aware of only one clinical study in humans that has been carefully designed to test the Pauling high-dose hypothesis. The study was performed in the UK with 200 men over a period of three years (1997–2000), and the data confirmed Pauling's theory and therapy. Yet, so far, Dr Kale Kenton's study has not appeared in a medical journal.

Will the giant pharmaceutical industry facing these facts survive or will it collapse in 2005? The end of the suppression of vitamin C will reveal the Codex Alimentarius restrictions for what they really are: a means to prop up an industry that has little reason to exist in its present form. The public is beginning to realise that the world's most profitable industry is really a house of cards. Its most profitable products are at best useless and at worst dangerous. Prescription drugs beget more drugs. The secret that dooms Big Pharma is that the best of health is achieved by taking high doses of vitamin C and avoiding toxic prescription medications as if your life depended on it.

### History of the Great Suppression

The 700,000 people who die needlessly every year in the USA are those who heed the advice of their cardiologist. The American Heart Association estimates that 63 million Americans suffer cardiovascular disease. More than one million undergo some form of heart operation, and over 15 million are taking statin cholesterol-lowering drugs on the advice of their doctor. *These popular statin drugs are known to deplete CoQ10 (coenzyme Q10) and probably cause heart failure.*

The pioneering research into the relationship between vitamin C deficiency and heart disease began in the late 1940s, not long after the structure of vitamin C was determined.

Canadian doctors proved that a vitamin C deficiency causes the condition, commonly called "atherosclerosis". These doctors found that the condition will arise in 100 per cent of vitamin C-deprived animal test subjects that don't make their own vitamin C. Furthermore, these Canadian pioneers demonstrated that vitamin C alone reverses atherosclerosis in laboratory animals. (G. C. Willis, "The Reversibility of Atherosclerosis", *Canadian Medical Association Journal*, vol. 77, July 15, 1957, pp. 106-109)

The team performed similar studies in humans. The results, while not conclusive, showed reversals of atherosclerotic plaques in one third of the human subjects. Notably, these studies were of low doses, no more than 1,500 mg per day. (G. C. Willis, A. W. Light, W. S. Cow, "Serial Arteriography in Atherosclerosis", *Canad. M. A. J.*, vol. 71, December 1954, pp. 562-568)

The knowledge that heart disease is a form of scurvy has been suppressed from the time that the first series of Willis articles was published in the *Canadian Medical Association Journal* in the early 1950s. Inexplicably, since the 1950s, no articles favourable to vitamin C and its connection with atherosclerosis have appeared in a reputable medical journal that is widely read by medical doctors.

Cardiologists-to-be are taught that there is no relationship between vitamin C intake and heart disease, and that it is quackery to suggest otherwise. These assertions seem justified because reports of such studies are lacking. But, as vitamin C expert and pharmacology professor Dr Steve Hickey pointed out in email correspondence in December 2004, every cardiologist could have performed these studies on his/her own:

"Time has moved on and the medical profession has *failed* over the past 50 years to produce the required experiments. The budget of, say, the NIH [National Institutes of Health] alone is over \$27 billion but over the past 50 years no one has replicated the early vitamin C and heart disease research, which could be done by almost any cardiologist from petty cash," wrote Dr Hickey.

"Since Pauling and others have promoted ascorbate as a cure for heart disease, it seems silly that a potential cure for the worst killer in the developed nations [atherosclerosis] has not been refuted. To a scientist from any other discipline, this lack of interest would be bizarre.

"It's a fact that the experiments have been done in animals and the results show that ascorbate protects against atherosclerosis and may reverse it. There is some additional evidence from human studies that is consistent with this interpretation. So why have the human studies not been performed? Or, we may ask, if they have been performed, was the data withheld? The enemies of Pauling, as well as the drug companies, would love to see the Pauling hypothesis discredited," Dr Hickey concluded. "Why have the experiments not been reported?"

### The Linus Pauling Lecture Video

In a 1992 lecture recorded on video, Dr Linus Pauling explained the reason atherosclerosis forms on the walls of arteries when vitamin C is deficient. He explained how a specific form of cholesterol causes plaques, compensating for low levels of vitamin C, and why his discovery of a rapid cure for chronic scurvy includes the amino acid lysine (see <http://www.paulingtherapy.com/>).

There is no doubt that the news of this cure has been suppressed, otherwise most of the public would have learned that twice Nobel Prize winner Linus Pauling had suggested it. Millions are dying needlessly for lack of disseminated knowledge of the Pauling discovery, which amounts to the suppression of it.

Is Linus Pauling's high-dose ascorbic acid and amino acid therapy the cure for heart disease? The crime is that *no one knows!*

Pauling and his former associate, Dr Matthias Rath, did their part by running the experiments and attempting to publicise these discoveries. Now it is up to other researchers in the medical scientific community. If there is the mere chance that Drs Willis, Pauling and Rath are correct, it is truly criminal to fail to run experiments under fair conditions.

### Gross Negligence at the National Institutes of Health

Apparently, medical science is controlled by the drug industry. Even the US National Institutes of Health gives all appearances of being under the control of the drug industry, and it seems that not even members of Congress can overcome this obstacle.

In the years 1998 and 2002, the Vitamin C Foundation submitted grant requests for government funding to study Dr Pauling's theories. These requests were formally submitted to the new Office of Alternative Medicine at the NIH (see <http://vitaminfoundation.org/NCCAMgrant>).

The reasons for these requests were twofold: The Foundation sought funding so that Linus Pauling's recommended therapy would be fairly investigated in humans. All previously known tests have been performed with less than adequate amounts of vitamin C. These grant applications also put the United States Government on notice that Linus

Pauling had in fact made the claim of an outright cure for heart disease. The NIH was free to design, sponsor and run its own study with its own choice of scientists. Had such studies been conducted, millions of lives and billions of dollars might now have been saved. Unfortunately for Americans, the NIH's Office of Alternative Medicine rejected both grant requests and failed to run its own studies.

"Both requests were turned down by the United States Government, not because the reviewers had any objection to the science or the protocols but because the scientists and medical doctors that the Foundation recruited to run the study were 'inexperienced'. Apparently, investigators that run studies for the NIH have to be members of 'The Club'. This travesty is a matter of public record," according to Mike Till, Sr, co-founder of the Vitamin C Foundation.

### The Debacle over Cholesterol-Lowering Statin Drugs

Cardiology has been on the wrong path for a long time. The result has been that heart disease is still the leading cause of mortality in the United States, and cholesterol-lowering statin drugs have become the top-selling class of prescription drug. Statin drugs generated more than US\$12.5 billion in annual sales in 2002, and *Forbes Magazine* claims the latest worldwide annual sales figure is \$26 billion, but these drugs have significant side effects (see <http://www.health-fx.net/eBook.pdf>). Vitamin C, with annual sales close to \$180 million, has the very same cholesterol-lowering property as the popular statin drugs.

**Cardiologists-to-be are taught that there is no relationship between vitamin C intake and heart disease, and that it is quackery to suggest otherwise.**

In 1985, two years prior to the introduction of the popular cholesterol-lowering statin drugs, the scientists who were investigating the enzymes that help the body produce cholesterol made an important discovery: *vitamin C is a powerful anti-cholesterol agent*. The vitamin C molecule inhibits the same enzyme, HMG CoA reductase, that the cholesterol-lowering statin drugs inhibit (see <http://www.jbc.org/cgi/content/abstract/261/16/7127>).

Individuals using home cholesterol-monitoring devices, such as the LifeStream® monitor (available in 55,000 retail outlets), report that 6,000 mg to 10,000 mg of vitamin C may be required for maximum cholesterol-lowering effect.

### **Statin Drugs Block Coenzyme Q10 Production and May Cause Heart Failure, Leading to Heart Transplants**

The structure of coenzyme Q10 (CoQ10 or ubiquinone) was determined by the Merck scientist Karl Folkers after its discovery in 1957 (see <http://www.nutrition.org/cgi/content/full/131/9/2227>). There have been at least 35 clinical studies showing CoQ10's massive benefits for heart patients, especially patients suffering heart failure (see <http://www.coq10supplement.com/>). And in Japan, until last year CoQ10 was a heart medication only available by prescription.

The drug giant Merck learned during its research into lowering cholesterol that statin drugs block the body's production of its own CoQ10. This blockage of CoQ10 synthesis is a serious action of statins that causes fatigue, muscle pain and skeletal myopathy (a grave deterioration of muscle). Drug advertisements in Canada must carry the CoQ10 statin-depletion warning, but the US FDA does not require these important warnings, keeping US medical doctors in the dark and putting their patients at risk (see <http://www.naturesperfectstatin.com/warn.htm>).

Merck has more than one 1990 patent for adding CoQ10 to statins as a means of circumventing the issue of blocking CoQ10 biosynthesis (US Patent No. 4,933,165). Their having these patents since 1990 is proof that members of the Merck Corporation have been aware that statins cause muscle deterioration. (The Merck patents were never implemented, probably because the world supply of CoQ10 is far too limited to supply all statin drug users.)

It is sad and truly frightening that today's hottest-selling class of prescription drugs—cholesterol-lowering statin drugs—is known to deplete CoQ10 synthesis, yet these drugs are routinely prescribed to heart patients!

### **Transient Global Amnesia: Another Statin Side-Effect?**

Former NASA astronaut and USAF flight surgeon Duane Graveline, MD, believes that the statin drug Lipitor caused his own case of transient global amnesia (TGA)—a statin drug-associated memory dysfunction experienced while flying (see [http://www.spacedoc.net/Statin\\_flyer.html](http://www.spacedoc.net/Statin_flyer.html)).

Dr Graveline believes that these drugs are the cause of a recent epidemic of TGA to hit emergency rooms and, fearing the dire

possibilities with airline pilots who take statins, he has begun a crusade to educate the medical profession and public about the potential danger of cholesterol-lowering drugs. He has written a book, *Statin Drugs: Side Effects and the Misguided War on Cholesterol* (see the Spacedoc.net website).

The Vitamin C Foundation has posted its collection of concerns at <http://www.vitaminfoundation.org/statinalert>.

### **Chronic Scurvy Verified by CardioRetinometry and Reversed with Vitamin C**

It has long been known that human arteries weaken without vitamin C and other necessary nutritional support. "Atheromas" or "soft atherosclerotic plaques" are the names given to abnormal formations that appear in arteries. Dr Pauling and associates theorised with Willis that such plaque formations serve to strengthen arteries because they appear most often where the blood pressure is highest. Sometimes a weak artery ruptures and the resulting clot causes a heart attack or stroke. This condition is most properly characterised as chronic scurvy.

Atheromas in the microscopic arteries in the retina have been clearly visible to eye doctors, who until recently did not believe that such build-ups were reversible.

Dr Sidney Bush, DOpt, of the United Kingdom, accidentally discovered that atheromas can be reversed in those patients instructed to take from 3,000 mg to 10,000 mg of vitamin C daily (the amount depending on the effect on the retinal arteries). Dr Bush made his discovery while studying eye infections in contact lens wearers. Vitamin C was being tested as a preventive measure for these infections and, serendipitously, Dr Bush noticed that atheromas disappeared in the patients taking vitamin C. He reported that some patients require as much as 10,000 mg daily to reverse soft atheromas.

Dr Bush has invented a new diagnostic technique that he calls CardioRetinometry® (see web page <http://www.vitaminfoundation.org/bush/more.html>).

He believes this method of diagnosis will revolutionise cardiology:

"A new diagnostic technique can access coronary heart disease risk (CHD) suggested by universal retinal arterial atheroma, previously unsuspected as reversible. Physicians have overlooked, and optometrists/ophthalmologists were not expecting that vitamin C would have this effect. This effect was accidentally found and linked to the vitamin C that contact lens wearers had agreed to take. We have increasingly noticed it from 1999 using Retinometry in the Hull Contact Lens and Eye Clinic. Such a discovery requires urgent evaluation."

Dr Bush has also promoted the idea that chronic scurvy not only exists, but can be accurately measured. Eye doctors can now easily diagnose this condition by examining the microscopic arteries behind the eye before any symptoms of heart disease manifest.

Thanks to Dr Bush, we now know that vitamin C will reverse the condition in short order at the optimal dosage determined by CardioRetinometry.

**In 1985, two years prior to the introduction of the popular cholesterol-lowering statin drugs, the scientists who were investigating the enzymes that help the body produce cholesterol made an important discovery: *vitamin C is a powerful anti-cholesterol agent.***

"People today are under the extremely seriously mistaken impression that nobody dies of scurvy any more! These studies may prove that we are all dying faster from scurvy than hitherto suspected," said Dr Bush.

"The pericorneal vasculature, studied frequently by contact lens practitioners, shows that scurvy affects all humans some of the time and most of us most of the time. The largely unrecognised chronic subclinical form can best be diagnosed (and cured) by optometrists using sequential electronic retinal artery images and highly variable amounts of vitamin C, occasionally with other nutrients," he noted.

CardioRetinometry clearly demonstrates the relationship between vitamin C intake and "atheromas"—plaques forming on the arteries that serve the retina in the eye. Dr Bush has published before and after pictures taken with his new method and advocates the need for rigorous studies:

"The atheroma of the retinal arteries is a virtually perfect surrogate outcome predictor of coronary heart disease and will continue to be so as long as the eyes are connected to the rest of the system. The modern electronic eye camera/microscopes with high-definition magnification facility show the impacting of the cholesterol beautifully and also its redissolving into the bloodstream when the system is restored to balance. And this is seen in arterioles too small to be seen with the naked eye!

"Whilst day-to-day variations in the pericorneal vessels are a relatively easily readable 'barometer' of 'ephemeral' scurvy, especially when viewed via the slit lamp biomicroscope of the contact lens practitioner, little attention has been paid to it except by a few dedicated medical practitioners.

"The pericorneal arterioles and capillaries can be and are graded in my system of practice into ten degrees of scurvy, allowing the accurate prediction to patients of how much or little vitamin C they have been eating. The highest mark anybody has had is 94%. When I started this grading, c. 1997, I confounded my nursing staff by being able to correctly identify patients who ate no or few greens. But the same ease of observation does not attach to identification of the chronic subclinical variety. It cannot identify dietary faults in the most recent past. In a similar way, to slow build-up of vitamin E in the body fat and cell walls of the brain, it takes over a month to be sure what is happening to the cholesterol in the retinal arteries."

Dr Bush now has evidence that even calcified "hard" plaques can be reversed over the course of two years on a high vitamin C intake. This development throws a hammer into the government/Codex "recommended" daily allowance of 60 mg and the 2,000 mg maximum tolerable allowance.

"The moral of the story is to have regular examinations of the retinal arteries by a patient, suitably equipped, optometrist trained in CardioRetinometry. This is in my opinion, after five years of observation of my patients' health, the most valuable safeguard of one's cardiovascular [system] and probably many other systems, as they do not act in isolation."

## Our Path to Vitamin C and Other Discoveries

In 1994, no one knew whether Linus Pauling's high vitamin C/lysine protocol really worked. Our company, Intelisoft Multimedia, Inc., had obtained the rights to the Pauling video on heart disease and tried to promote it (see <http://www.paulingtherapy.com/>). At that time, the author had no financial interest in any nutritional product.

Years later, we realised that Pauling's close associate, Matthias Rath, apparently had not fully appreciated what Pauling had been advocating. For this reason, we took on the task of promulgating Pauling's discoveries. Tower Laboratories Corporation was willing to promote a new product with sufficiently high doses of vitamin C and lysine which matched Pauling's dosage recommendations (see <http://www.towerlaboratories.com/>).

From the beginning, the Pauling therapy began to absolutely cure the incurable—miracle after miracle. Many of these testimonials have been written and are posted at the video website PaulingTherapy.com. Yet, none of the old media printed a word about this phenomenon.

Consumer health advocate Kevin Trudeau has written a new book entitled *Natural Cures They Don't Want You To Know About* (see <http://www.naturalcures.com>). Most of the information in this book dovetails with our experience during the past decade in advocating the Pauling therapy for heart disease. Trudeau points out that it is against Federal law to tell people that a particular product cures a disease, without consent from the government. Kevin is angry, and I feel the same way.

Almost everyone in authority concerned with heart disease (except patients) knows or has been advised that Pauling's theory is undeniable and that his recommended therapy works quickly.

The safe and effective answer to the most common form of heart disease—plaques forming over weak arteries—is 6,000 mg to 18,000 mg vitamin C daily to strengthen the arteries. And Dr Pauling's invention of administering high-dose lysine—2,000 mg to 6,000 mg—resolves existing plaques. This combination appears to work in most individuals within 10 days, with the correct dosage.

The general attitude of traditional medicine is wrong and self-serving on these matters. Instead of depriving patients of a potentially life-saving therapy until the "necessary" (and, as yet, still unplanned) studies are run, doctors should be recommending Dr Pauling's therapy to all heart patients until there is evidence that this non-toxic therapy *doesn't* work. We have heard reports of cardiologists becoming livid after having been briefed on Pauling's theories by respected sources. These doctors expressed verbal frustration at their medical journals for not informing them of these developments.

## The Solution to Other Forms of Heart Disease

### • Heart Failure

Many people experience a remission from heart failure after they adopt Pauling's vitamin C and lysine therapy. However, there is much evidence that the cause of heart failure in most

**The safe and effective answer to the most common form of heart disease—plaques forming over weak arteries—is 6,000 mg to 18,000 mg vitamin C daily to strengthen the arteries.**

people is a coenzyme Q10 deficiency. This vitamin-like coenzyme is required in our fuel cells, the mitochondria, in order to manufacture the body's fuel, adenine triphosphate (ATP).

Several other vitamins are required for the human body to produce its own CoQ10, and humans are known to synthesise less CoQ10 as we age. Scores of prescription drugs, and in fact all the cholesterol-lowering statin drugs, block the body's production of CoQ10! Therefore, it can be accurately stated that these drugs, given to most heart patients, cause a form of heart disease: heart failure. The rate of heart failure has tripled, and CoQ10 experts cite studies which attribute this increase to higher dosages of statins (see <http://www.dogpile.com/info.dogpl.toolbar/search/web/an%2Bepidemic%2Bof%2Bheart%2Bfailure>).

The only recognised cure for heart failure is heart transplant. Forget Vioxx, Celebrex, Aleve, etc.: the statin drugs are an even bigger scandal.

#### • High Blood Pressure/Hypertension

Normally, blood pressure elevates during times of stress (fight or flight) for short periods. The higher blood pressure ensures that glucose and other nutrients enter the cells in order to aid response to the stress. It is also normal for high blood pressure to normalise after the stressful event passes. Generally, doctors measure blood pressure because a small narrowing of the artery has an exponential effect on hypertension. This blood pressure reading is considered an indicator of (weak) arterial plaque.

According to discussions in the *British Medical Journal*, ophthalmologists have noticed that the plaques form in microscopic retinal arteries before the onset of elevated blood pressure (see <http://bmj.bmjournals.com/cgi/eletters/329/7457/79#68348>).

Pauling's therapy is an effective treatment for hypertension, as are other nutrients such as magnesium, vitamin B6, the amino acid arginine and several other orthomolecular approaches. Health journalist Bill Sardi believes that 200 mg of vitamin B6 is more effective than many prescription drugs for hypertension (see [http://www.askbillsardi.com/sdm.asp?pg=hyper\\_1](http://www.askbillsardi.com/sdm.asp?pg=hyper_1)).

#### • Calcified Arteries

Many heart patients have hard or calcified arteries. This condition makes heart attack more likely because blood vessels are unable to dilate properly in the event of a clot or blockage. The most probable cause of excess calcium building up in the arteries of heart patients is the use of blood-thinners. These prescription medications either simulate or block vitamin K, and they are routinely prescribed.

There are over 200 Medline studies as evidence of our suspicion that this is a fact (see [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed&cmd=Display&dopt=pubmed\\_pubmed&from\\_uid=9743228](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed&cmd=Display&dopt=pubmed_pubmed&from_uid=9743228)).

High-dose vitamin K reduces calcium in soft tissues and is considered a standard treatment for osteoporosis in Japan. The vitamin acts as a hormone and helps move calcium from soft tissues into bone (see <http://www.lef.org/magazine/mag2000/feb00-report.html>).

Chelation doctors deserve great respect. Their EDTA detoxification therapy benefits many patients, but EDTA will not cure

heart disease by itself. The chelation treatments that *are* effective incorporate a supplement program which includes vitamin C.

#### • Heart Attack

Strong vitamin C/lysine-fortified arteries are less likely to rupture. If there is no rupture, there will be no clot. If there is no clot, there will be no heart attack caused by a blockage of blood to the heart.

World Health Organization researchers have discovered that low-serum vitamin E is a 70 per cent better predictor of heart attack than either hypertension (high blood pressure) or high cholesterol (see <http://www.acgraceco.com/studies/unstudy.html>).

Also, K. K. Teo and others have discovered that a magnesium injection immediately after a heart attack saved 55 per cent of those who would have died (a placebo-controlled trial; see <http://www.internetwks.com/pauling/jon.html> and *British Medical Journal* 303:1499-1503, 1991).

#### • Congenital Heart Defects and Heart Damage

We have documented extraordinary cases of patients whose damaged hearts, as measured by EKG, have returned to normal.

Harvard medical researchers found that vitamin C was the only one of 880 substances tested that caused heart muscle cells to regenerate from stem cells (see <http://www.sciencedaily.com/releases/2003/04/030401073122.htm>).

It is our experience that a good natural vitamin E with mixed tocopherols and tocotrienols (such as 2,000 IU Unique-E from A. C. Grace), in conjunction with high vitamin C as ascorbic acid, is required for EKG reversals

(see vitamin E links at <http://www.vitaminfoundation.org/vite.htm>). Such a reversal occurred in three months (see <http://www.internetwks.com/carolsmith>).

#### • Cardiology: A Real Nightmare Scenario

Heart patients have the right to be highly sceptical or even fearful of their cardiologist. With the exception of the nitroglycerine patch (see <http://www.internetwks.com/owen/suppress.htm#NITRO>), there are no standard heart medications or treatments that *do* help heart patients. (Nitroglycerine allows the body to create more nitric oxide, which dilates arteries for temporary relief of angina pain. Strangely, the FDA recently turned down an application for a new-style nitroglycerine patch; see <http://www.medicalnewstoday.com/medicalnews.php?newsid=18335>.)

In our opinion, all prescription treatments, of which we are aware, make patients worse by blocking CoQ10 or by causing rapid calcification of soft tissues, by making blood clots more likely or by raising blood pressure. Trusting patients are being taken advantage of. Heart surgery fails in 40–50 per cent of patients because the plaque quickly regrows (restenosis).

According to Discovery Health Channel, almost 40 per cent of patients on a heart-lung machine suffer cognitive dysfunction. This is one reason former US President Bill Clinton underwent a "beating heart"-style heart bypass operation which does not utilise a heart-lung machine.

**Trusting patients are being taken advantage of. Heart surgery fails in 40–50 per cent of patients because the plaque quickly regrows (restenosis).**

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**YES, THE EARTH IS EXPANDING!**

by James Maxlow, PhD © 2005

In NEXUS vol. 7, no. 6 (2000), and again in NEXUS vol. 8, no. 3 (2001), I introduced readers to the concept of an expanding Earth, whereby the Earth has been steadily increasing its radius, and hence its surface area, since the beginning of geological time some 4,600 million years ago.

My new book, outlining in detail the concept of an expanding Earth, is titled *Terra Non Firma Earth: Plate Tectonics is a Myth*. It is available in e-book format from <http://www.oneoffpublishing.com> and as a hard copy via email at [Terrellapress@bigpond.com](mailto:Terrellapress@bigpond.com).

In this book, I have simply treated our Earth as just another cosmological entity, an insignificant microdot amongst many, amidst an unimaginably vast Universe. I then looked at modern geological, geophysical and geographical evidence to see not only what has happened to our Earth since its formation, but also to see if science has in fact got the interpretation of this evidence all wrong. To me, this evidence shows that the concept of an expanding Earth is uniquely viable and represents a demonstrable global tectonic process. Similarly all geological, geophysical and geographical information, when displayed on models of an expanding Earth, substantiates an Archaean to future Earth-expansion process and far better explains this readily available physical phenomenon.

By far the single most important contribution to modern scientific understanding of the concept of global tectonics, and Earth expansion in particular, has been the completion of geological mapping and age-dating of all the continental and ocean-floor crusts. This mapping was not available to early researchers prior to the late 1980s, and has since been significantly underutilised in plate tectonic studies.

In contrast to plate tectonic studies, this mapping has enabled the assemblage of all crustal plates to be accurately constrained on models of an expanding Earth, and for the first time has enabled modelling studies to be extended back to the earliest Archaean era. It has also provided a means to define Earth

expansion mathematically, and a means to investigate an Earth expansion process mathematically throughout Earth history.

**Plate Reconstructions**

What this mapping shows is that the post-Triassic oceanic geology in particular (ocean crusts younger than about 165 million years ago) can be used to constrain latitudinally and longitudinally and assemble crustal plates on a smaller-radius Earth. Reconstruction of these crustal plates on models of an expanding Earth consistently show that each plate assembles with a single unique fit, with all plates assembling with a very high degree of accuracy along each of the mid-ocean-rift zones.

If these oceanic plate reconstructions were *mere* coincidence, then we should expect that the oceanic mapping, as well as evidence from adjoining continents, would not match across plate boundaries on models of an expanding Earth. The evidence, in fact, shows us that oceanic mapping *does* match across these plate boundaries, that all continental sedimentary basins *do* merge to form a global network of continental seas, that orogenic and fold mountain belts *do* coincide, and that ancient crustal regions *do* assemble together exactly.

This assemblage of oceanic crustal plates is shown to extend back to the Triassic period (200 million years ago), and demonstrates the viability and uniqueness of a post-Triassic Earth expansion process. This contrasts strongly with plate tectonics reconstructions for the same time interval, where assemblage of crustal plates is based on magnetic evidence preserved in crustal rocks and constrained by latitude only. Here, complex apparent-polar-wander paths are used to generate random, arbitrary, amalgamation-dispersal-amalgamation plate motion cycles on a constant-radius Earth.

The unique Earth expansion assemblage also contrasts strongly with the plate tectonics requirement to fragment continents arbitrarily in order to comply with the oceanic mapping data. It also contrasts with the requirement to dispose of huge areas of inferred pre-existing crust beneath subduction zones in order to maintain a constant surface area.

The utilisation of continental crustal geology to constrain a pre-Triassic expanding Earth crustal assemblage (continental crusts older than 165 million years ago) has never been done before. Early expanding-Earth researchers were limited simply to removing the oceans and visually fitting the remaining continents together on a smaller-radius Earth, and, as previously mentioned, plate tectonics researchers are constrained primarily by magnetic requirements, not crustal assemblage.

**Spatial Assemblage Retained**

What can be seen from the expanding Earth models (figure 1) presented in the *Terra Non Firma Earth* book is that all continental crust unites precisely to form a single pan-global crust during the Early Permian period and the bulk of the atmosphere and hydrosphere is returned to the mantle. During this time, continental sedimentary basins merge to form a global network coinciding with continental seas, and ancient continents and seas are defined by the variation in coastal outlines during Earth history.

When we progressively return these sedimentary basins to their pre-extension, pre-rift or pre-orogenic configuration on pre-Permian models of an expanding Earth (continental crust older than 250 million years), we see that the remaining crustal fragments making up our continents retain a unique spatial assemblage throughout Earth history. This unique spatial assemblage is maintained throughout the long history of Precambrian (older than 560 million years ago) and Palaeozoic (crust aged between 560 to 200 million years ago) crustal extension, prior to crustal rupture during the Late Palaeozoic era, followed by continental break-up and dispersal of the modern continents during opening of the modern oceans.

Again, this unique assemblage of all crustal fragments on models of an expanding Earth demonstrates that Earth expansion, extending back to the beginning of the Earth's geological past, is again viable. What these Archaean (crust older than 2,500 million years) to present-day models demonstrate is that, rather than being a random, arbitrary, amalgamation-dispersal-amalgamation crust-forming process (as we are currently led to

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believe), crustal development on an expanding Earth is instead a simple, evolving and predictable crust-forming process.

It is significant to reiterate that on models of an expanding Earth, each of the established Precambrian and Palaeozoic crustal assemblages merge together to form a global network of sedimentary basins on a common pan-global crust. The mergence of each of these crustal settings shows us that global crust-forming processes—such as sedimentary basin extension, crust mobility, orogenesis, mountain building, distribution of metals, and so on—all correlate precisely with the overall development of the crust.

In my book, I show that the global network of sedimentary basins from each of the continents also unites to form a global network of crustal weakness, operating throughout the Precambrian and Palaeozoic eras. It is within this network of global crustal weakness that crustal extension—generated during ongoing Earth expansion—is focused, as well as ongoing crustal mobility, mantle-derived heat flow, magmatic activity, crustal rupture, continental break-up and the eventual opening of each of the modern oceans.

On my expanding Earth models, this break-up of the ancient continental crust results in a disruption of the established polar ice-caps, a disruption of the ancient continental seas, changes to sea levels and a disruption of established climatic zones. These disruptive changes in turn affect plant and animal species' habitats and drive the evolution of these species, their long-term decline or their periodic extinction.

I also show that when imposed constant Earth surface area and constant Earth radius premises are removed from geophysical observations, these same geophysical observations, when applied to models of an expanding Earth, demonstrate that the data are consistent with an expanding Earth. Similarly, geographical and biogeographical information, when applied to expanding Earth models, aptly quantifies crustal development on an expanding Earth and quantifies the locations of the ancient magnetic poles and equators determined from the unconstrained geophysical data.

The application of ancient magnetic measurements to models of an expanding Earth shows us that all ancient magnetic poles cluster as diametrically opposed north

and south poles on each model constructed. This diametrically opposed clustering of poles is impossible on conventional plate tectonics reconstructions, where pole data are instead used to generate complex apparent-polar-wander paths. When used to determine an ancient Earth radius, this same magnetic evidence, traditionally used to negate Earth expansion, in fact *confirms* Earth expansion.

An interrogation of published space-based geodetic solutions to the Earth's geodetic network, while shown to be non-conclusive, also suggests that raw observational satellite data are being routinely constrained to a static-radius Earth, thus precluding their relevance to Earth expansion.

While published geodetic measurements are routinely quoted to sub-centimetre accuracy, large unexplained fluctuations in Earth radius for most observation sites throughout the world tell us that mathematical solutions to the present Earth radius are not as sufficiently well constrained for use in vertical plate motion studies as they are for horizontal motions. For horizontal plate motion studies, published results for current-day horizontal motion of the major plates are shown to be close to the million-year average-motion

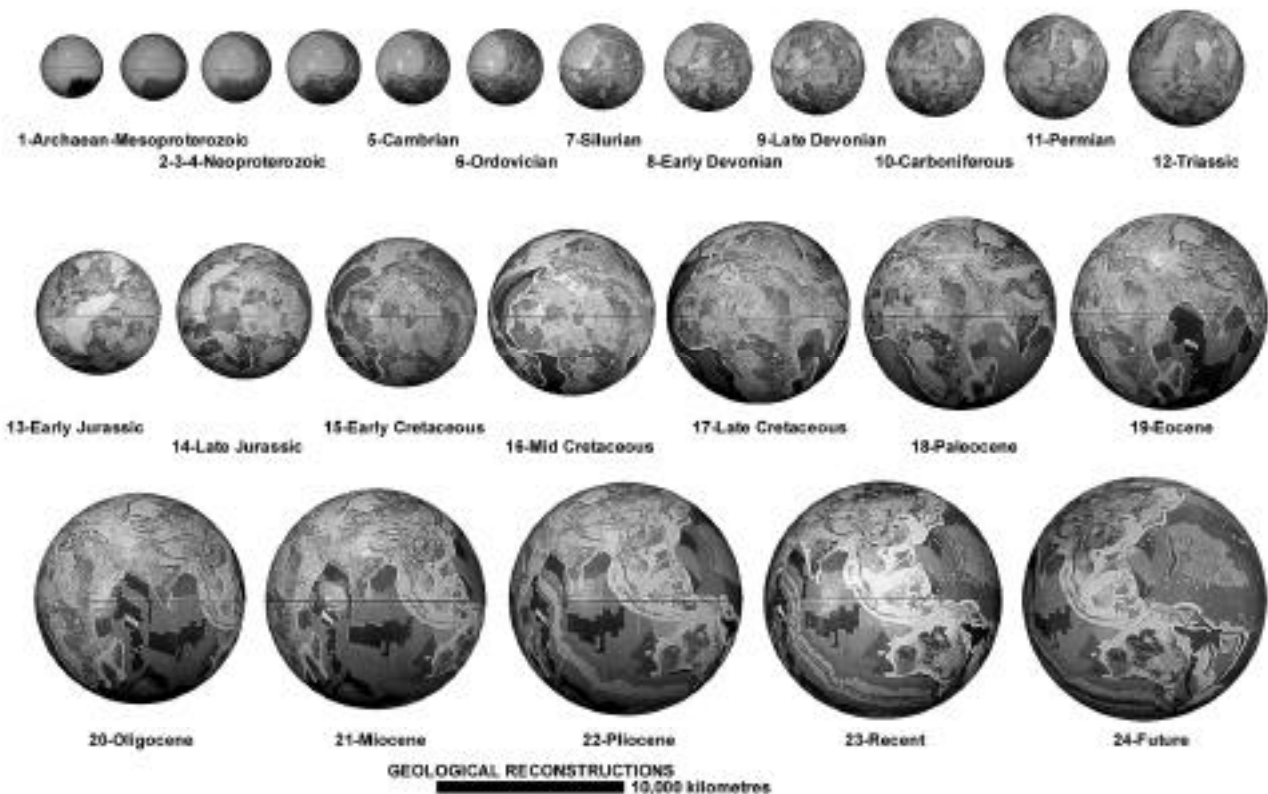


Figure 1: The complete range of spherical Archaean to future expanding Earth geological models constructed. The models show the relative increase in Earth radii through time, and show both the continental and oceanic geology. The models range in age from the Late Archaean to the present day, and the final model (no. 24) is projected five million years into the future.

vectors determined from oceanic mapping. This conclusion is consistent with Earth expansion, and in fact forms the basis for model construction.

## Ancient Seas and Supercontinents

When I plotted the published coastal geography on expanding Earth models, I saw that the large, ancient Panthallassa, Tethys and Iapetus oceans of plate tectonics are not present on a smaller-radius expanding Earth. Instead, this same coastal geography defines the presence of more restricted continental Panthallassa, Iapetus and Tethys seas, which, on an expanding Earth, represent precursors to the modern Pacific and Atlantic oceans and the emergent Eurasian continent.

From this coastal geography, the emergent land surfaces on models of an expanding Earth equate to Rodinia, Gondwana and Pangaea—the assemblages of supercontinents and smaller sub-continents of plate tectonics theory. Instead of fragments of these ancient continents randomly colliding, breaking up and dispersing to reassemble arbitrarily as new supercontinents, the coastal geography on the expanding Earth models demonstrates an evolutionary development of each of the ancient continents throughout Earth history.

On each expanding Earth model, this evolutionary development of the ancient supercontinents is found to be intimately related to changes in sea level, with no requirement for random continental assemblage or crustal break-up. What the coastal geography shows is that the outlines of emergent supercontinents are intimately related to changes in the outlines of continental sedimentary basins, to changes incurred during crustal mobility, to climate changes, and to changes in sea levels as the modern oceans developed and rapidly opened to the present day.

## Distribution of Species and Minerals

When examples of faunal and floral species are plotted on expanding Earth models, the distributions illustrate the ease and simplification of migration and species development. These cosmopolitan and provincial distributions and inter-relationships are maintained without the need for complex plate tectonic continental assemblage-dispersal requirements. This contrasts strongly with plate tectonics reconstructions, where assemblages and movements of the continents do not correspond to the known or necessary migration routes required by the established species distribution boundaries.

During continental break-up and opening of the modern oceans on an expanding Earth,

the traditional migration routes of the various species are then shown to be disrupted, enabling species endemic to the various regions to interact and extend their boundaries with time. The timing of species development is then shown to be reflected intimately in the changes to sea level and the opening of the modern oceans. This timing either facilitated species migration by extending and expanding on existing migration routes or caused species extinction because of failure to adapt to the changing conditions.

The distribution of climate-dependent rocks (such as limestone, coal and glacial rocks) as well as biotic species shows that these rocks and species coincide precisely with the climatic zones expected on an expanding Earth. Each of these climatic indicators also displays a distinct latitudinal zonation, paralleling the ancient equator, and a distinct northward shift in climatic zonation, suggesting that an inclined Earth rotational axis—inclined to the pole of the ecliptic—was well established during the Palaeozoic era and has persisted to the present day.

The distribution of metals and petroleum products on an expanding Earth also shows global clustering into distinct provinces, and the timing of formation coincides with well-established global tectonic events. The recognition of these ancient metal and petroleum provinces on the present Earth is shown in the book to enable mineral search and genetic relationships to be extended beyond their known localities. The distribution of metal deposits and the nature and styles of mineralisation in time and space also suggest that there has been an evolutionary trend in the concentration of metals as well as in the diversity of the various types of mineral and petroleum occurrences.

## A Causal Model for Earth Expansion

To round off the investigation into the concept of an expanding Earth, I was then compelled at least to speculate on a causal model for Earth expansion. It is emphasised that, while speculative, this does not in any way detract from the vast amount of empirical global geological, geophysical and geographical evidence presented in the book to support Earth expansion.

It is an unfortunate human trait that requires us instinctively to want to know or at least comprehend the cause well before the evidence, which far too often blinds us from fully understanding the physical evidence available to us. This is equally true for Earth expansion as it originally was for plate

tectonics, where for a long time plate tectonics was rejected by science because of a lack of a suitable cause for crustal or plate motion.

The proposed causal model for Earth expansion presented in my book involves the generation of and an increase in mass within the core. This new matter accumulates at the core–mantle interface and the increase in volume results in a swelling of the mantle. Mantle swell is then transferred to the outer crust as continental crustal extension and also extension along the mid-ocean-rift zones. This matter-generation process is considered ultimately to result in a decay of the matter-formation process within the core and cessation of expansion with time.

So, what does the Earth really have to say? The evidence presented in my book tells us that an expanding Earth is indeed a viable and demonstrable global tectonic process. At no stage was any fundamental physical law, apart from human comprehension, violated during this investigation. I simply removed what was not previously there (young crustal rocks), to end up with a primitive Earth comprising an assemblage of equally primitive crustal components. I then simply displayed published physical evidence on the expanding Earth models created, and all of this evidence was shown to complement each other and substantiate an Earth expansion process.

While this evidence is compelling, it certainly makes me wonder why we continue to allow modern science to constrain our thinking to a static-radius Earth model. As I show in my book, the physical data suggest that the static-radius Earth of plate tectonics is a myth and that our Earth is, in reality, a *terra non firma* expanding Earth.

## About the Author:

Dr James Maxlow is a geologist with over 30 years' field exploration/mining experience. He gained his Master's degree in geology in 1995 and in 2002 was awarded a PhD in geology, majoring in global tectonics. He is principal researcher with Terrella Consultants, based in Western Australia, and senior project geologist with Newcrest Mining Ltd. He was a speaker at the NEXUS Conference in Brisbane last September.

To obtain a copy of Dr Maxlow's book *Terra Non Firma Earth* (see review this issue), email Anita Maxlow at Terrellapress@bigpond.com or purchase an e-book version from <http://www.oneoffpublishing.com>.

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# PAST LIVES, FUTURE LIVES AND THE NATURE OF TIME

*Under a rational  
spiritual worldview  
based on modern  
scientific research  
into past and future  
lives, karma  
involves choices  
and learning rather  
than predestination  
and reactions to  
past events.*

by Ian Lawton © 2005

Website:  
<http://www.ianlawton.com>

When I was writing my second book, *Genesis Unveiled*, I adopted a broad spiritual worldview based on the twin ideas of reincarnation and karma as the framework within which the ancient global traditions about humanity's prehistory should be interpreted. And this set off an interesting chain of events. First, my publisher insisted that a few footnoted references as evidence for this worldview were insufficient, which forced me to undertake some late additional research so that I could insert a whole new chapter containing said evidence at the beginning of the book.

I was already hugely impressed by the research performed by psychologist Ian Stevenson, from the University of Virginia, into children who spontaneously recall past lives. But I also discovered, somewhat by coincidence, the work of Californian psychologist Michael Newton. At the time, I was somewhat sceptical of past-life regression in general, assuming as do so many others that it is too subjective a line of research, with too great a possibility of subjects being actively led by their regressor. But what attracted me about Newton's work was the consistency with which his subjects described the *interlife*, or their "life between lives" in the ethereal realms. Moreover, his transcripts of sessions seemed to preclude any significant possibility of subjective leading, inasmuch as subjects regularly laughed at or even scolded him if he said something they thought ridiculous or inaccurate.

Then, when *Genesis Unveiled* was published in 2002, I found that a great many people were fascinated by the evidence in this new chapter. My appetite whetted, and again with a series of fortunate coincidences, I soon established that a number of other pioneering psychologists and psychiatrists had researched the interlife, many of them before Newton, and with broadly consistent results. No one seemed to have collated and compared this research before, so I felt that this was an important book that needed to be written.

A variety of other factors have come into play since then. I decided to go back to basics and write a book that contained all the evidence in support of a reincarnatory worldview, even including vital near-death-experience research that turned out to provide some important corroboration of interlife experiences. On proper investigation, I also found that I had been wrong to write-off general past-life regression, for two important reasons that we shall examine shortly. So on the one hand, and unpremeditated, I found that I was building a basic spiritual framework based entirely on modern evidence rather than on "revealed wisdom". On the other, it became increasingly obvious to me that materialists' attempts to explain away these various lines of research were totally inadequate—indeed, completely *illogical* given the breadth and depth of evidence on the table. Although I had flirted with the idea before, this is what convinced me that coining the term "*rational spirituality*" was entirely appropriate.

However, later on, in the final review stages of the book, I found that I was still struggling with the dynamics of karma and the idea that it is based upon some sort of "action and reaction" or "reaping what you sow". After much confusion and deliberation, I came to what I feel to be a vital conclusion concerning the inappropriateness of this view, as I shall explain shortly. But again, this cemented my desire to distance the spiritual framework I was developing from any revealed wisdom of the past.

*The Book of the Soul: Rational Spirituality for the Twenty-First Century*, my latest book, was published at the end of 2004. In this article, I intend to summarise the evidence and analysis relating to reincarnation and karma, all of which can be found in the book with appropriate source references.

## Past Lives, Reincarnation and Karma

Almost single-handedly over several decades, Ian Stevenson pioneered research into children who spontaneously recall past lives. Only now, in semi-retirement, is he starting to achieve the recognition he so richly deserves. Many of his cases involve verifiable details that are so obscure they could not have been obtained by normal means, unless deliberate collusion and deception were involved—and his methodology has been deliberately designed to spot these and other suspect motives.

To summarize just one of his more impressive cases, from an early age Swarnlata Mishra spontaneously recalled details of the life of another Indian girl called Biya Pathak, who had lived in a separate town some way away from her present home and whose family was eventually traced. Stevenson found that, in all, she made 49 statements about her previous life, only a few of which could be regarded as in any sense inaccurate and 18 of which were made before there had been any contact whatsoever between the two families.

These statements included identifying former family members, sometimes while being actively *misdirected*, coming up with little-known nicknames and even disclosing to her former husband that he had taken 1,200 rupees from her money box—something known only to the two of them. There are many more similarly impressive cases in Stevenson's files.

If we now turn to past-life regression, its value as a proof of reincarnation lies in two main areas. The first and most obvious again involves cases in which historical details emerge that are not only verifiable but also are so obscure that they could not have been obtained by any normal means—and, again, in which the possibility of deliberate deception is so remote as to be negligible.

Some of the finest examples come from Australian psychologist Peter Ramster's research, which has certainly not had the ongoing exposure, at least outside of Australia, that it undoubtedly deserves. Ramster became so intrigued by the past-life memories of several of his better subjects that he decided to take them to Europe where these lives had supposedly taken place and which they had never before visited in their current life. He also put together a documentary film crew to record the events under controlled conditions.

One of his finest subjects was Gwen McDonald. She initially remembered a number of obscure details of the 18th-century life of a girl called Rose Duncan, who lived in Glastonbury, England. When she was brought to England, local historians and residents verified all these details—including obscure or obsolete names of places and people, obsolete elements of local dialect, and details of houses and other buildings as they had existed in the 18th century.

Most stunning was her insistence that she had been taken to a cottage whose floor stones had been stolen from Glastonbury Abbey; one of them had an obscure carving on it, which she had sketched while still in Sydney. When she led them to what was now a dilapidated chicken shed and after they swept away the

decades of droppings, there was the carving exactly as she had drawn it! Again, Ramster and others provide many more similarly impressive cases.

The other way in which past-life regression provides impressive proof of reincarnation is in those cases that involve dramatic therapeutic benefits. Many of the pioneering past-life therapists, whose work blossomed in the 1960s and 1970s, were scientifically trained psychologists and psychiatrists but most of them were initially of a sceptical or atheistic persuasion. These pioneers included Alexander Cannon, Denys Kelsey, Morris Netherton and Edith Fiore (see *The Book of the Soul*).

The regression technique had been used sporadically for decades beforehand, but it appears that these therapists discovered it independently and more or less by accident, often when regressing patients into their childhood. Imprecise commands are taken literally by those under hypnosis, and when the patients were asked, for example, to "go back further", they suddenly began describing events that could not have related to their current life.

Intrigued, the pioneers experimented further and found in many cases that severe psychological and psychosomatic disorders—which had remained virtually untouched by years of conventional therapy—were completely alleviated, sometimes after only a few sessions of past-life therapy. And the therapy was successful irrespective of whether or not the patient or, for that matter, the therapist believed in reincarnation. It was this universal experience that convinced all of the pioneers that this was no mere placebo effect, and that reincarnation is a reality.

But even if materialists are completely unable to explain these various types of evidence satisfactorily, are there alternative paranormal explanations that do not involve reincarnation? One suggestion is that subjects are tapping into ancestral memories passed on in their genes. But many past lives are

found to be close together and yet to involve different continents or even races, at a time when people were generally not particularly mobile. Moreover, many of Stevenson's cases involve lives separated by only a few years, in which the two families involved are demonstrably *not* genetically linked.

The other potential paranormal explanation is that the subjects are tapping into some sort of universal memory or consciousness, and that the past lives accessed in this way do not belong to the individual concerned. But therapeutic results could never be obtained if this were what was happening. In addition, most cases of past-life regression show clear karmic linkages between lives that are personal and individual.

Nowhere is this more evident than in the most extraordinary cases investigated by Stevenson—those of children born with unusual birthmarks and defects. By investigating post-mortem reports and so on, he found that in a number of cases the birthmarks and defects corresponded exactly to the wounds that killed the previous personality the child claimed to have been and for whom other verifiable data had been given.

**But even if materialists are completely unable to explain these various types of evidence satisfactorily, are there alternative paranormal explanations that do not involve reincarnation?**

Not only do they support the idea of the reincarnation of the individual soul, but in fact these birthmark and defect cases also provide the most convincing evidence that historical ideas of karma are inappropriate—even though their importance as pointers to karmic dynamics has not been properly picked up on before, and certainly not by Stevenson himself because he has always kept himself professionally removed from any pronouncements about the more far-reaching implications of his research. The subjects find themselves with what appears to be a physical "punishment" in their current life, and yet they were usually quite innocent *victims* in the previous one. How can that represent a karmic process of "action and reaction"? The answer, I have concluded, is that it does not.

Modern interlife research shows that more advanced souls not only conduct detailed reviews of their past lives, but also plan their next ones. And even when they choose adverse circumstances, such as physical disability or financial or emotional deprivation, they do so to *progress* their karma as part of a *learning* experience. But this research also shows that less-advanced souls often ignore all review and planning advice in the interlife, and as a result their lives tend to exhibit *repetitive* patterns.

However, even when as a result they repeatedly face similar adverse circumstances, the purpose is to give them another opportunity to *learn* the lesson that has escaped them in the past—and not because of some sort of karmic punishment or dynamic of action and reaction. The most crucial test is to properly assimilate strong negative emotions of hatred, fear, jealousy, revenge and so on, either during incarnate life or in the interlife, so that these emotions no longer hold their restrictive karmic charge.

The unfortunates in the birthmark and defect cases arguably seem, through having no proper interlife experience, to have retained rather than diffused emotions of such power from their last life that they were imprinted on their next body—although these might serve constructively as reminders that they have emotions from the past that need sorting out.

So my strongest conclusion from an analysis of the modern evidence is that karma and karmic progression are all about learning and experiencing both sides of every coin. There is no karmic law of action and reaction, and in fact this aspect of the revealed wisdom of the past is not just misleading but positively harmful.

Meanwhile, to place all this in its full context, the historical notion that the aim of all souls is to advance sufficiently to "escape from the earthly karmic round" is more or less correct, except interlife research also indicates that this is just a preliminary step—and even after this, there is considerable further learning and development to be undertaken in the ethereal realms.

## Future Lives and the Nature of Time

A few hypnotherapists have experimented with *progressing* their subjects into future lives. The first research was undertaken by Californian psychologist Helen Wambach, and was continued after her death by her protégée Chet Snow. It followed her pioneering work in regressing groups of subjects all at the same time, and the same protocol was partly used for the progressions.

The first point of note is that both Wambach and Snow appear to have been aficionados of the work of Edgar Cayce, the so-called "sleeping prophet" who predicted in his trance readings that there would be catastrophic "Earth changes" in various parts

of the world some time between 1958 and 1998. Snow's own detailed individual progressions with Wambach, conducted in the early 1980s but concentrating on his life in the late 1990s, appeared to bear out Cayce's predictions—which, of course, we now know have not come to fruition, at least at the present time.

Their subsequent group sessions, in which subjects were given the chance either to regress or to progress far further into a future life—in either 2100 or 2300—in

some ways appeared to bear out the idea of a global catastrophe occurring some time in the late 20th or early 21st century. But they also contained many developments, including extraterrestrial contact, that would arguably be expected from anyone who had ever watched a few science fiction or catastrophe movies.

The other main hypnotherapist to have experimented with individual progressions is again Californian: Bruce Goldberg. Certainly some of his case studies contain details at least as comprehensive as those in impressive regression cases, but he sometimes progressed his patients considerably further. On one occasion, he took a woman to her life in the year 3015. To summarise his somewhat confusing ideas, he argues that each future life is not totally predetermined and can have one of five "alternative frequencies", described as ranging from "very bad"

A few hypnotherapists have experimented with progressing their subjects into future lives.



"I'll do a discount on this baby because the battery pack doesn't charge up fully. However, you'll only be able to travel into the past or future about twenty minutes."

to "excellent". From a therapeutic perspective he insists that if a patient has a bad progression, he merely reprograms them to have one of the more pleasant versions. However, each of the alternatives involves the same person with the same broad circumstances.

So are future-life progressions in any sense reliable? Certainly the evidence is slim, and we know from Snow's predictions that they are not entirely accurate, not least in regard to their specific timing. But then, nor are many past-life regressions, which can involve elements of imagination and other information interwoven with genuine recall. However, the impressive level of detail in some of the progression cases suggests that we should not write them off completely without further consideration. But if they are at all accurate, what does that tell us about predetermination versus choice, and indeed about the nature of time itself?

In common with many others who like to question our conventional assumptions about time, both Snow and Goldberg mention Einstein's theory of relativity in what appear to be attempts to suggest that it does not operate in a flowing linear fashion—that is, *from* the past, *through* the present and *into* the future.

But I would argue that both are somewhat misrepresenting this theory. It is true that Einstein proved that space and time are not independent of each other and that, because light takes time to travel over long distances, events can only be described with complete accuracy by knowing the combined space-time coordinates of the observer. This is best illustrated over the massive distances encountered in outer space. To take the most extreme example, galaxies in the furthest reaches of our universe can now be detected by modern space telescopes. Because of their distance from us and the time it takes for the visible light they emit to get to us, what our astronomers are observing is the state of these systems as they were many billions of "light years" ago—that is, much closer to the point when the physical universe came into being. But this does *not* imply that time does

not flow as a linear phenomenon; it merely indicates that it can only be measured *relative* to the position of the observer.

Nevertheless, on the face of it, this theory suggests that we cannot objectively define anything called "now" because that moment is indeed relative to the observer. But this is a red herring for the type of analysis that is relevant here, especially because modern science—via the EPR [Einstein–Podolsky–Rosen] experiment and Bell's theorem, for instance—has also proved beyond doubt that other forms of non-light-based communication occur not only faster than the speed of light but in fact instantaneously. So, for example, if I were sufficiently advanced to be able to develop a telepathic rapport with an extraterrestrial on a planet 10,000 light years away and I asked them what they were up to *now*, they would not translate this into the context of visible light delays and try to tell me what they were doing all that time ago. Indeed, such an experiment would test their past-life memory to the full. Instead, they would

understand that in the instantaneous world of telepathic communication, their now is exactly the same as mine. So it is perfectly acceptable to use the concept of a universal "now" when we are operating in areas that are clearly beyond the normal constraints of the visible, physical world.

On that basis, I would propose that we think of time operating something like this. The past, present and future do exist as separately linked linear concepts, so that cause and effect do occur. However, there is a sense in which the future has already happened. Or perhaps it is better to say that a virtually infinite number of futures have already been *envisaged* but have not *happened* in any physical sense.

To understand what I mean by this, I need to refer to a consistent idea that emerges from interlife regression research, which is that at least reasonably advanced souls choose and plan their next life to give themselves the best opportunities for advancing their karma. In no sense are the snapshots of a potential next life, which some souls see, so fixed that they are totally predetermined. But they do represent major *probabilities* for that life, or sometimes lesser alternative *possibilities*.

So let us imagine that we can freeze time at a particular now, when one particular soul is seeing the next life they might lead and a number of major probabilities in that life as if it were already happening. This represents the most likely outcome if they intuitively follow their life plan and recognise the various triggers that will be provided to help them. But their life plan interacts closely with the plans of a number of other souls, especially those in their "soul group". And the life plans of particularly more removed souls will interact with a completely different group of souls that must then be considered in this version of the future. In fact, especially now that we live in times of extensive global travel and communication, it is almost certain that we could extrapolate with ease the connections in our original soul's life plan to every other soul on Earth. But these connections would not just stop when our original soul dies in that life.

They would carry on into the future *ad infinitum*. And this future of life on Earth would almost certainly at some point allow for space travel and colonisation as major probabilities, thereby connecting it to the future of every other inhabited planet in the Universe.

So we can see just how complex and all-encompassing this version of the so-called future would have to be. I would suggest that this means there is a sense in which this future does already exist, in the exact detail that it is envisaged at this "now" point by the "time master" souls who, regression subjects report, coordinate and supervise the next-life planning process. But the real complexity occurs as soon as we move away from this particular now and onto a new one.

It is obvious that, even in the split second it has taken you to read the last few words, millions of decisions that were not part of people's original life plans have just been made around the world.

**In no sense are the snapshots of a potential next life, which some souls see, so fixed that they are totally predetermined.**

These effectively infinite and continuous adjustments to the most probable future are totally overwhelming to our mortal minds, but from all the evidence we have been given by our pioneers we must assume that they are well within the compass of the time masters who control the process. This is arguably the closest we might get to understanding the real meaning of the common suggestion that all possible futures occur in parallel universes.

So what are the implications of this analysis? The past is indeed fixed, and cannot be altered—at least not in the context of the fully interactive physical plane. But the future is not. At any one "now" point, there is only one version of the future that is most probable, but it changes almost instantaneously based on decisions taken by individual souls from moment to moment.

So no one will ever *experience* this particular version of the future in the physical realm because it will never happen exactly like this. But at our fixed point in time it nonetheless *exists* as a *conception* of the time masters.

I would therefore argue that at any "now" point it would be at least theoretically possible to progress a subject hypnotically so that, with varying degrees of clarity, they see the most probable version of the future as it is conceived by the time masters at that point in time. But would they be seeing their own *individual* future, or just a more general snapshot? If progressions are at all reliable, which is arguably a big "if", then the level of detail provided in some cases would suggest that the subjects must be seeing their own individual future lives as they stand at that point, even far into the future.

### Conclusion: The Future of Humanity

I hope I have shown that a spiritual worldview based on the twin concepts of reincarnation and karma is arguably the most logical we can adopt given the huge breadth and depth of modern evidence available to us. Moreover, karma most assuredly does not involve predestination and reactions to past events, but instead involves choices and learning.

But it is precisely for this reason that we would not expect attempts to progress people into their future lives to have any real validity. On a prosaic evidential level, if attempts to see further ahead in *this* life are not particularly accurate, to attempt to progress into *future* lives is likely to be even more fruitless. But from a philosophical perspective, if we could predict the future with any great accuracy, free karmic choice would go out of the window—and everything else we know from modern regression and other evidence would have to go with it.

Joan Grant echoes this view in her first autobiographical account of a past life, *Winged Pharaoh* (published in 1937), with a poetic beauty superior to anything I could achieve:

*The past is fixed; that which has happened cannot be changed. But every action changes a future that is fluid and can be modified in a past that is lasting. Your next day or the next life you will be born in is like your mirrored image in a pool: at any moment you can check what the pool of your future looks like, but through your own free will you can make storms rage over it or make waves on its peaceful surface. That is why so few forecasts bear out.*

Finally, it is fitting that we should consider what all this might mean for humanity as a whole. If we imagine our collective future as represented by the branches of the ubiquitous tree of life, one route through it may take us more or less directly towards the more spiritual existence that many think is our ultimate destiny. Another route may be much more tortuous and winding, but it may still, eventually, emerge into the light of the Sun. But I do not think we can be foolish enough to ignore the fact that some branches will wither and die, trapped in dense foliage before they get to the sunlight. Because of karmic choice and free will, these *are* all possible courses for the future of humanity.

**But they do represent major probabilities for that life, or sometimes lesser alternative possibilities.**

If we were to end up taking a dead end and destroying our magnificent planet, it would be a terrible indictment on our ability to treasure our physical birthright. But, even then, most Earth-connected souls would in all probability transfer over to other inhabited planets—to continue with the ultimate quest of the transcendent evolution of all souls, wherever their temporary physical home might be.

### References and Notes

- Lawton, Ian, *The Book of the Soul: Rational Spirituality for the Twenty-First Century* (Lawton Publishing, 2004); see especially chapters 3 to 8. Note also that I discuss the idea of psycho-spiritual "feedback loops", by which mechanism "time" might be conceptualised as running both concurrently and consecutively all at once, in a separate paper on my website at <http://www.ianlawton.com/bosmisc2.htm>.
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### About the Author:

Ian Lawton was born in 1959. Formerly a chartered accountant and IT consultant, he turned his back on the commercial world in his mid-30s to become a full-time writer-researcher specialising in ancient history, esoterica and spiritual philosophy. His first two books, *Giza: The Truth* (1999, co-written with Chris Ogilvie-Herald; see review in NEXUS 7/01) and *Genesis Unveiled* (2002; see NEXUS 10/01), were published by Virgin and have sold over 30,000 copies worldwide. Through them he has gained a considerable reputation for adopting a scholarly and logical approach, even to the spiritual aspects of his research, and he has lectured extensively in the UK and USA. In 2004 he published his third book, *The Book of the Soul* (Lawton Publishing), the critical acclaim for which led him to found the Rational Spirituality Movement; see <http://www.rsmovement.org>.

For more details or to order the book direct, visit Ian Lawton's website at <http://www.ianlawton.com>.



# THE PROPHECIES OF MITAR TARABICH

*Nineteenth-century  
Serbian peasant  
Mitar Tarabich  
made some  
uncannily accurate  
predictions for the  
19th and 20th  
centuries, so only  
time will judge how  
his prophecies play  
out for the 21st  
century.*

Editing and Commentary  
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**M**itar Tarabich (1829–1899), an illiterate peasant from the small Serbian village of Kremna, experienced occasional prophetic visions. Being a religious person and having a local Serbian orthodox priest for a godfather, he told this priest about his episodes of "seeing into the future".

The priest, Zaharije Zaharich (1836–1918), wrote down everything in a small notebook, which was damaged by fire in 1943 when his family home was destroyed by the occupying Bulgarian Army. This text is now in the possession of the family of Zaharich's great-grandson, Mr Dejan Malenkovich. Tarabich's prophecies were literally very straightforward, unlike the prophecies of Nostradamus (1503–1566) that seem to be encrypted with the latest 1,024-bit encryption technology.

Tarabich's best-known prophecy has to do with a series of political events in 19th-century Serbia. He predicted a sequence of events, spanning a course of decades, that eventually led to the removal of the ruling Obrenovich family from the Serbian royal throne. This prophecy came to be known in the Balkan region as "the Black Prophecy", and it played out as predicted.

You should note that Tarabich's words are translated from Serbo-Croatian and that the translation is not necessarily in its final form. You may notice that some of the phrasing in the quotes is awkward and rough; this is an accurate reflection of his rural accent. Tarabich's words come from conversations with his godfather Zaharich, so you should be aware that any references to "you" or "your descendants" relate to Zaharich (the priest) specifically. When Tarabich says "us" he means the Serbs, but he does not distinguish between Croats, Serbs, Slovenians, etc. To him, anyone who spoke his language was a Serb. Perhaps it is also important to note that we don't really know how much of Tarabich's prophecies was influenced by his own opinion. Some of the adjectives used to describe the people and events he saw could be a reflection of his "peasant-like" interpretation of those events (examples: intelligent, brave, honest, horrible, calamity, etc.).

## **Predictions and Events up to the End of World War I (1903–1918)**

*"After the assassination of the king and queen [Alexander and Draga Obrenovich], the Karageorgevichs will come to power. Then we will again start a war with the Turks. Four Christian states will attack Turkey, and our border will be on the River Lim. Then we shall finally conquer and avenge Kosovo."*

Historical Facts:

- 1903 – Alexander and Draga Obrenovich were assassinated by their own guards, and Petar Karageorgevich became the ruler of Serbia.
- 1912 – The First Balkan War erupted between the Balkan Alliance (Serbia, Greece, Bulgaria and Montenegro) and Turkey (Ottoman Empire). The Balkan Alliance won, and Serbia moved its border up to the River Lim. Serbia gained Kosovo from the Turks.

*"Soon after this war, another war will start...the Big War in which a lot of blood will be spilled. If that blood were a river, a huge stone of 300 kilograms would roll in its current easily. A mighty army from across a river, three times bigger than ours, will attack us... They will destroy everything on their way. They penetrate deep into our land... Hard times will come upon us... Our army will almost give up, but then suddenly an intelligent man on a black stallion will take command and cry out, 'Forward to victory, my people! Forward, brother Serbs!' Our army springs to life. Its fighting spirit wakes up and the enemy is chased away across the river..."*

#### Historical Facts:

• 1914 – The Austro-Hungarian Empire started a war against Serbia after a Serb nationalist, Gavrilo Princip, assassinated the heir to the Austrian throne, Archduke Francis Ferdinand, and his wife in Sarajevo. This regional war soon developed into World War I (with 32 nations involved). In the beginning, Austria conquered the northern and central parts of Serbia easily but when General Alexander Mishich—the man on a black stallion—took command, the Serbian armies were able to repel the Austrian invaders back across the River Drina until October 1915.

*"Then an even greater army will come from the north and run over us. Our land will be devastated. We will be dying of hunger and sickness in great numbers. For three years, Serbia will live in total darkness. During that time, our wounded army will be abroad. They will stay in a place surrounded by the sea and will be fed and nursed by friends from over the seas. Then, their wounds healed, they will come back home in ships. They will free Serbia and all of the territories where our brothers live."*

#### Historical Facts:

• The Germans started their attack from the north and by December 1915 had defeated the Serbs. The Serbian Army and Government fled to the Greek island of Kérkira (Corfu) in 1916. There they regrouped, and after a full recovery they sailed for Salonika where they formed a new front with other allied armies. After much heavy fighting, Serbia was finally free and reunited with the other southern Slav nations (Croats and Slovenians), whose territories had been part of the Austro-Hungarian Empire. During the German occupation, a large number of people in Serbia died of hunger and sickness.

*"I will tell you one more thing, father: the invading army will come to Kremna exactly on your baptismal day, stay for three years and go away on the same day they came—St Luke's Day. But you will not see the end of the war. In the last year of the world's big carnage, you will die. Both these wars, the one with the Turks and the big one when the whole world will be at war, will take away two of your grandchildren—one before, and the other after your death."*

#### Historical Facts:

• The Germans entered Kremna on St Luke's Day, and the village was liberated on exactly the same date three years later. Zaharije Zaharich died in 1918, the last year of World War I, which also took the lives of two of his grandchildren—one before, and one after his death.

### Predictions and Events up to the End of World War II (1918–1945)

*"Listen to me, my good father: after the first Big War, Austria will disappear and Serbia will be as big as a real kingdom. We will live together with our northern brothers."*

#### Historical Facts:

• 1918 – The Austro-Hungarian Empire was dissolved. In December 1918 a new State, officially titled the Kingdom of the Serbs, Croats and Slovenes, was proclaimed. It was constantly riddled with economic, social and political problems caused

mostly by conflicts between various nationalistic political parties.

*"For some years we shall live in peace, love and prosperity. But it will not last for long. A venomous hatred will come into our people... Blood is spilled...horrible! I do not know when or why, but it is probably because of this hatred."*

#### Historical Facts:

• Serbian domination of the government and a multiplicity of political parties, and denial of autonomy to the Croats, Slovenes and other minority groups, engendered intense political strife in the kingdom. Under the guidance of Stjepan Radich, the Croats and their allies systematically struggled against the centralist system and leadership. The first phase of the struggle ended when, in June 1928, a Montenegrin deputy in the national Parliament fatally shot Radich and two of his parliamentary colleagues. In retaliation, the Croats withdrew from the Parliament and organised a separatist regime, with headquarters in Zagreb. Civil war seemed imminent, but in January 1929 King Alexander (the Serbian king) suspended the 1921 constitution, dissolved Parliament and all political parties and assumed dictatorial control of the government. The king, thus hoping to impose national unity, subsequently abolished the traditional provinces and changed the name of the State to the Kingdom of Yugoslavia ("Land of the South Slavs").

*"Then the one who sits on the throne of our kingdom is killed. He will leave behind a widow and orphans. A relative of his will replace him on the throne, and he will try to rule justly and take good care of his cousin's children. But people do not love him, and he is accused of being an unjust ruler. He is dethroned and imprisoned by his army. His life will be saved by*

*England's king and queen. Then, on the empty throne, our killed king's boy sits. But he will rule only for a few days. He will be taken by his soldiers over the seas because our kingdom is again invaded by a foreign, evil army. All of Europe is under the rule of the crooked anti-cross."*

#### Historical Facts:

• On 9 October 1934, a Macedonian terrorist connected with Croatian separatist groups assassinated King Alexander, then in France on a diplomatic mission. The king's son, still a youth, succeeded to the throne of Yugoslavia as Petar II. Control of the government was vested in a tripartite Regency Council headed by Prince Pavle Karageorgevich, a cousin of the late king. Because of his growing unpopularity, Pavle was ousted by his army and exiled to England. World War II started in 1939. The German Army invaded Yugoslavia in April 1941, but young King Petar fled Yugoslavia with the government ahead of the invading Nazi hordes. Most of Europe fell under Nazi occupation.

*"In the beginning, Russia will not wage war; but when attacked by the evil army, they will fight back. There is a red czar on the Russian throne."*

#### Historical Facts:

• When Nazi Germany started World War II, the USSR (Russia) remained neutral. On 22 June 1941, more than three million German troops invaded the USSR. Under Communist Party leader Joseph Stalin, the USSR fought back.

***"Listen to me, my good father:  
after the first Big War, Austria  
will disappear and Serbia  
will be as big as a real kingdom.  
We will live together with our  
northern brothers."***

*"Here, men with stars on their foreheads will appear. They will rule Uzice and this region for exactly 73 days, and then fleeing their enemies they will go over the River Drina. These are times of hunger and great evil... Serbs will fight and butcher each other. The invading enemy looks upon Serbian evil hatred and laughs at us. A man with blue eyes on a white horse appears among our people. A star shines on his forehead. The evil enemy will hunt him all over our country, in the woods, over rivers and upon the sea, but in vain. The man will gather a mighty army and free occupied Belgrade. He will chase away the enemy from our country, and our kingdom will be bigger than ever. Russia will make an alliance with other great kingdoms over the seas, and they will burn down the crooked anti-cross and free all the enslaved people of Europe."*

**Historical Facts:**

- In Yugoslavia the Communist Party, led by Croatian communist Josip Broz Tito—the man with blue eyes on a white horse—started the resistance against the Germans and Italians as well as against the Serb and Croat nationalist extremists who were waging war against each other. The symbol of Tito's Communist Party was a red star, which they wore on their hats.

- The first territory liberated by Tito and his army was the region around the city of Uzice. They held it against German and Italian forces for exactly 73 days, and then Tito and his army were forced to flee over the River Drina to Bosnia. Guerrilla war was fought all over Yugoslavia.

- By May 1945, the Germans were defeated by the alliance of the USSR, USA, UK and France, and by the end of the year Yugoslavia was united. Tito entered Belgrade on a white horse and made the Royal Palace his residence. Communist Yugoslavia was formed, and gained more territories from the neighbouring state of Italy.

***"After the Great War, peace will reign all over the world. Many new states will appear...black, white, red and yellow. An international court is formed, which does not allow countries to fight each other. This court will be above all kings..."***

**Predictions and Events following the End of World War II (1946 to present)**

[Editor's note: Unlike the previous writings, the priest Zaharich is now speaking directly in his diary about his conversations with Mitar Tarabich.]

*"Mitar told me that the man with blue eyes and the star upon his forehead would break the long-lasting love with our Christian Orthodox brothers, the Russians. He would not be grateful to them for the fact that he was sitting on our throne because they had put him there in the first place. A great hatred would erupt between us and the Russians. Blood would be spilled among our people. These wounds would be quickly healed and we would again be friends with the Russians, but never sincerely, only formally, pretending for the sake of others not to understand how we cheat and lie to each other."*

**Historical Facts:**

- In 1948, Tito refused to accept orders from USSR leader Joseph Stalin—the man who formed him politically in the early 1920s and sent him back to Yugoslavia to organise a communist party. The USSR denounced Tito, accusing him of major deviations from orthodox communist policy. Tito purged and

executed members of his party who opposed this decision. Cordial relations with communist USSR resumed after Stalin's death in 1953. Yugoslavia's relationship with the democratic capitalist countries caused mistrust with the USSR.

*"After the Great War, peace will reign all over the world. Many new states will appear...black, white, red and yellow. An international court is formed, which does not allow countries to fight each other. This court will be above all kings. Where a war starts, the court will judge justly, trying to transform hatred and butchery into love and peace. The lucky ones who live to see these times will be more than happy."*

**Historical Facts:**

- In December 1945, the United Nations (UN) was established. Articles 33–38 of the charter authorise the Security Council to encourage disputing nations to settle their differences through peaceful means including negotiations, inquiry, mediation, conciliation, arbitration and judicial settlement.

- From 1946 to 1970, dozens of countries from Asia, Africa, the Middle East and South America achieved independence.

*"After a while some great kings, as well as some small ones, will start to fake their respect for the court while doing whatever they please... Many small wars will begin because of this... Thousands upon thousands will die, but there will be no big wars."*

**Historical Facts:**

- Korean War (1950–1953), Vietnam War (1959–1975), Afghanistan War (1979–1988), Nicaragua and the Iran–Contra scandal (1979–1989), etc.

*"There will be a few wars around the kingdom of Israel, but sooner or later the peace will come even there. In these wars, brothers fight brothers; then they make peace and kiss each other, but their hatred remains... All these small wars are initiated by the great kingdoms because of their wickedness and malice; those who fight and butcher each other do it because of their blind stupidity."*

**Historical Facts:**

- In 1947, the State of Israel was founded in the Middle East. In 1967, a war—known as the Six-Day War—broke out between Israel and its Arab neighbours. In 1975, civil war broke out in Lebanon, with involvement of the Iranians, Syrians, Palestinians and Israelis.

- Other wars included the Iraq–Iran War (1980–1988), the Iraq–Kuwait War (1991), etc.

*"In our country, the time of peace and prosperity will last for a long time. Many a generation will be born to live and die in peace, knowing about war only through wise books, words and different strange apparitions."*

**Historical Facts:**

- In 1965 and 1966, economic reforms in Yugoslavia produced what has been called an economic revolution. Total industrial production in 1967 increased by 70 per cent over that of 1966, and by 1966 it was more than double the 1957 figure. By 1967,

prices had been stabilised, savings were increasing steadily and labour productivity had risen by about seven per cent.

- TV and radio enjoyed a great boom in the 1950s and 1960s.

*"Our kingdom will be strong and well loved and respected by everybody. People will eat only white bread and whole wheat just when they want to. Everybody will ride around in carts with no oxen. People will travel in the sky, looking down upon our land as if they had climbed on the doubled Tara Mountain."*

Historical Facts:

- There was economic prosperity, coupled with the introduction of the car, bus, van and air transportation (Yugoslavia started its own airline company).

*"Serbia will prosper best while the man with blue eyes on a white horse governs, one who will come to Serbia bringing some kind of new religion. He will ascend our throne, and will be strong and healthy, living a long life close to one hundred years. He will very much like to hunt, and one time while hunting he will accidentally fall from his white horse and thus lose his leg. From this wound he will die, not because of his great age."*

Historical Facts:

- Tito's leadership brought economic prosperity and communism to Yugoslavia. Tito lived until 87 years of age (1892–1980). He did not have a hunting accident but he enjoyed horse-riding and hunting. The real cause of his death was diabetes, which caused his leg to be amputated.

*"After him our land will be governed by some kind of commission, but it will never be as it was. Even though the people in our kingdom will forget about misery and hunger and will live in great wealth, brother will start to hate and think evil of brother."*

Historical Facts:

- After Tito's death, Yugoslavia was ruled by "collective presidency" until 1991. In the 1980s, tensions ran high in the southern Serbian province of Kosovo, which had become autonomous in 1968 after riots protesting against Serbian control. Seeking more independence and calling for a separate republic, the majority population of ethnic Albanians clashed with Serbians and Montenegrins throughout the decade.

*"On our borders and over them a new nation will appear. They will grow like grass after a deluge. They will be good and honest, and they will answer our hatred with reason. They will take care of each other like brothers. And we, because of our madness, shall think that we know everything and that we can do anything, and we shall baptise them with some new fate of ours, but all that will be in vain because they will believe only in themselves and in nobody else. Big trouble will come of it, because this nation will be brave."*

Historical Facts:

- After the parliaments of Croatia and Slovenia passed declarations of independence on 25 June 1991, the Yugoslavian Federal Government ordered the Serb-dominated army to suppress the secessionists. A 10-day war was fought in Slovenia, but ended with a Serb defeat. The war in Croatia lasted seven months, ending in January 1992. These secessions and the declaration of

independence by the Yugoslav Republic of Macedonia in September 1991 marked the end of the *de facto* existence of Yugoslavia. The similar declaration by Bosnia and Herzegovina in March 1992, and the ensuing fighting, marked the outbreak of the Bosnian–Croatian–Serbian War.

*"Many summers this trouble will last, and nobody will be able to stop it, because that nation will grow like grass. One who will be born many summers after you will be honest and intelligent; he will deal with them in peace. We shall live in peace—they there, us here and there."*

Historical Facts:

- The Bosnian–Croatian–Serbian War lasted for five years (1991–1995). One of the major aspects of the conflict was international involvement, both diplomatic and military (by NATO). The international community took a series of limited measures including peace initiatives and peace plans. "They there, us here and there": after the war, ethnic Croats lived only in Croatia while ethnic Serbs lived in both Serbia and Croatia.

*"You see, my godfather, when the world starts to live in peace and abundance after the Second Big War, all of that will be just a bitter illusion because many will forget God and they will worship only their own human intelligence... And do you know, my godfather, what is human intelligence compared to God's will and knowledge? Not even a single drop in the ocean."*

Historical Facts:

- With the increase in scientific knowledge and the consequent scientific explanation of phenomena formerly considered supernatural, atheism became a more natural and less despised philosophical trend.

*"Men will build a box and within will be some kind of gadget with images, but they will not be able to communicate with me already dead, even though this image gadget will be as close to this other world as hairs on the human scalp are close to each other. With the help of this image gadget, man will be able to see everything that is happening all over the world."*

Historical Facts:

- Invention of television and the computer.
- Influence of the Internet, CNN, Al-Jazeera, Fox News, CCTV, etc.
- Searching Google with the search words "Ghost" and "Detector" takes us to this entry:

"EMF Detectors. EMF detectors were designed to detect electromagnetic emissions from microwave ovens and high-tension electrical wires. EMF detectors alert investigators to the presence of ghosts by measuring electromagnetic distortion in the two to seven milligauss range. The models that come most highly recommended by paranormal investigators are the TriField EMF Detector and the TriField Natural EM."

*"People will drill wells deep in the ground and dig out gold, which will give them light, speed and power, and the Earth will shed tears of sorrow because there will be much more gold and light on its surface than in its interior. The Earth will suffer because of these open wounds. Instead of working in the fields,*

***"People will drill wells deep in the ground and dig out gold, which will give them light, speed and power, and the Earth will shed tears of sorrow because there will be much more gold and light on its surface than in its interior."***

people will dig everywhere, in right and wrong places, but the real power will be all around them, not being able to tell them, 'Come on, take me; don't you see that I am here, all around you?' Only after many a summer, people will remember this real power, and then they will realise how stupid it was to dig all those holes."

Historical Facts:

- Oil (petroleum), also known as "black gold", powers the car, electric generator, plane, etc. Exploration to find oilfields is an economically risky task, but in the 1980s the oil exploration technique was perfected, although the risks of discovering economically non-viable oilfields still existed. Oil experts have estimated that by 2050, world oil reserves will run dry.

"This power will also be present in people, but it will take a long time before they discover it and use it. Thus man will live for a long, long time, not being able to know himself. There will be many learned men who will think, through their books, that they know and can do everything. They will be the great obstacle for this realisation (self-knowledge), but once men get this knowledge then people will see what kind of delusion it was when they listened to their learned men. When that happens, people will be so sorry that they didn't discover it before, because this knowledge is so simple.

"People will do many stupid things, thinking that they know and can do everything, not knowing anything. Wise men will appear in the Orient, and their wisdom will cross all seas and frontiers, but people will not trust this wisdom for a long time, and this real truth they will proclaim for a lie. Their souls will not be possessed by the Devil, but by something much worse. They will believe that their illusion is the real truth, although there will be no truth in their heads.

"Here at home it will be the same as all over the world. People will start to hate clean air and this divine freshness and all divine beauty, and will hide in rankness. Nobody will force them to do that, but they will do it of their own free will. Here in Kremna, many a field will become a meadow and many a home will be abandoned, but then those who have left will come back to heal themselves by breathing fresh air. In Serbia, it will not be possible to distinguish a man from a woman. Everybody will dress the same. This calamity will come to us from abroad, but it will stay with us the longest. A groom will take a bride, but nobody will know who is who. People will be lost and more and more senseless day by day. Men will be born not knowing who was their grandfather and great-grandfather. People will think that they know everything, but not a thing they will know."

Historical Facts:

- As has been happening all over the world, people are leaving rural areas to seek jobs in the big cities. More women are having their hair cut short and are wearing trousers, as compared to the time of Tarabich. Children born out of wedlock has become commonplace.

"The Serbs will separate from each other and they will say, 'I am not a Serb; I am not a Serb'. The unholy one will infiltrate this nation and bed with Serbian sisters, mothers and wives. He will sire such children that among the Serbs, since the beginning of the world, these will be the worst of offspring. Only weaklings

will be born, and nobody will be strong enough to give birth to a real hero."

Historical Facts:

- After the split of Yugoslavia into Serbia, Croatia, Bosnia and Kosovo, UN peacekeeping forces were stationed in the Balkan states. Most of them were male, so there was the possibility of their bedding Serbian females. Or this may refer to the widespread, systematic rapes during the Balkan War.

- The Serbs view those peacekeeping forces as foreign invaders that sided with Croatian, Bosnian and Albanian Muslims in Kosovo.

"At one time we shall disappear from this land of ours. We shall go to the north, and then realising our stupid deed we shall return. When we come back, we shall wise up and chase away the unholy one, not to see him, in God's name, ever again."

Historical Facts:

- By the time the Balkan War ended in 1995, the Serbian, Croatian and Bosnian economies were ruined and there was widespread unemployment. Serbian, Croatian and Bosnian people have to go to Germany, Denmark, Belgium, etc. in the north to work. In Kosovo, Serbs have become refugees.

- As of June 2004, there were 200,000 Serb refugees from Kosovo, and only 80,000 Serbs remained in Kosovo. As of March 2004, KFOR in Kosovo had 19,000 troops from a peak of 50,000; and as of June 2004, SFOR in Bosnia had 7,000 troops from the peak of 60,000.

- As of June 2004, there was news from Kosovo that ethnic Albanians were chasing ethnic Serbs from

Kosovo, using mob riots to destroy churches and houses belonging to the Serbs, while KFOR troops were behaving like lame ducks.

"The whole world will be plagued by a strange disease and nobody will be able to find a cure; everybody will say, 'I know, I know, because I am learned and smart', but nobody will know anything. People will think and think, but they will not be able to find the right cure, which will be with God's help, all around them and in themselves.

"Man will travel to other worlds to find lifeless deserts there, and still, God forgive him, he will think that he knows better than God himself. There, except for the eternal peace of God, he will see nothing, but he will sense with his heart and soul all of God's beauty and power. People will drive in rigs upon the Moon and stars. They will look for life, but life similar to ours they will not find. It will be there, but they will not be able to understand it and see that it is life. One who goes there, God forgive him, not believing in God as it is proper for an honourable and decent person, when he comes back he will say, 'Oh, you people who mention God's name with doubt, go there where I was; then you will see what is God's mind and power'.

"The more people will know, the less they will love and care for each other. Hatred will be so great between them that they will care more for their different gadgets than for their relatives. Man will trust his gadget more than his first neighbour..."

**"Men will build a box and within will be some kind of gadget with images... With the help of this image gadget, man will be able to see everything that is happening all over the world."**

Continued on page 78



## UFOs AND THE US EAST COAST BLACKOUT OF 1965

by David E. Wolin © 2005

In November 1965, the East Coast of the United States was plunged into a mysterious electrical blackout. Millions of people were without power for most of the night. Behind the scenes, in a secret military facility, the country was briefly poised at the brink of a nuclear war and, in case that wasn't exciting enough, all over the country there were reports of hovering UFOs...

### Emergency at Mount Weather

On December 1, 1974, a TWA Boeing 727 jet crashed into a foggy Virginia mountainside, killing all 92 passengers. News reporters on the scene noticed a high-security military facility nearby and began investigating what it was used for. The *Washington Post* (December 2) determined that the secret base was known as Mount Weather. A military spokesman, while acknowledging the base existed, "politely declined to comment on what Mt Weather was used for, how many people work there, or how long it has been in its current use".

Over several years, details did gradually emerge about Mount Weather. The base seen by reporters is situated on 434 acres of land, but that is literally just the tip of the iceberg. Buried deep within the mountainside is

a massive, hidden fortress designed to house the president and other key government officials in the event of a nuclear war or some sort of significant catastrophe. The underground bunker contains most of the critical elements for survival including water, sewage treatment and electrical generators. It has been described as an underground city with a man-made lake, hospitals, office buildings, roads, sidewalks, television and radio production studios, massive computer networks and even a crematorium. It is alleged to be able to house several thousand people if needed, but who those people would be is, of course, Top Secret.

Military personnel at Mount Weather were responsible for monitoring a series of devices scattered throughout North America that were designed to detect evidence of nuclear explosions. In the event of a nuclear attack, the monitors would transmit a signal via a telegraph line to various manned locations.

On November 9, 1965, the "bomb alarms" began sending disturbing information back to Mount Weather. Twenty-one of the nuclear monitoring locations had mysteriously gone offline and the display board was lit up with flashing yellow lights. Of even greater concern was the fact that the sensors located in Salt Lake City, Utah, and Charlotte, North Carolina, all flashed red, indicating that nuclear explosions had actually occurred. As this was happening, much

of the East Coast including New York City experienced a power blackout that left 30 million people without electricity for as much as 13 hours.

Colonel J. Leo Bourassa was in charge of Mount Weather from its creation in the late 1950s. The Top Secret site officially fell under the control of the Office of Emergency Preparedness, which later became known as the Federal Emergency Management Agency (FEMA). FEMA is the agency responsible for handling disasters like hurricanes and earthquakes and was responsible for dealing with the aftermath of 9/11. Aside from directing the government's response to these sort of events, FEMA is also responsible for ensuring the government can maintain its ability to function during a catastrophe.

From deep within the secret fortress, Bourassa became understandably convinced that the country was under a Soviet nuclear attack and put the Mount Weather facility on high alert. Bourassa had taken the first steps in preparation for United States involvement in an all-out nuclear war. Fortunately, the other branches of the military quickly determined the nature of the alarms and there was apparently no actual activation of the nuclear weapons systems. The matter quickly resolved itself, but is still regarded by many as a very close call.

If the nuclear alerts were triggered by the blackout, the question still remains: what caused the blackout?

## Lights Out on the East Coast

It is believed that the blackout was triggered by a massive surge in power emanating from a power plant near Niagara Falls. The power companies are all connected on a grid; so when the first plant overloaded, the surge continued down the lines, knocking out power station after power station until most of the East Coast was without electricity. Officials from the utility companies were hard pressed to explain exactly why that happened.

They were even harder pressed to explain the mysterious lights and "fireballs" hovering near their equipment. Newspaper accounts at the time questioned whether there might be a link between the mysterious power surge and a series of UFO sightings near the various power facilities before, during and after the blackout.

The Niagara River flows between Lake Erie and Lake Ontario and acts as a natural border between the United States and Canada. The powerful waterway features Niagara Falls along its 35-mile route. It is actually a *group* of waterfalls; the two largest have become one of the most popular tourist attractions in North America.

A large portion of the rushing currents above the Falls gets diverted to power plants on either side of the border which provide a significant amount of the electricity for the East Coast. The Sir Adam Beck power plant on the Canadian side of the river was believed to be the source of the power surge.

The area around Niagara Falls was becoming known as a so-called "UFO hotspot" due to the number of sightings that occurred there. Shortly before the blackout, on September 22, 1965, the *Niagara Falls Gazette* featured a report about dozens of people witnessing UFOs hovering over the

power plants on the Niagara River and near the Falls:

"The objects, bright lights which changed color, were below the cloud level and remained at a fairly low level during most of the period they were observed. Observers said the objects were not helicopters or conventional aircraft. At one point, at about 8 pm, the two objects, which had been widely

reported bright lights in the sky and a pilot flying into Niagara Falls Airport reported seeing "a weird object" hovering over the Niagara Falls power plant.

The power surged down the line towards Syracuse, New York, and so did the reports of lights in the sky. As the lights went out, hundreds of witnesses in Syracuse reported seeing a series of "fireballs" hovering near the power lines. The flaming lights were sighted for several hours and were photographed by a local minister, William Stillwell, who described it as follows:

"The centre was rotating, around and around and around. It came from the direction of DeWitt [New York] and shot off at an angle and then went back the way it came."

Within minutes, the blackout spread to New York City and the rest of the East Coast. There were several reports of lights in the sky over New York, and a *Time* Magazine reporter captured a shot of what many believed to be a UFO above the darkened city.

The media seized on the UFO connection. There were numerous articles about the mysterious fireballs, and several editorials called for a government investigation. The *Indianapolis Star* was emphatic: "The answer is fairly obvious: unidentified flying objects! It is one angle the multipronged investigation should not overlook." The major TV networks took interest as well. On the NBC *Nightly News*, the subject of UFOs being spotted at the blackout locations was raised in front of millions of viewers.

Eventually, an official explanation for the blackout was offered. A minor piece of equipment had apparently malfunctioned and failed to stop the massive surge of electricity. This explanation seemed to quieten down some of the controversy. What was still not explained, however, was the source of the mysterious overload.

When the blackout hit, well-known Hollywood actor Stuart Whitman was stranded 12 storeys up in a Manhattan hotel. He claimed to have seen two glowing UFOs



Does this photo, which appeared in *Time* Magazine of November 19, 1965, capture UFO activity over Manhattan or is it just an optical illusion? The experts are split, but it is undeniable that there were numerous UFO sightings throughout the blackout region.

separated when viewed earlier, approached each other on a collision course until they 'teamed up' and moved off close together toward Buffalo."

On the afternoon of November 9, two pilots in Ohio radioed in a report about seeing two shiny, disc-shaped objects being pursued by military jets. The UFOs picked up speed and flew off, leaving the military in the dust. An hour later, the sightings in Niagara Falls began and shortly thereafter the lights started going out. Several people

hovering outside his window. The UFOs transmitted a message to him:

"They told me that they—the intelligence behind the UFOs—were responsible for the blackout. They said they had taken this action to prove to the people of the world that they are real and capable of phenomenal undertakings... They told me they are worried over our continued testing and development of nuclear weapons. This to them was a peaceful 'show of force'... They said the blackout was only a small demonstration of the power they possess to stop us from annihilating our civilization and nearby planets. They said in so many words that they will interfere if we go too far in our war-like attitudes. They claimed that they are able to stop all electrical apparatus from functioning, and could put a halt to our normal activities any time they wanted to!"

## UFOs and Power Outages

Eventually there was a government investigation which addressed these issues. The United States Congress Committee on Science and Astronautics held hearings in 1968 and questioned Dr James McDonald from the University of Arizona on the link between UFOs and power outages.

The professor spoke about numerous instances where UFO sightings were followed by electrical disturbances ranging from radio interference and cars stalling to actual power blackouts. In discussing the 1965 blackout, the well-regarded astrophysicist told the congressmen:

"UFOs have often been seen hovering near power facilities. There are a small number but still a little too many to seem pure fortuitous chance, of system outages coincident with the UFO sighting... Even the famous one, the New York blackout [November 9, 1965], involved UFO sightings."

Thirty-eight years later, the source of the blackout still remains unsolved.

## About the Author:

David E. Wolin is a New York-based artist and writer. He covers culture, politics and contemporary art for a variety of publications including *Paranoia: A Conspiracy Reader* and the *Coagula Art Journal*. He has just completed the book *Top Secret: UFO*, of which this article is an extract.

David can be contacted by email at david.wolin@gmail.com.

## RUSSIAN INDIGO CHILD PREDICTS DISASTER IN 2009

An unusual boy was born in the town of Volzhsky in the Volgograd region of Russia on January 11, 1996. When the mother, Nadezhda Kipriyanovich, returned home from the hospital with her son, she started noticing very curious things about him. The boy, named Boris, hardly ever cried and never suffered from any ailments. He was growing up like other children, but he started speaking whole phrases at the age of eight months. His parents gave the baby a meccano set and he started making geometrically correct figures from it, combining different parts with precision.

Boris, or Boriska, as his parents affectionately call him, was not even three when he started telling his parents about the universe.

"He could name all the planets of the solar system and even their satellites. He was showering me with names and numbers of galaxies. At first I found it very frightening—I thought that my son was out of his mind—but then I decided to check if those names really existed. I got some books on astronomy and I was shocked to find out that the boy knew so much about this science," Nadezhda said.

Rumours about a baby astronomer were spreading about the town faster than the speed of light. The boy became the local celebrity: people were curious about the child, and everybody wanted to understand how he could know so many things. Boriska was willing to tell his visitors of extraterrestrial civilisations, about the existence of an ancient race of humans that were

three metres in stature, and of future climate and global changes. Everyone was listening to the little boy with great interest, but they did not believe those stories.

The parents decided to baptise their child. Soon after that, Boriska started telling people of their sins and warning about forthcoming troubles and diseases, which created quite an unfavourable reputation for the boy's parents.

The boy is quite optimistic about Russia's future, though: "The situation in the country will be improving gradually. However, planet Earth will have to experience two very dangerous years—2009 and 2013. Those catastrophes will be connected with water," Boriska said.

While the world's leading space agencies are trying to find traces of life on Mars, eight-year-old Boriska tells his parents and friends everything he remembers about his past life in a Martian civilisation. Specialists say that he knows information which he cannot actually know.

"When we showed our boy to a variety of scientists, including ufologists, astronomers and historians, all of them agreed that it would be impossible to make all those stories up. Foreign languages and scientific terms which he says, are usually used by specialists studying this or that particular science," Boriska's mother said.

(Source: Pravda, October 29, 2005, [http://english.pravda.ru/science/19/94/378/16387\\_Boriska.html](http://english.pravda.ru/science/19/94/378/16387_Boriska.html); also see article dated March 12, 2005 at [http://english.pravda.ru/science/19/94/377/12257\\_Martian.html](http://english.pravda.ru/science/19/94/377/12257_Martian.html))



"You're here for the UFO conference?"







# REVIEWS

## BOOKS

Reviewed by Ruth Parnell

### **ADDITIVE ALERT: Your Guide to Safer Shopping** by Julie Eady

Additive Alert, Western Australia, 2004  
ISBN 0-646-49916-5 (123pp tpb)  
Availability: Additive Alert Pty Ltd,  
<http://www.additivealert.com.au>

If you wonder why asthma, ADHD, depression, heart disease and obesity are so prevalent among children today, check out all the processed food on the supermarket shelves and then take a close look at the labels. You'll be amazed at the number of artificial additives, flavours and colours that are part and parcel of commercial food processing. In Australia, of the 300 or so permitted additives at least 30 are known or suspected carcinogens, explains Julie Eady in her handy shopper's guide, *Additive Alert*.

In the course of her research, Eady was also alarmed to find that some well-known baby foods contain suspected carcinogens, mutagens, and artificial colours that are known to promote hyperactivity and are linked to asthma. However, not all additives are harmful, and to help us sort out the good from the bad, Eady has assembled a practical table giving additive number, name and, if any, the adverse reactions that can be expected from consuming the additive. Also in the appendices is a table of additives to avoid under headings: suspected carcinogens; not recommended or prohibited for children or pregnant women; possible hyperactive or hypersensitive reaction; additives banned overseas; additives linked to asthma and other specific health problems.

Eady's book is pitched mainly at Australian shoppers, but much of the information is useful for consumers everywhere. Subjects covered include the functions of food additives, food allergies and intolerances, the role of the regulatory authorities, labelling issues, and nasty additives to watch out for—such as MSG, aspartame, nitrates, benzoates, BHTs and more. There are guidelines on healthier, low-additive eating (go organic, for instance!) and on taking control of your kitchen. Plus, there are useful contacts, website listings and references for readers who want to do more research.

This is an essential, easy-to-read guide to assist anyone wanting to take charge of their own and their family's health.

### **SUPERNATURAL: Meetings with the Ancient Teachers of Mankind** by Graham Hancock

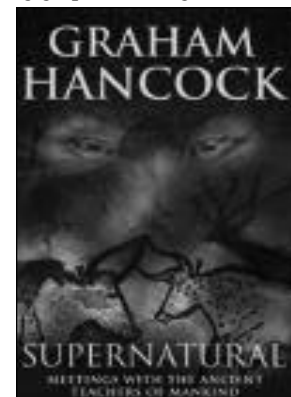
Century, UK, 2005  
ISBN 1-8441-3681-7 (710pp hc)  
Availability: [Amazon.co.uk](http://Amazon.co.uk)

Humankind must have had a long history of using psychoactive plants to alter their consciousness and explore other planes of existence, but our ability to use symbols to express these experiences is a relatively recent development that exploded in cave art in southern France around 35,000 years ago, says Graham Hancock in his new book, *Supernatural*. Yet use of symbology may be as old as the first anatomically modern humans—at least 196,000 years—whose art can be found in Africa and Australia.

Hancock writes from personal experience about his visionary episodes with psychotropic plants—ayahuasca, which he took under ritual conditions with Amazonian shamen, the root bark of the African iboga

plant and "magic mushrooms"—plus hallucinogenic drugs such as DMT. However, he departs from the conclusions of scientists like Prof. David Lewis-Williams by suggesting that symbolic cave art depicts more than the hallucinations of disturbed brain chemistry; indeed, it displays information gleaned from travelling to and from parallel dimensional realities. He speculates that beings from inner worlds have taught humanity essential skills and knowledge and have also prompted evolutionary leaps.

Recorded history gives examples of people who have achieved spontaneous trance states without drugs, and Hancock argues that this ability, or birthright, is hardwired into our brains and DNA. Related to this discussion are reports of interactions with the fairy world and with alien beings—most of which have similarities in all ancient and modern cultures across the globe. Thus, believes Hancock, UFOs and ETs are not so much travelling across space-time but through inner space from a parallel dimension. This is a captivating work, highlighted by strong graphics throughout.



# REVIEWS



## SECRETS OF THE HOLY LANCE: The Spear of Destiny in History & Legend by Jerry E. Smith & George Piccard

Adventures Unlimited Press, USA, 2005  
ISBN 1-931882-43-6 (341pp tpb)  
Availability: Aust/NZ/UK/Europe—  
NEXUS offices; USA—Adventures  
Unlimited, website <http://www.adventuresunlimitedpress.com>

The story of the legendary lance that Roman centurion Longinus used to spear the side of Jesus Christ during the Crucifixion was popularised by Trevor Ravenscroft in his 1973 book *The Spear of Destiny*. Now, in *Secrets of the Holy Lance*, authors Jerry E. Smith (*HAARP: The Ultimate Weapon*; 5/06) and George Piccard (*Liquid Conspiracy*; 7/01) progress the story of the occult power behind the spear. They suggest it may have been created by Tubal-Cain, the seventh-generation grandson of Cain, son of Adam, and they go on to give a potted history of the spear's line of possession up to and including Adolf Hitler, who ordered it to be removed from the Hofburg Palace in Vienna in March 1938 when he invaded the city.

From here, the authors focus on the Nazis and the lengths they went to in order to protect this occult talisman, even suggesting that the spear recovered by the Allies and returned to its home in Vienna in 1945 is a clever forgery. The real spear, they suggest, was spirited away to a secret Nazi base—Station 211—in the Mühligg-Hoffmann Mountains in Antarctica. They speculate that finding the base and the spear was a top priority of the 1945–46 Admiral Byrd Operation *Highjump* mission to Antarctica, though it may not have succeeded. The authors draw on accounts from Col. Howard

Buechner and Captain Wilhelm Bernhard suggesting that one Colonel Maximilian Hartmann, a Knight of the Holy Lance, led an expedition to Station 211 in 1979 and succeeded in retrieving the relic and returning it to Germany and the Knights' custody.

With reference to some of the lesser known mysteries of the Nazis' war effort—including the development of flying saucers, the possible establishment of a Fourth Reich in Antarctica or South America and involvement of alien intelligences—Smith and Piccard explore unexpectedly vast territory in *Secrets of the Holy Lance*.

## THE SECRET HISTORY OF FREEMASONRY:

### Its Origins and Connection to the Knights Templar

by Paul Naudon

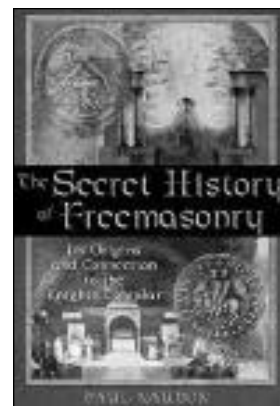
Inner Traditions, USA, 2005 (first pub. in French by Editions Dervy, 1991)  
ISBN 1-59477-028-X (311pp tpb)  
Availability: Inner Traditions,  
<http://www.innertraditions.com>

French law scholar and high-ranking Freemason Paul Naudon makes a distinction between operative and speculative Freemasonry in this "secret" history of the craft. However, he argues that contrary to conventional opinion there *is* a link between the two forms and there *was* an intimate connection between the masons and the Knights Templar. He advances his case with reference to obscure French and English masonic documents, Church texts and other sources, and his research encompasses the changing historical, social and spiritual contexts over the years. His book, first published in French in 1991 and now

translated into English by Jon Graham, takes the less-travelled path with an emphasis on the operative side of Freemasonry.

Naudon goes back to the ancient Roman *collegia* or colleges of artisans (with minor reference to Egyptian predecessors) as the cauldron of sacred builders who in turn influenced the development of early monastic associations and the trade guilds and brotherhoods that sprang up in the Middle Ages. Mastery of temple "carpentry" reached a pinnacle in the Gothic cathedrals of France, which had obvious Templar influences as well as Benedictine blessing and whose master masons enjoyed special privileges, Naudon notes.

He goes on to compare the Scottish and English rites and outline some secrets of the Craft, including the symbolism and language and how these have been preserved in later speculative masonic thinking and rituals. A sacred tradition has been nurtured, showing as Naudon says that faith lives only through works and that works are worth only the faith that moves them.





# REVIEWS

## TURNING THE HIRAM KEY: Making Darkness Visible by Robert Lomas

Lewis Masonic, UK, 2005  
ISBN 0-85318-239-6 (383pp hc)  
Availability: Lewis Masonic, +44 01455 254450, <http://www.lewis-masonic.com>,  
<http://www.turningthehiramkey.com/>

With co-author Christopher Knight, Robert Lomas has written a series of books on the history of Freemasonry, but here he goes it alone on a journey into the spiritual core of the Craft. Dr Lomas, an electrical engineer with a PhD in solid state physics and crystallography, took his first step to Masonic initiation in 1988 and in more recent years has been exploring the rituals, postures and symbolisms of the Lodge experience, what they represent and what affect they have on the initiate as he progresses through the various degrees.

And far from being focused on uncovering some imagined evil secret, Dr Lomas explains Freemasonry as working like a science of self-improvement with cosmic consciousness and unity with nature being at the centre of it. It incorporates knowledge from ancient spiritual traditions, including Egyptian, Hebrew and Norse, and the rituals, allegories, tools and symbols provide the mechanisms through which the individual's emotional and mental states are attuned on the path towards higher spiritual attainment and enlightenment.

In discussing how rituals and symbols work, Dr Lomas refers to the work of such scientists as Richard Dawkins on memes, Candace Pert on "molecules of emotion", Michael Persinger on recreating "the God experience" and Karl Pribram on quantum neuroscience. In fact, Lomas was with

Pribram on the Orkneys when they were given a private showing of the Kirkwall Scroll, and he devotes a chapter to the puzzle of this early Scottish masonic artefact.

Lomas also draws on archival masonic material and finds inspiration from the mystical writings of Master Mason Walter Wilmshurst, who is also acknowledged in the foreword by Colin Wilson, who himself has written about "peak experiences". In his prologue, Lomas describes how he came closest to cosmic consciousness when in 2001 he narrowly escaped being struck by lightning! His personal insights and archival research make for an enlightening book.

## COLLOIDAL MINERALS AND TRACE ELEMENTS: How to Restore the Body's Natural Vitality

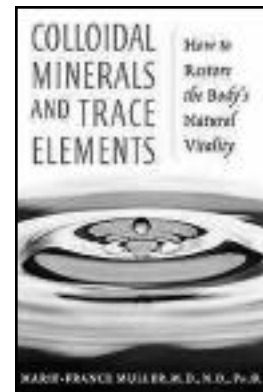
by Marie-France Muller, MD, ND, PhD  
Healing Arts Press, USA, 2005 (first pub. in French by Editions Jouvence, 2002)  
ISBN 1-59477-023-9 (216pp tpb)  
Availability: Healing Arts Press, c/-  
<http://www.innertraditions.com>

Many of us these days have rediscovered the healing power of colloidal silver—well known as a cure-all before penicillin's advent and support by the fledgling medical/pharmaceutical establishment—but how much do we know about colloidal minerals in general? To find out, you can't go past French medical and naturopathic doctor Marie-France Muller's book—the first of her 27 books to be translated into English.

As Dr Muller explains, our bodies can best absorb and use minerals that are in a colloidal form—the soluble suspended state in which plants absorb minerals from the soil. Minerals and trace elements are essential

catalysts for vitamins, enzymes and other nutrients to carry out their key roles in the body, including the promotion of proper neurological function—yet we only absorb 3–5% of standard, non-colloidal mineral supplements compared with 98% of the colloidal form. Dr Muller tells why modern-day, commercially produced food is lacking in these important nutrients—use of chemical fertilisers leading to poor soil quality being one reason—and suggests that colloidal minerals and trace elements in appropriate doses can reverse dietary deficiencies. Included is an A–Z (aluminium to zinc) handbook of oligotherapy—the method based on supplying the body with the right balance of colloidal minerals and trace elements necessary for normal cell function.

Muller reminds us that our body is like an electrical system that requires all its components to perform well. The mineral kingdom, one of the world's smallest, can help overcome breakdown or even permanent outages. We'd be well advised to listen to this sound, immune-system-boosting advice in the interests of achieving optimal health.



# REVIEWS



## PERPETUAL MOTION: The History of An Obsession

by Arthur W. J. G. Ord-Hume

Adventures Unlimited Press, USA, 2005

ISBN 1-931882-51-7 (247pp tpb)

Availability: Aust/NZ/UK/Europe—

NEXUS offices; USA—AUP, website

<http://www.adventuresunlimitedpress.com>

The quest to build a perpetual motion machine has occupied if not obsessed some brilliant minds for millennia, not least of whom were Archimedes, Leonardo da Vinci and Sir Isaac Newton, and it is very much alive today. In the new preface to this 2005 edition of his 1977 book *Perpetual Motion*, Arthur Ord-Hume—a UK engineer, former RAF serviceman, aviation enthusiast, historian and musicologist—reflects on scientific developments in the ensuing 28 years in pure physics, free energy and superconductivity (a form of perpetual motion). He laments that we're not making much better use of renewable energy sources such as solar and wind power that have been available for decades. The greenies were right!

Ord-Hume regards perpetual motion as a serious subject, not one to be laughed off. The basic requirement of a perpetual motion machine is that it must give out more work than energy put into it. Certainly there have been and still are charlatans in the field, but experimenters have created sufficient mechanisms defying explanation that lead closer to the task. From ancient Persian water wheels to more recent perpetual motion devices (e.g., Robert Fludd's 1618 closed-cycle mill), from self-moving wheels and overbalancing weights (e.g., Johann Bessler's wheel of 1715) to lodestones, electric cells and steam engines, there has been much effort and frustration as well as occa-

sional success on the path to achieving perpetual motion, and Ord-Hume provides copious examples. James Cox's 1760-era perpetual clock, Charles Redheffer's early-19th-century machine and John Keely's late-19th-century generator, which turned water into high-pressure "etheric vapour" when "vibratory energy" was applied, are more highlights on the quest.

Any researcher investigating perpetual motion and free energy in the laboratory will gain much from Ord-Hume's text and accompanying diagrams and appendices.

## SLIM SPURLING'S UNIVERSE: The Light-Life Technology

by Cal Garrison

IX-EL Publishing LLC, USA, 2004

ISBN 0-9760338-2-8 (223pp tpb)

Availability: IX-EL Publishing,

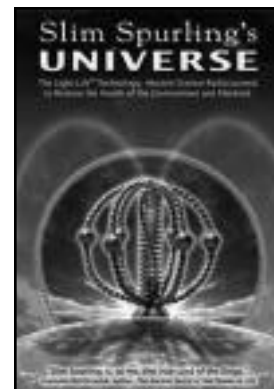
<http://www.ixelpublishing.com>;

<http://www.SlimsUniverse.com>

Slim Spurling is a remarkable man who is dedicated to making a better world for the benefit of all. Born in South Dakota in 1938, he majored in forestry, botany, biochemistry and mycology, spent the next 20 years as an artist-blacksmith-teacher, explored subtle energies as a shaman, metaphysician, herbalist and dowser, and was so intrigued by Wilhelm Reich's "Cloud Buster" technology that he built his own version so he could experiment (with success, as it turned out) with altering weather conditions, bringing rain and improving the local environment. His amazing story is told with sensitivity by author Cal Garrison, who first heard about Spurling in 1998 when she attended a Drunvalo Melchizedek Earth-Sky workshop and later recorded a series of interviews for this book.

Working from the mid-1980s with fellow alchemist/scientist Bill Reid, Spurling furthered his research into environmental clearing, experimenting with devices such as the caduceus wound coil which nullifies the local magnetic field and converts electron flow to aether flow. It became the basis for what is now called the Light-Life technology, which draws on ancient science and a new principle of quantum physics which he discovered in 1991. He went on to develop coiled rings in various configurations which have all sorts of applications in environmental harmonising (for instance, reducing the strength of hurricanes and tornadoes, purifying water and clearing atmospheric pollution) and personal healing (e.g., neutralising geopathic stress, balancing energy, etc.).

The technology of this true maverick has been having a huge impact and is changing the world. The message is being spread through a global network with over 5,000 trained practitioners. You can get a glimpse of Slim Spurling's amazing discoveries at the website [www.SlimsUniverse.com](http://www.SlimsUniverse.com) before you obtain a copy of this must-read book.





# REVIEWS

## **INVISIBLE RESIDENTS: The Reality of Underwater UFOs**

by **Ivan T. Sanderson**

Adventures Unlimited Press, USA, 2005

(first published in 1970)

ISBN 1-931882-20-7 (266pp tpb)

Availability: **Aust/NZ/UK/Europe—**

NEXUS offices; **USA—**Adventures

Unlimited, website <http://www.adventuresunlimitedpress.com>

**I**t was interesting getting hold of this previously out-of-print book by zoologist and paranormal researcher Ivan T. Sanderson for its unusual take on the phenomenon of underwater UFOs. It brought back to mind New Zealand commercial pilot Captain Bruce Cathie's sightings from the air of submerged UFOs, which led him to extrapolate his world harmonic grid theory.

This reprint of Sanderson's book has a foreword by "world explorer" and publisher David Hatcher Childress, referring to the continuing prolific nature of water-related UFO phenomena based on sightings reports (e.g., in the Coral Sea region). He also confirms that subsequent technological developments establish the feasibility of constructing bases underwater—even cut into the continental shelf, as researcher Richard Sauder reports can be done.

Sanderson coined the term "OINTS", or Other Intelligences, and theorised that they live under the world's oceans in a parallel civilisation that may be twice as old as humanity. He opens his book with an account of a mysterious incident in Antarctica in 1965 during the US Navy's Operation *Deep Freeze*, when an object "suddenly came roaring up out of the sea through no less than 37 feet of ice, and went on up into the sky like a vast silvery bullet".

The more we find out about secret bases in Antarctica, the more intriguing such a report becomes. Sanderson goes on to describe many fascinating USO (unidentified submarine object) case studies. He acknowledges that they may sound preposterous, but he says that unless all these reports are some form of mass hallucination or a gigantic "plot" going back millennia, we have to accept that something is going on under the oceans and that intelligently guided devices are moving in and out of Earth's hydrosphere and atmosphere at will.

This thought-provoking treatise is an important contribution to the UFO literature.

## **THE GIZA DEATH STAR DESTROYED** by **Joseph P. Farrell**

Adventures Unlimited Press, USA, 2005

ISBN 1-931882-47-9 (294pp tpb)

Availability: **Aust/NZ/UK/Europe—**

NEXUS offices; **USA—**AUP,

<http://www.adventuresunlimitedpress.com>

**I**n this third volume of the Giza Death Star series (see 11/02), physicist Joseph Farrell draws together more evidence to support his hypothesis that the Great Pyramid of Giza once incorporated an immensely powerful maser energy weapon capable of shooting beams out into space. Indeed, inspired by Zecharia Sitchin's reading of the ancient Babylonian epic, the *Lugal-e*, Farrell speculates that it was used by Nergal (Thoth or Hermes in the ancient Egyptian and Greek traditions) to destroy the planet Krypton (or Astera), the water-laden planet that once existed between Mars and Jupiter and which is now arguably the asteroid belt. This event destroyed the atmosphere of Mars (then a moon of Krypton) and probably destroyed the Giza weapon in the resultant shock wave

and planetary-scale flood.

Farrell explores the evidence for this "war of the worlds" and a strong Earth–Mars connection with reference to ancient art, myths and esoteric traditions, the work of modern catastrophe physicists such as Immanuel Velikovsky, Tom Van Flandern, James McCanney and Paul LaViolette, and the revisionist Egyptology of R. A. Schwaller de Lubicz and Robert Schoch. In his quest to recover more ancient mega-technology, Farrell looks at new paradigms in systems kinetics, in monoatomic palaeophysics (white powder gold, as studied by David Hudson and Laurence Gardner), and in the bioelectric and geometrical power of pyramids (as researched by Pat Flanagan, Joe Parr, Michel Bounias and others).

Finally, he considers the fate of the missing, ray-emitting pyramid crystals that were essential for the functioning of the "Giza Death Star" and includes the Middle East and the Americas in his search. The original apex of the Great Pyramid may have been more than just a symbolic capstone. The jury is not yet out on ancient Egypt.



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director of 'THE ILLUMINATI'

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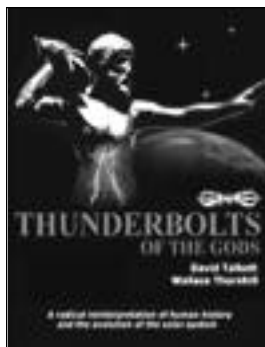
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# REVIEWS



**THUNDERBOLTS OF THE GODS:**  
A radical reinterpretation of human  
history & evolution of the solar system  
by David Talbott & Wallace Thornhill  
Mikamar Publishing, Portland, USA, 2005  
ISBN 0-9772851-0-3 (108pp l/f tpb)  
Availability: Mikamar, tel +1 (503) 740  
9567; <http://www.thunderbolts.info>



The Electric Universe theory is exciting enough, but who'd have thought that it could explain so much about the myths and artefacts of the ancients? *Thunderbolts of the Gods* is a joint work by David Talbott and Wal Thornhill, who have combined their specialities in mythology and science respectively in a revolutionary new view on the history of humanity, the solar system and Universe (see items in 11/04 and 12/05).

Talbott and Thornhill subscribe to an "holistic" view of the Universe, the medium of which is plasma—a highly conductive state of matter that is characterised by the presence of freely moving charged particles. Interactions can happen between planets, between comets and planets, between planets and suns, and across interstellar space.

The authors challenge the assumption that gravity is the only force that can give birth to stars and point to the electrical circuitry that connects and unifies all nature, organising everything from galaxies to biological systems. In an Electric Universe model, not only do we have localised lightning events but from time to time our planet experiences or witnesses great plasma arcing across the heavens—truly the "thunderbolts of the gods" that ancient peoples from many civilisations observed and preserved in art and legend and, indeed, could have been the source of the original archetypes.

Modern electric plasma research, such as the pioneering work of Anthony Peratt, has produced in the laboratory images that have parallels in ancient rock art, e.g., the petroglyphs of the Australian Aborigines and the Native Americans of the US Southwest, and in the ancient art of Sumeria, Babylon and India. Experiments with electric currents in plasma, plasma discharges as well as plasma torus physics produce even more elaborate

3-D designs which also have their counterparts in ancient art. Talbott and Thornhill present some brilliant examples in glossy, full-colour photographs, and also show pictorial evidence of cosmic thunderbolts from electrical encounters in space. Their Electric Universe model will force a rewrite of the science and history books.

## CHILDREN WHO COMMUNICATE BEFORE THEY ARE BORN

by Dietrich Bauer, Max Hoffmeister, Hartmut Georg

Temple Lodge, UK, 2005 (first pub. in German by Verlag Urachhaus, 1986)  
ISBN 1-902636-68-6 (239pp tpb)  
Availability: <http://www.templelodge.com>

If ever you were in doubt about reincarnation or at least about the "interlife", this book of accounts about children who communicate before they are born will provide more evidence. Testimony is mostly from expectant mothers who have received knowledge about their future child—for instance, their physical characteristics, their personality, their life plan, their name—through dreams, visions and precognitions, but there are also amazing tales from children who recall details of how they came into the world from the non-physical realm and how they chose their parents. Plus, there are reports from the parents' relatives and friends who have had "presentiments".

The book has been collated by three German doctors who first published it in German in 1986. Years later, we have the first English-language edition, but the messages are just as touching and relevant today and, with any hope, will spark other researchers to progress this fascinating field of study. As well as their case studies, the authors provide an analysis of some of the more esoteric, spiritual aspects of birth and reincarnation and often with reference to the anthroposophical writings of Rudolf Steiner.

Since the time of writing, much more has happened in reproductive technologies such as IVF and now genetic engineering, and so in this book there's more emphasis on the abortion question than on these newer dilemmas. However, expounding principles on the sacredness of life, though there's not much consolation offered for women who have chosen to take the abortion option.

Along with phenomena such as near-death experiences and children who remember past lives (see Ian Lawton's article this issue), the messages from children who communicate before they are born—and the mothers who hear them—is adding to a body of opinion on the reality of life after death and life before life, indeed, continuity of spirit, that is changing our understanding of our place in the world and the universe.



# REVIEWS

## BEYOND 2012 – Catastrophe or Ecstasy: A Complete Guide to End-of-Time Predictions

by Geoff Stray

Vital Signs Publishing, UK, 2005

ISBN 0-9550608-0-X (352pp tpb)

Availability: **UK**—Vital Signs Publishing, <http://www.vitalsignspublishing.co.uk>;

**USA**—Adventures Unlimited, website <http://www.adventuresunlimitedpress.com>

The year 2012 features strongly in calendars, myths and prophecies from ancient to modern times as a special "end date" as well as the beginning of a new world—as NEXUS readers are well aware, considering we've reviewed many books on the subject.

The source that has most captured the public imagination in recent years is the Maya calendar that points to the solstice of 21 December 2012 as the "zero" point. But how much truth is there in this prophecy, and what light can science shed on it?



Glastonbury-based author Geoff Stray has been studying the 2012 phenomenon for over 20 years and since 2000 has been posting his database of material on his website, [www.diagnosis2012.co.uk](http://www.diagnosis2012.co.uk). Much of this he has now compiled into a book, *Beyond 2012*, and, while compelling, not all of it stands up to his rigorous analysis.

Commencing with a foreword by John Major Jenkins (*Maya Cosmogony 2012*; see 5/06), Stray considers calendars and prophecies from the Mayas, Aztecs, Incas, Chinese and Maoris among others, as well as more recent predictions made possible through computer technology, such as the Bible Code. Next, he looks at 2012 theories based on the study of sunspot cycles, geomagnetic field reversals, ice cycles, plasma dynamics and galactic core explosion scenarios (*à la* Dr Paul LaViolette; see 8/02).

In the third part, he looks "beyond the veil" at drug-induced shamanic states of consciousness, pineal gland biology, crop circles, remote viewing, the prophecies of Nostradamus and Mother Shipton, and "New Age" takes on galactic synchronisation. In the final part, he pulls the information together for an overall diagnosis on the

2012 question and concludes that there is a ring of truth to the prophecies and scientific forecasts, but it's too soon to tell whether we'll be subjected to a major catastrophe or a mass awakening of consciousness—or both. His reason for the "beyond" in the book's title is that there *will* be life after 2012—though perhaps not as we know it now. If a "Golden Age" is meant to become manifest around 2012, Stray helps us sort the wheat from the chaff to increase the quality of our understanding.

## TERRA NON FIRMA EARTH: Plate Tectonics is a Myth

by Dr James Maxlow

Terrella Press, Australia, 2005

ISBN 0-646449-17-6 (155pp l/f tpb)

Availability: Terrella Press, email [Terrellapress@bigpond.com](mailto:Terrellapress@bigpond.com); e-book from <http://www.oneoffpublishing.com>

Readers who attended the NEXUS Conference in Brisbane last September were treated to a talk by geologist Dr James Maxlow on the Expanding Earth hypothesis, set off by full-colour graphics and animations courtesy of partner Anita Maxlow.

Conference-goers and other NEXUS readers out there will be very interested in Dr Maxlow's new book, *Terra Non Firma Earth*, which fills in the geological knowledge gaps that plate tectonics theory can't, such as resolving coastline topography fits between continents across ocean expanses. Produced in a large format on glossy stock, it features a series of awe-inspiring, full-colour graphics of key developments in the long history of Earth expansion (see previous articles in NEXUS 7/06 and 8/03).

Dr Maxlow was originally spurred on in this work when he intuited that a huge dome structure, hundreds of kilometres in diameter, that he observed in the Pilbara region of Western Australia may be a remnant of a much-smaller-radius Earth. His text reflects the depth of his research into such fundamentals as the "geological crustal budget" and changing Earth parameters of mass, density and surface gravity, as well as into the evolution of continents and seas/oceans. Bringing together geological, palaeomagnetic, space geodetic, geographical, biological and climatic evidence, Maxlow presents a well-argued case for Earth expansion over plate tectonics as the major mechanism for planetary geological development.

James Maxlow dedicates his book to the memory of Professor Sam Carey, the father of modern Earth Expansion theory who died in 2002. He is doing a great service by taking Prof. Carey's research forward despite the obstacles from academia. (See a précis of Dr Maxlow's Expanding Earth thesis in Science News this issue.)

# REVIEWS



## DVDs

Reviewed by Duncan Roads

### MIND CONTROL: A Brave New World or Enhancing Human Performance

by Dr Nick Begich

© 2005 Dr Nicholas J. Begich  
ISBN 1-890693-50-2 (120mins; includes free CD-ROM)

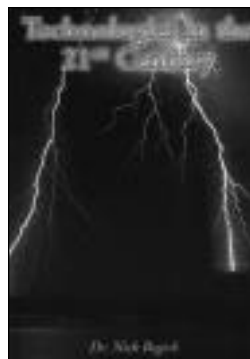
Available: Earthpulse Press Inc., PO Box 201393, Anchorage, Alaska 99520, USA, <http://www.earthpulse.com>

Manipulation of the mind, emotions and physical health of people through use of new technological applications continues to draw the attention of military planners around the world.

Best-selling author and lecturer Dr Nick Begich presents the most startling advances in these areas of technology for both military and private-sector uses. His presentation provides in-depth information, demonstrations, background and forecasts of development of these areas of science and how they will affect our society and individual freedom.

Enhancing human performance or controlling human outcomes will be the challenge of the 21st century, raising serious questions on the ethics of the science of mind control.

Control of the mind by external means is now a reality. How we use this technology is the next challenge for this generation.



### TECHNOLOGIES IN THE 21st CENTURY

by Dr Nick Begich

© 2005 Dr Nicholas J. Begich  
ISBN 1-890693-51-0 (120mins)  
Available: Earthpulse Press Inc., PO Box 201393, Anchorage, Alaska 99520, USA, website <http://www.earthpulse.com>

Technologies that will transform our lives are advancing rapidly, raising serious concerns about privacy, safety and proper uses. Military planners and others are attempting to use these breakthroughs to create a more directed and controlled society,

while ignoring the positive applications of many of these new discoveries.

This DVD delivers an overview and update on the HAARP material, cellphones, privacy, underwater sonars and other areas of technology. Systems have been developed which will have far-reaching effects on the environment, human health and the direction of free people.

The DVD includes discussion intended to stimulate debate, while educating the public on these pressing issues of the 21st century.

### NOT THE COOKING SHOW: The Magic of Raw Foods Cuisine with Paul Benhaim

© 2005 Paul Benhaim (104mins)

Availability: Via website  
<http://www.notthecookingshow.com>

This is a most informative and even entertaining "cooking" show DVD. Paul Benhaim has modelled this presentation as a typical TV cooking show. It is fast moving and has great music and visuals.

Paul Benhaim is a living legend. I have often wondered at his energy and how he gets so much done, and now I know it is due to his raw food diet.

As a father of two, I am always looking out for quick, nutritious meals that actually taste good for the children—so I was most pleased to find recipes that I'm going to be able to put together soon after writing this review, including a blueberry almond smoothie, beetroot soup, a macadamia pie, Thai curry, and a bunch of lunchtime treats.

During the course of the show, you visit local organic farms and permaculture gardens (by local, I mean northeastern New South Wales and southeast Queensland, Australia) and see how various fruits and veges are picked and prepared. The whole show is just packed with useful tips.

Paul is also well known for his industrial hemp products and campaigning. He is a living demonstration that a raw food diet makes you look years younger and feel much healthier. Get this DVD!



# REVIEWS

## MUSIC

Reviewed by Richard Giles

### THE ROUGH GUIDE TO THE MUSIC OF BALKAN GYPSIES

by various artists

World Music Network, UK, 2005 (66mins)

Distributors: **Aust**—MRA Entertainment, tel (07) 3849 6020; **UK**—World Music Network, tel +44 020 7498 5252, website <http://www.worldmusic.net>

**G**ypsy music is a fantastic, culturally mixed sound with influences stretching from India to the Balkans and to Andalusia in Spain. The Rom (Gypsy) peoples have probably the most profound influence on the music found from Belgrade to Bucharest. They embrace the sounds of the brass band, violin, trumpet, clarinet and accordion as well as engaging voice ensembles. This album has some wonderfully foot-tapping, energetic dancing music from the Balkan, Romanian, Albanian and Serbian traditions.

### HEALING BELLS

by Xumantra

Xonic, Inc., USA, 2004 (48mins)

Distributor: **USA**—Xonic Inc., tel (908) 876 9967, <http://www.xoninc.com>

**T**his is the fifth release by Marco Dolce (Xumantra) and is created without samples, loops, synthesisers or any musical sequencing generation equipment. Marco has worked for a decade with singing bowls and bells (see NEXUS 8/01). He uses the bell instruments (known as metallophones) in harmonically tuned sets which are specifically chosen to produce a mystical, melodic and powerful sense of spiritual and sacred sound. Listening to *Healing Bells* is to hear the sound of bells and gongs on the wind in a sacred environment of ambience.

### VOYAGE

by Monte Cristo

D. Records Ltd, UK, 2005 (65mins)

Distributors: **UK**—Universal Music Operations, tel +44 020 7368 6311, website <http://www.lorianamusic.com>

**I**like to promote new approaches to music that come into NEXUS, and this one is a "must". "Bio Music 6 in 1" is a process of embedding frequencies into the coherent fields of audible sound, mixing them in with non-audible frequencies to create "uniform fields of sound waves". These fields are said to restore the natural balance of vital forces in living organisms as well as the in environment. It's claimed such fields can revitalise water, protect against dangerous EMFs and rebalance stressed bodies. The

music has been tested on mobile-phone users via kinesiology techniques, and it works! Monte Cristo's sounds are dance oriented—a style described as "sublime down-tempo electronica".

### JAYA BHAGAVAN

by Tina Malia and Shimshai

Amida Records, USA, 2005 (50mins)

Distributor: **USA**—Amida Records, tel (310) 230 2823, website <http://www.amidarecords.com>

**T**he sound of devotional music fills the planetary airwaves again with this new CD by Tina Malia and Shimshai, who have been touring and playing together for four years. Tina has sung with Jai Uttal and the Pagan Love Orchestra over the last five years (NEXUS 3/01, 9/05). This collection of Sanskrit chants is backed by violin, acoustic base, dulcimer, dotar, oud and other Middle Eastern instruments. Guests include Omar Faruk Tekbilek and Jai Uttal. It's a great journey of devotion for those who love the harmonious Sanskrit chanting style.

### FIRE DRUMS

by various artists

Music Mosaic, Australia, 2005 (63mins)

Distributors: **Aust**—Music Mosaic, <http://www.music-mosaic.com>, New World Music, tel (02) 9565 4522, **UK**—Sounds Travel, tel 01242 571659; **Europe**—Silenzio, tel +49 9191 97870; **USA**—White Swan, tel (303) 527 0770

**M**usic Mosaic is an Australian label that's had great success with collections of mixed cultural music from across the world. This assemblage features a dozen different drumming traditions including Latin, *carnivale*, African, Indian, Cuban and modern ambient trance-techno. There are traditional sounds, modern percussion arrangements and many eclectic styles in the world-beat drum tradition. This is an energetic album that gets you up on your feet to pound away on the floor!





Continued from page 30

### Endnotes

32. Hart, Basil Liddell, *History of the Second World War*, Cassell, London, 1970, p. 411.
33. Neville Chamberlain, Parliamentary Speech, 2 April 1940.
34. A total of 2,140,00 German soldiers and more than 100,000 German military railway carriages crossed Sweden until the traverse was officially suspended on 20 August 1943.
35. The Nazis were fascinated by polar myths, and with the USSR and the USA more accessible via the frozen Arctic Ocean and Murmansk the only port available in Europe for the Soviet Union, the Arctic convoys were constantly harassed, whilst scientific studies increased in the Arctic.
36. Spitzbergen has numerous mysteries surrounding it, from anomalous plant and animal fossils to ancient ruins. Many believed it to be ancient Thule. Also, Spitzbergen cannot be mentioned without the rumour concerning a UFO crash there in the 1950s; British scientists were supposedly involved in the retrieval.
37. *Atlantis* had a name-change to *Tamesis* before being sunk by HMS *Devonshire* near the Ascension Islands on 22 November 1941.
38. The *Penguin* was sunk off the Persian Gulf by HMS *Cornwall* on 8 May 1941.
39. The *Stier* visited Antarctica and Kerguelen in 1942.
40. The *Komet* was sunk off Cherbourg in 1942 by a British destroyer.
41. *The Washington Post*, 29 June 1945.
42. *The Times*, London, June 1945 (exact date not available).
43. An official Soviet statement released in September 1945 claimed that "mysterious persons were on board the submarine, among them a woman..." With Stalin going on record with his view that Hitler was alive, and contradictions coming from his own generals, the USSR only added to the mystery.
44. A 50-year extension on the mining ban was agreed in 1998; it runs until the year 2048.
45. Stevens, Henry, *The Last Battalion and German Arctic, Antarctic, and Andean Bases*, The German Research Project, Gorman, California, 1997.
46. Scientists, with NASA's assistance, have drilled to within 500 metres of the lake. Russia recently declared that during the Antarctic 2006-07 summer season it will drill into the lake.
47. Rumours that the Nazis built bases in the Andes and/or the Amazon rainforest go hand in hand with stories that the Nazis were in league with alien races and are definitely TBTBs (Too Bizarre to Believe), yet there may be some truth in the rumours.
48. Halley, Britain's premier Antarctic station, is named after the British astronomer Sir Edmund Halley, who extraordinarily was the first person to state that the Earth is hollow, consisting of four concentric spheres. Another Antarctic enigma?
49. The experiments involved freezing the victim until unconscious, then rapidly plunging the victim into hot water. Other experiments, heinous in their morality and beneficial to the Nazi cause, meant that all the results and documentation detailing the experiments were amongst the information most sought by the Allies. It is well known that without Nazi human experiments, the United States would not have gone to the Moon in 1969.
50. "The Final Surrender: For Lt Onoda, the shooting stops 29 years late", *Daily Mirror*, UK, 11 March 1974. Lt Onoda killed 39 people between the end of the war and his capture in 1974.
51. In June 1945, a Werewolf bomb exploded in Bremen Police Headquarters, killing five Americans and 39 Germans. The Werewolves were created by Himmler in 1944 and went on to fight against the occupying forces until at least late 1947.
52. "Operation *Highjump*", typed into Google, produces 46,700 results, far exceeding any other Antarctic mission mentions by thousands!

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### Spreading the Word

In spite of the medical fraternity not embracing Buteyko, the technique is steadily increasing in popularity throughout the world. However, the Buteyko method has a long way to go because fewer than 20 people are teaching the techniques full-time in any Western country and there are over 300 million asthmatics worldwide.<sup>98</sup> Considering that so few people are teaching Buteyko, it is remarkable that anyone knows about it, let alone that a number of clinical trials have already been done. This indicates just how very useful at controlling asthma the Buteyko method is, and why it should eventually take its rightful place in the forefront of asthma treatment.

Russell Stark has the last say:

"Dr Buteyko has taken basic physiology and anatomy that have been known for 100 years and applied that knowledge to asthma. By using his techniques, people stop getting the symptoms and so they stop needing most if not all of their medication. Basically there is nothing in the Buteyko method for those currently making money from the asthma industry to support it.

"The future of Buteyko lies with asthmatics wanting better quality of life and the doctors who genuinely want to help their patients. GPs don't have a vested interest in asthma and more of them are talking positively about Buteyko because they have seen its amazingly good effects as well as the negativity associated with long-term drug-taking. When asthmatics use Buteyko, they reduce their symptoms by at least 70 per cent. This is a powerful driving force behind Buteyko, and the reason why so many people know about it when so few are teaching it."

### About the Author:

Jennifer Stark and her husband Russell Stark trained as Buteyko practitioners in 1993 with Russian-trained Alexander Stalmatski and later did additional training with Buteyko founder Dr Konstantin Pavlovich Buteyko. Their son Robert had severe asthma that was unrelenting despite his following the recommended conventional medical treatments, and they turned to the Buteyko breathing techniques in desperation. Buteyko provided such a complete change of health that they decided to train as practitioners and help others.

They took the Buteyko method to New

Zealand in 1994, and have also been instrumental in propagating Buteyko in Australia, the USA, the UK, Canada, Israel and The Netherlands. They have taught more than 7,000 people with breathing problems to use the techniques and improve their own health in a natural way, and have also trained more than 60 new practitioners.

The Starks have also taught the techniques in clinical trials and studies in New Zealand, Canada and the UK. They hosted the first international Buteyko conference in New Zealand in December 2000.

Jennifer Stark is the co-author, with Russell Stark, of *The Carbon Dioxide Syndrome: Learn why changing your breathing can improve your health and wellbeing* (Buteyko Online Ltd, NZ, Australia, 2002, ISBN 0-473-09610-2; see review in NEXUS vol. 12, no. 3).

Jennifer can be contacted by email at [info@buteykoworks.com](mailto:info@buteykoworks.com) or via the Buteyko Works website at <http://buteykoworks.com>.

### Editor's Note:

Due to space constraints, we are unable to include the extensive endnotes accompanying this article; instead, we've posted the article plus references on our website, <http://www.nexusmagazine.com>.

### Conclusion

Those who fear the upcoming Codex restrictions on supplements are now willing to turn to vitamin C and its relevance to heart disease in order to further their attacks on artificial governmental guidelines and restrictions. Codex proponents, claiming to base their decision on science, find that the late Dr Linus Pauling continues to be a difficult opponent in the battle for public opinion.

Drs Hickey and Roberts have published their newest critique of the science behind the governmental recommendations of daily vitamin C intake. These professors expose unbelievable errors at the NIH. As other scientists become aware of their latest book, *The Ridiculous Dietary Allowance* (see <http://www.lulu.com/content/92249>), and their analysis is verified, a large impact in the scientific community is predicted.

Dr Bush's work and his new CardioRetinometry method of diagnosis is exceptionally interesting in its process. It will soon leave little doubt as to the cause of atherosclerosis and the simplicity with which it can be reversed with high dosages of vitamin C. Reversals require dosages of

vitamin C that are far above the Codex-inspired "tolerable upper-maximum limits".

Vioxx and other evidence of malfeasance at the FDA have caught the public's attention. Master television marketers such as Kevin Trudeau and Bill Sardi work to change the image of prescription medications in the minds of the public.

However, if the Codex restrictions on supplements are approved, it will soon become very difficult to obtain vitamin C in optimal amounts.

### About the Author:

Dr Owen R. Fonorow is president of Intelisoft Multimedia, Inc. and is based in Illinois, USA. His company owns the distribution rights to Nobel Prize winner Dr Linus Pauling's video on heart disease. He is a co-founder of the Vitamin C Foundation and is the owner of Owen R. Fonorow Naturopath & Associates, a consulting firm that combines more than 50 years of learning and experience about vitamins, minerals, amino acids, antioxidants and enzymes.

Dr Fonorow's nutritional speciality and primary interest is vitamin C, and clients include health professionals as well as the general public. Recently he has worked closely with nutritional manufacturer

Tower Laboratories of Las Vegas, Nevada, and has designed several of their high-dose vitamin C products.

Owen Fonorow graduated from the US Air Force Academy in 1976 and earned his MBA before leaving the Air Force in 1981. He joined AT&T Bell Laboratories in 1984 as a member of the technical staff until his retirement in 2001.

Fascinated since 1983 by Dr Linus Pauling's research into vitamin C, Fonorow went on to earn his PhD in Nutritional Science in 2002 and the degree Doctor of Naturopathy from Chatworth College in 2003. His dissertations dealt with the relationship of vitamin C deficiency to heart disease and the inherent problems with the current health care system.

Dr Fonorow can be contacted by email at [owen@vitaminfoundation.org](mailto:owen@vitaminfoundation.org). His original article, "Chronic Scurvy: The Suppression of the Real Nature, Cause and Outright Cure for Heart Disease", can be found at <http://www.internetwks.com/owen/suppress.htm>. For more information on related research, refer to the following websites that Dr Fonorow maintains: <http://www.PaulingTherapy.com>; <http://www.VitaminCFoundation.org>; <http://www.TheCureForHeartDisease.com>; <http://www.NaturesPerfectStatin.com>.

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*"Among people of a nation far in the north, a little man will appear who will teach men about love and compassion, but there will be many hypocrites around him so that he will have many ups and downs. Not one of these hypocrites will want to know what is real human grace, but his wise books will remain and all the words he will say, and then people will see how self-deceived they were.*

*"Those who will read and write different books with numbers will think that they know the most. These learned men will let their lives be led by their calculations, and they will do and live exactly how these numbers tell them. Among these learned men there will be good and evil men. The evil ones will do evil deeds. They will poison air and water and spread pestilence over the seas, rivers and earth, and people will start to die suddenly of various ailments. Those good and wise will see that all this effort and hard work is not worth a penny and that it leads to the destruction of the world, and instead of looking for wisdom in numbers they will start to seek it in meditation."*

### **Predictions and Events during World War III (2050–2100)**

*"When they start to meditate more, they will be closer to God's wisdom, but it will be too late because the evil ones will already ravage the whole Earth and men will start to die in great numbers. Then people will run away from cities to the country and look for the mountains with three crosses, and there, inside, they will be able to breathe and drink water. Those who will escape will save themselves and their families, but not for long, because a great famine will appear. There will be plenty of food in towns and villages, but it will be poisoned. Many will eat because of hunger and die immediately. Those who will fast to the end will survive, because the Holy Ghost will save them and they will be close to God.*

*"The greatest and the angriest will strike against the mightiest and the most furious! When this horrible war starts, woe to those armies that fly over skies; better off will be those who fight on ground and water.*

*"People waging this war will have their scientists who will invent different and strange cannonballs. When they explode, these cannonballs instead of killing will*

*cast a spell over all that lives—people, armies and livestock. This spell will make them sleep, and sleep they will instead of fighting, and after this they will come back to their senses.*

*"We will not fight in this war, but others will do battle over our heads. Burning people will fall from the sky over Pozega [a town in Serbia]. Only one country at the end of the world, surrounded by great seas, as big as our Europe [Australia?], will live in peace, without any troubles... Upon it or over it, not a single cannonball will explode! Those who will run and hide in the mountains with three crosses will find shelter and will be saved to live after in abundance, happiness and love, because there will be no more wars..."*

### **Editor's Note:**

Neo, the originator of this article, advises that all credit should go to Mitar Tarabich, Zaharije Zaharich and the person who translated these prophecies from Serbian to English. Note that we have retained his anglicised spellings of Serbian names.

Readers may wish to refer to an earlier article, "The Prophetic Visions of Mitar Tarabich", which we published in NEXUS vol. 3, no. 3.

