

NEXUS

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EDITOR

Duncan M. Roads

CO-EDITOR

Catherine Simons

ASSISTANT EDITOR/SUB-EDITOR

Ruth Parnell

OFFICE ADMIN/EDITORS' ASSISTANTS

Jenny Hawke; Susie Foster

MAIL ORDER DEPARTMENT

Richard Giles; Susie Foster

WEB MISTRESS

Jenny Hawke

CONTRIBUTORS THIS ISSUE

Andrew Gavin Marshall; Walter Last;
"Opening Poster" via Godlike Productions;
Ramiel Nagel; Nenah Sylvester, PhD;
Rod Hamon; Ingo Swann; Warren Aston

CARTOONS

Phil Somerville

COVER GRAPHIC

Jeff Edis, jeff_edis@hotmail.com

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HEAD OFFICE – All Correspondence

PO Box 30, Mapleton, Qld 4560, Australia.

Tel: (07) 5442 9280; Fax: (07) 5442 9381

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

NZ OFFICE: RD 2, Kaeo, Northland. Tel: +64 (0)9 405 1963; Email: nexusnz@extra.co.nz

UK OFFICE: 55 Queens Rd, East Grinstead, West Sussex, RH19 1BG. nexus@ukoffice.u-net.com

EUROPE OFFICE: Postbus 10681, 1001 ER Amsterdam, The Netherlands. Email: nexus@fsf.nl

STATEMENT OF PURPOSE

NEXUS recognises that humanity is undergoing a massive transformation. With this in mind, NEXUS seeks to provide 'hard-to-get' information so as to assist people through these changes. NEXUS is not linked to any religious, philosophical or political ideology or organisation.

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Editorial

On 26 June, an anonymous person started a "thread" on the website of a popular conspiracy-oriented discussion group. The Opening Poster (OP) indicated that he was reading "chatter" on various French emergency communications channels, as used by French naval assets. He was alarmed to discover that a French submarine had been attacked in the Gulf of Mexico by US forces in order to make it hand over a recently acquired "cargo". After a few days of following OP's intermittent posts, we understood that this cargo is an organism of some sort—one that appears usually to live *under* the Earth's crust. As I sit here today, struggling to get this edition ready for the printers, the story is still unfolding. I've decided to publish some of the more pertinent postings, and we await further developments with bated breath.

As I've said before, my opinion is that science has become a religion. Apart from being expected to take scientific pronouncements on faith, we are increasingly finding that commercial secrecy and military applications of science are resulting in even less information being available to us mere mortals. So much information we are not allowed to know—why? So that we become more ignorant and thus more compliant? We have an extract from an article by Andrew Marshall, "The Rise of the Scientific Dictatorship", which looks at the push for population control via eugenics and genetics.

On the health front, we learn from Walter Last's article that the statistics surrounding the choice of surgery for cancer treatment are not encouraging at all. In fact, in many cases, surgery appears to make cancers spread further throughout the body. Still on the health front is a timely reminder for all ageing hippie children, such as myself, that too much phytic acid is very bad for you. So, all the brown rice, grains, muesli and beans that we favour are bad for us unless we eat them sparingly and prepare them properly, e.g., by soaking them overnight, or cooking them for hours.

One of the world's best remote-viewers is Ingo Swann. In 1975, Ingo was "invited" to a secret underground base in the USA and tasked with remote-viewing a series of coordinates on the dark side of the Moon. What he saw shocked him to the core. Ingo promised to keep this episode a secret for at least a decade, which he did. He then wrote a very obscure book titled *Penetration*, which is almost impossible to find in bookshops. I was able to obtain a pdf of this 1998 book from a source on the Internet, and have extracted a tiny portion of his amazing story for this edition.

The spread of NEXUS Magazine into other countries and languages has revealed to us that the experience of ETs and UFOs is not primarily confined to Americans (a criticism used by ignorant sceptics). In fact, all of the most amazing and sustained ET/UFO contact cases come from other countries; and as you can appreciate, few Americans, even those who are into UFOs, ever hear of such cases, and fewer still take the time even to investigate. Italy in particular has some remarkable cases awaiting the recognition and astonishment of the English-speaking world, and we are excited to have an article on the *Amicizia* case, written by long-time researcher Warren Aston.

We go to press just after the oil-leak crisis has been announced as being "over", and the TV is showing pictures of Gulf Coast people happily fishing once again (I'm serious; how blatant is their brainwashing!). But beneath the Gulf of Mexico, the drama involving submarines, a strange, intelligent and dangerous organism and mysterious sea-floor eruptions continues...

Duncan

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NEW EDITION

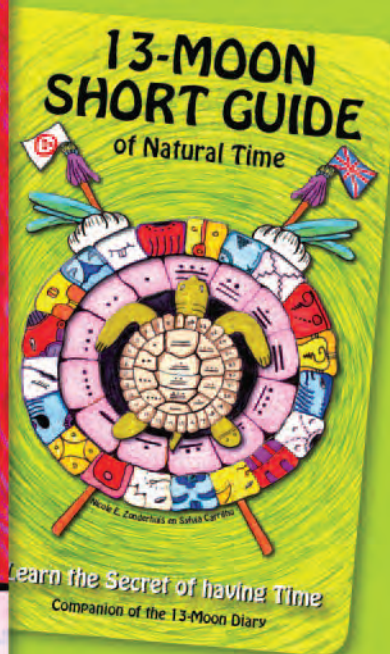
RED OVERTONE MOON YEAR (JULI 26, 2010 - JULI 24, 2011)



13-MOON DIARY OF NATURAL TIME



A WAY TO LIVE THE ANCIENT MAYA CALENDAR



13 Moon Diary

The 13-Moon Diary is celebrating its fifth year of publication. This day planner combines the common 12-month Gregorian calendar with the 13-Moon Calendar. José Argüelles translated the sacred 260-day Mayan calendar into the 13-Moon Calendar to make it available to the world.

It's an easy-to-use day planner in which you can see at a glance what day it is according to the Gregorian calendar, as well as the 13-Moon Calendar. You can learn about the day-energies and plan your activities accordingly. Naturally, it has all the features of a contemporary diary, including a moon planner and menstrual cycle calendar. The calendar covers July 26, 2010 until July 25, 2011 (Day out of Time). This 13-Moon Diary for the Red Overtone Moon Year is split in two parts:

1. The 13-Moon Diary data, in English.
2. A separate 13-Moon Short Guide in English (or other languages).

13 Moon Short Guide

With a clear explanation in the 13-Moon Short Guide, you will learn to apply the 13-Moon Calendar in practice. You will learn to calculate your – and your friends' – Maya 'horoscope', and be in a position to explain it: what it reveals to you, who your Antipode is, and how you should react. You will learn to surf the Wavespell and discover the secret of having time!

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Visit www.mayatzolkin.com for previews and more information.

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Letters to the Editor ...

Out-of-Body Research

I just found your website. I am wondering if you have ever heard of Thomas Campbell, author of *My Big Toe*? If you haven't, he is worth checking out.

He is a nuclear physicist who has been going out of body for over 35 years. He started with Bob Monroe at the beginning of The Monroe Institute. His website is www.mybigtoe.com.

There are YouTube videos of some of his lectures. I think he is one of the most important men on the planet right now.

If you want to understand how reality works, read his book. Don't be discouraged by the technical nature of the book.

Linda S., Florida, USA

In Defence of Christianity

I am very unhappy about the way Christianity is portrayed in your magazine and at the upcoming NEXUS Conference.

There are so many things that are covered up in the world, but why do you single out the Christian religion as a sort of conspiratorial, unhealthy cult, which it certainly is not. Yes, there are sinners and saints in the Church, as in the rest of humanity, including other religions.

Christians are not dumb; they know that there are conspiracies out there—some which may impinge on or attack the Holy Christian Church. They know the Devil is as active in these days as he was in the ancient days. Without a Holy Christian Church established in this world, he will have full reign over

mankind on Earth. Attacking the precepts of the Holy Christian Church is playing into his hands.

E. C., Victoria, Australia

Getting Out There

Duncan: Your June–July [17/04] editorial was shocking to read, to actually see all your points together in print, even though I've come to agree with all of them over the years.

Your interview shortly afterward with Barry Eaton on RadioOutThere.com was interesting and informative. I'm not familiar with [Bob] Monroe's writings, so excerpts from his texts in NEXUS would be appreciated.

You are doing a really wonderful job in getting this publication out. Please keep it up!

Thank you,

Daisy, NSW, Australia

Murdered by Mycoplasma?

Dear Editor: I read an article published in your magazine and I am taking the liberty of writing to you about a case in England which resulted in the death of my husband David in 2008.

I am proposing to bring a compensation claim against the parties who caused his premature death, after some 21 years of disablement, as a result of his illness.

I am trying to get some scientific assistance to help me to establish if David died purely as a result of medical neglect and gross incompetence on the part of his doctors or whether in fact he was murdered via weaponised mycoplasma, as I suspect might well have

been the case.

May I say that, having dealt with the medical and scientific profession in England, I hold the profession, at least in this country, in very low esteem. It seems they are more likely to set out to kill you than to cure you. So much for the Hippocratic Oath.

If you can assist me in my objective, I would be most grateful to you and will send further details of the case through to you which might well form the basis of an article.

Yours sincerely,

Barbara Ephgrave, UK,
bmephgrave@hotmail.co.uk

Paedophile Immunity

Dear Duncan: I would like to enlarge on the item by Robert Green in Global News last issue [17/04].

Not only in Britain are paedophiles being protected by the "ruling classes", but the same goes on in The Netherlands, too.

There seems to be a network of paedophilic people that seem immune to prosecution, a network which includes one of the highest-ranking officials in the Ministry of Justice.

Besides that, investigations into the paedophile network of Marc Dutroux were stopped in The Netherlands. The Dutch press dares not run articles on such topics.

A very enlightening article can be read at the website of the Institute for the Study of Globalization and Covert Politics. Go to www.isgp.eu, click on "Miscellaneous" and then on "February 25, 2010".

Very best wishes,

H. J., The Netherlands

Paedophilia Fighter's Plight

Dear Sir: I write in response to the Global News item "Scottish Paedophiles Protected in High Places" in the June–July 2010 issue [17/04].

A similar situation happened in Northern Ireland in the early 1970s where a concerned Army officer tried to expose the paedophilia going on in Kincora Boys' Home in Belfast. He was blocked every way he turned, and it was rumoured that people in high places were involved. He received many threats and was eventually posted to a dead-end office job in England, where he resigned.

He was framed for murder by MI5 and did about 12 years in prison. He is still fighting for his innocence but getting nowhere. There is a book written about him, titled *Who Framed Colin Wallace?*, by Paul Foot. It's worth a read, especially by those who think government would not do anything like that.

Brian D., Queensland, Australia

Our Leaders Poisoned?

Dear Sir: I am a regular reader of your magazine and I encourage you to keep investigating and challenging the official and mainstream news and proposing alternative versions of today's reality.

There is one question that puzzles me, however, after reading several articles on the topic of the secret and malicious public health and food poisoning agenda.

If powerful business leaders and politicians of this world are poisoning us

... more Letters to the Editor

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

through manipulated food, noxious vaccines and unhealthy water, wouldn't that affect *them* as well?

I would rather think that they and their families still buy, eat and drink the same food and water as we all do, and their children are also vaccinated at school.

Or am I making the wrong assumption here? Is there something about our leaders' diet and health practices that we don't know?

Many thanks,
F. P., Auckland, New Zealand.

[Dear F. P.: *You assume that business leaders and politicians are engaged in a deliberate conspiracy to poison us, but I do not believe this to be the case. Most such decision-makers believe the mainstream line on vaccines, fluoridation and chlorination. So yes, their own ignorance and/or compliance will affect their own health and that of their loved ones and friends.* Ed]

Coded Information in Films

Dear Duncan: My congratulations to you on your 20th anniversary with NEXUS.

I migrated to Australia in 1989. While I was still trying to find my bearings in this new country, the Gulf War erupted and a New World Order was unceremoniously imposed on us by George Bush, Sr. Your magazine helped me make sense of this "brave new world".

In response to the question you posited towards the end of your editorial [17/04], which I have paraphrased as "Why does this cabal prefer to keep the world in the dark and not share the secrets they are privy to?", my

guess—as a psychiatrist who knows a thing or two about the human psyche—is that they are afraid!

What are they afraid of? Why are they afraid? The answer may be something as mundane as their trying to hold on to their petty privileges and interests. Or they may know a thing or two about an impending apocalyptic event, and they may be positioning themselves for the best situation that, they hope, may give them a chance to survive.

It is always good to read between the lines of public statements of those who appear to be in the know.

One unlikely source of information is Hollywood—both a source of keeping the masses entertained and a medium to leak coded information to the public to prepare them. Think of "Titanic", "Deep Impact" and "2012" for coded revelations on how the cabal is preparing to save their selfish souls.

"Titanic", for instance, tells us how a selected few would hop into the lifeboats and watch us drown in the freezing, abysmal, dark waters. The film "2012" repeats this theme. Also, there's an eerie feeling when you see in both "Deep Impact" and "2012" that the US President is black.

Incidentally, I was astounded to read that Merck's RotaTeq® vaccine is laced with pig virus. The US Food and Drug Administration has reported that stocks of Merck's RotaTeq vaccine against rotavirus is contaminated with the pig viruses PCV1 and PCV2 (*New Scientist*, 15

May 2010). In March, the rotavirus vaccine Rotarix®, made by GlaxoSmithKline, was found to contain the pig virus PCV1.

Sincerely,
Dr Gokhan Sayram,
Australia

Magnesium Chloride Magic

Dear Duncan: I wonder how many readers know how invaluable the information is that you print. There have been two articles that I have put into practice.

The first was written by Barbara Bourke with Walter Last on the merits of magnesium chloride [15/06].

After I read the article, I set about examining all of the magnesium-containing products on the market, as sold in pharmacies, and found that not one contained the precious magnesium chloride. So I sourced a 500-gram container of magnesium chloride at great expense from an analytical laboratory supplier. From the very first dose I took, I knew that what Barbara and Walter had written was true.

I used to suffer from early-morning joint stiffness but, soon after taking magnesium chloride, all joint flexibility and muscular strength returned and my sleep was more beneficial.

The most important observation was the remarkable effect it had on enabling the human body to fight off infections.

In a world that is rapidly running out of antibiotics, I think I may have stumbled upon a new antibiotic principle. When magnesium chloride is combined with a vitamin B complex plus garlic, it enables the person

to recover from infections in half the time, and this makes sense: all three substances act synergistically, like Nature intended.

Garlic is Nature's super anti-infective agent. The vitamin Bs and magnesium act together to provide energy, thus revving up the immune system. The garlic that I use is a light-activated alcoholic extract unlike anything seen before, and I would dearly like to work together to bring this discovery to the world.

In the interim, I advise people to fight infections naturally. Take half a teaspoonful of magnesium chloride, dissolved in a glass of water, with any form of super B formula and garlic as either one clove swallowed whole or as tablets or capsules. But the garlic must be smelly: odourless garlic does not work. Do this two to three times a day.

The second article that opened my eyes to improving the nature of things was on hemp seed oil [16/02]. This remarkable substance, when rubbed into joints affected by arthritis either before or after applying a propriety brand that contains methyl salicylate, menthol and camphor, improves all the results dramatically. Needless to say, I have now incorporated this precious oil into some of my own formulations for increased effectiveness.

Please continue publishing the good work, for it benefits us all.

Maurice Czarniak, BSc, BPharm, FPS, Yokine, WA, Australia

CLASSICAL MUSIC MOVES THE HEART IN VEGETATIVE PATIENTS

Classical music pulls at the heartstrings of people in a vegetative state as well as those of healthy listeners. If you play music to vegetative patients, their heart rate changes in the same way as that of healthy controls, suggesting that music can affect the neural systems of emotion even when conscious thought is impossible.

Francesco Riganello at the Santa Anna Institute in Crotone, Italy, and colleagues played four pieces of classical music to 16 healthy volunteers while measuring their heartbeats. The team then repeated the experiment with nine people who were in a vegetative state. In addition, they asked the healthy volunteers to describe the emotions they had felt while listening.

The pieces, each three minutes long and by different composers, were chosen because they have different tempos and rhythms—factors previously shown to elicit



positive and negative emotions.

Riganello found that the music affected the heart rates of both groups in the same way.

Pieces rated as "positive" by healthy volunteers, such as the minuet from Boccherini's String Quintet in E, slowed heart rate, while "negative" pieces like Tchaikovsky's sixth symphony increased heart rate.

(Source: New Scientist, 2 July 2010, <http://tinyurl.com/33sctju>)

EU GIVES US ACCESS TO ITS CITIZENS' FINANCIAL DATA

US anti-terrorism investigators have won the right to scrutinise the private bank details of British and other EU citizens after a crucial vote in the European Parliament.

The vote in favour of giving CIA agents access to a giant financial database follows a deal struck between US and EU negotiators.

Under the new arrangements, the EU police agency Europol will assess whether specific data requests are necessary for the fight against terrorism

before the data is sent to the US, and the EU Commission will appoint its own officials to monitor the US investigators' actions. There is also a requirement that bulk data can never be sent to third countries.

The measures were passed by 484 MEPs in favour and 109 against.

(Source: The Independent, 9 July 2010, <http://tinyurl.com/2824q2m>)

US PLANS CYBER SHIELD FOR UTILITIES, COMPANIES

The US federal government is launching an expansive program dubbed "Perfect Citizen" to detect cyber assaults on private companies and government agencies running such critical infrastructure as the electricity grid and nuclear power plants.

The National Security Agency (NSA) would rely on a set of sensors deployed in computer networks for critical infrastructure that would be triggered by unusual activity suggesting an impending cyber attack, though it wouldn't persistently monitor the whole system.

Defence contractor Raytheon Corp. recently won a classified contract for the initial phase of the surveillance



"Premium Octane, Unleaded, Ethanol or Gulf of Mexico Spill?"

... GLOBAL NEWS ...

effort, valued at up to US\$100 million.

Some industry and government officials familiar with the program see Perfect Citizen as an intrusion by the NSA into domestic affairs, while others say it is an important program to combat an emerging security threat that only the NSA is equipped to provide.

"The overall purpose of the [program] is our Government... feel[s] that they need to insure the Public Sector is doing all they can to secure Infrastructure critical to our National Security," said one internal Raytheon email, the text of which was seen by the *Wall Street Journal*.

Raytheon declined to comment. (Source: The *Wall Street Journal*, 8 July 2010, <http://tinyurl.com/35hyzez>)

NANOPARTICLES TO CONTROL ANIMAL BEHAVIOUR REMOTELY

Clusters of heated, magnetic nanoparticles targeted at cell membranes can remotely control ion channels, neurons and even animal behaviour, according to a paper published by University at Buffalo (UB) physicists in *Nature Nanotechnology*.

"By developing a method that allows us to use magnetic fields to stimulate cells both *in vitro* and *in vivo*, this research will help us unravel the signaling networks that control animal behavior," says Arnd Pralle, PhD, Assistant Professor of Physics in the UB College of Arts and Sciences and senior/ corresponding author on the paper.

The method the UB team developed involves heating nanoparticles in a cell membrane by exposing them to a radiofrequency magnetic field; the heat then results in stimulating the cell.

"We have developed a tool to heat nanoparticles and then measure their temperature," says Pralle, noting that not much is known about heat conduction in tissue at the nanoscale.

Each one measuring just six

nanometres wide, the particles can easily diffuse between cells. The magnetic field is comparable to what is employed in magnetic resonance imaging. The method's ability to activate cells uniformly across a large area indicates that it also will be feasible to use it in *in vivo* whole-body applications, the scientists report.

(Source: *University at Buffalo News Center*, 6 July 2010, <http://www.buffalo.edu/news/11518>)

BIG BANG THEORY EXPLODED?

A Hungarian astronomer has reported that the Universe is crossed by at least 13 "Great Walls" or rivers of galaxies, 100 Mpc long, in the surveyed domain of seven billion light years. (A distance of one million parsecs—approximately 3,262,000 light years—is commonly denoted by the megaparsec, Mpc.)

The astronomer found galaxies clustered into bands spaced about 600 million light years apart that stretch across about one-fourth of the diameter of the Universe, or about seven billion light years. This huge shell and void pattern would have required nearly 150 billion years to form, based on their speed

of movement, if produced by the standard Big Bang cosmology.

But this has greatly upset the traditional notion that galactic matter should be uniformly distributed. If the Universe began with a Big Bang 13.7 billion years ago, the awesome size of these large-scale structures is baffling because there is apparently not sufficient time available for such massive objects to form and to become organised.

(Source: *The Journal of Cosmology*, 30 January 2010, <http://journalofcosmology.com/BigBang101.html>, via *DailyGalaxy.com*)

SCIENTISTS DISCOVER HEAVENLY SOLAR MUSIC

Longitudinal vibrations within the Sun's atmosphere have been recorded and accurately studied for the first time by experts at the University of Sheffield, UK, shedding light on the Sun's magnetic atmosphere.

High-resolution images taken by a number of satellites show that the solar corona is filled with large banana-shaped magnetic structures known as coronal loops.

These giant coronal loops have also been observed to undergo



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periodic (oscillatory) motion, which can be thought of as someone plucking a guitar string (transversal oscillations) or blowing a wind-pipe instrument (longitudinal oscillations). With the length and thickness of the string fixed, the pitch of the note is determined by the tension of the string; the tone is made up of the harmonics of the modes of oscillation.

In this sense, the solar atmosphere is constantly pervaded by the music of the coronal loops.

A video of the solar music is available on YouTube at <http://tinyurl.com/26od6mb>.

(Source: *ScienceDaily.com*, 22 June 2010, <http://tinyurl.com/29zchcu>)

SECRET US SPACESHIP LAUNCHED

Somewhere above Earth is America's latest spaceship: a 30-foot [~9.2-metre] craft so classified that the Pentagon will not divulge its mission nor how much it cost to build.

The mysterious [Boeing] X-37B, launched successfully by the US Air Force from Cape Canaveral, Florida, on 22 April using an Atlas V rocket, looks like a miniature Space Shuttle—but its mission is top secret. It is officially described as an Orbital Test Vehicle.

However, one of its potential uses appears to be to launch a surge of small satellites—during periods of high international tension. This would enable America to have eyes and ears orbiting above any potential trouble spot in the world.

The X-37B can stay in orbit for up to 270 days, whereas the Shuttle can last only 16 days. This capability will allow the US to carry out long-term experiments, including the testing of new laser weapon systems. This development will draw accusations that the launch of X-37B, and a second vehicle planned for later this year, could lead to the militarisation of space.

With all the focus on the secret X-37B, another space launch from Vandenberg Air Force Base in California received less attention. A Minotaur IV rocket was carrying the prototype of a new weapon that can hit any target around the world in less than an hour.

The Prompt Global Strike system is designed as the conventional weapon of the future. It could hit Osama bin Laden's cave, an Iranian nuclear site or a North Korean missile with a huge conventional warhead.

(Source: *The Times*, 24 April 2010, <http://tinyurl.com/2639nda>)

ARTIFICIAL OBJECT APPROACHING THE EARTH

NASA reports that an unknown object approaching the Earth from deep space is almost certainly artificial in origin, rather than being an asteroid.

Object 2010 KQ was detected by the Catalina Sky Survey in Arizona in early May, and was subsequently tracked by NASA's asteroid-watching service, the Near Earth Object Program headquartered at the Jet Propulsion Laboratory (JPL) in California.

Observations by astronomer S. J. Bus *et al.*, using the NASA Infrared Telescope Facility on Mauna Kea, Hawaii, indicate that 2010 KQ's spectral characteristics do not match any of the known asteroid types, and the object's absolute magnitude (28.9) suggests it is only a few metres in size.

The mysterious artificial object has apparently made a close pass by the Earth, coming in almost to the distance of the Moon's orbit, and is now headed away into the interplanetary void. The object has used no propulsion during the time NASA has had it under observation.

However, the spacewatch boffins believe that it must have moved under its own power at some point, given its position and velocity.

"The orbit of this object is very similar to that of the Earth, and one would not expect a [naturally occurring] object to remain in this type of orbit for very long," said Paul Chodas from JPL.

The experts believe that the object must be a spacecraft or, more accurately, part of one. It's likely to be a booster stage from a past interplanetary mission, now drifting back in to Earth and out again.

The next visit will probably be in 2036, at which time there's a small chance that 2010 KQ will crash into the atmosphere and burn up.

(Source: *TheRegister.co.uk*, 28 May 2010, tinyurl.com/33qarkv)



IRANIAN SCIENTIST PRESSURED INTO LYING ABOUT NUKE SECRETS

An Iranian scientist, who says he was abducted 14 months ago and taken to the United States by the CIA, claimed that he had been pressured into lying about his country's nuclear program. Shahram Amiri was returned to Tehran in July to a hero's welcome.

Mr Amiri was on the Hajj pilgrimage when he was seized at gunpoint in the city of Medina, drugged and taken to the US, where he says Israel was involved in his interrogation.

In the US, officials have admitted that Mr Amiri was paid more than US\$5 million by the CIA for information about Iran's nuclear ambitions and are clearly embarrassed by his very public return to Iran.

(Source: *The Independent*, 16 July 2010, <http://tinyurl.com/26wwttx>)

USA TO GIVE ISRAEL A MEGA MILITARY HANDOUT

The United States plans to provide Israel with its most extensive military aid package in history.

The US Assistant Secretary of State, Andrew J. Shapiro, claims that the increased US military assistance should help Tel Aviv reach tough decisions in peace talks with the Palestinians.

Speaking at the Brookings Institution's Saban Center for Middle East Policy in Washington, DC, Shapiro said that the US plans to bolster Israel's security by providing funding for the Iron Dome anti-missile system. He said that since Israel is facing some of the toughest challenges in its history, US President Obama's administration has asked Congress for nearly US\$2.775 billion in security assistance funding "specifically for Israel" in 2010.

"It is the largest such request in US history," he added.

(Source: *PressTV.ir*, 17 July 2010, <http://tinyurl.com/2dymfzb>)

THE INDO-ISRAELI COLLABORATION: A DIFFERENT PERSPECTIVE

The state of Israel came into being on 14 May 1948 with the support of Jawaharlal Nehru, the first Indian Prime Minister. Owing to its relationship with the Arab world, India took some time in the formal recognition of Israel in 1950. Besides maintaining good relations with the Arab world, India also maintained a covert relationship with the Israeli state. The former Israeli Defence and Foreign Minister, Moshe Dayan, is regarded as the linchpin of this Indo-Israeli relationship.

Ever since 1950, both countries have been interacting covertly, while keeping their strapping bilateral relationship at low profile. It was only in 1992 that India established its formal diplomatic relationship with Israel. Currently, both countries are enjoying an excellent relationship at economic, military and strategic levels. Indo-Israeli military collaboration has rapidly expanded over the years, and, by 2009, bilateral military trade between the two countries reached US\$9 billion. India is now the largest customer for Israeli military hardware and the second largest economic partner. Both are undertaking joint military exercises/training and cooperating in space technology.

It is worth mentioning that India and Iran are strategic allies. India is also strengthening its strategic relationship with the Arab world and the Central Asian states. This indeed is a unique combination of establishing relationship with the enemy of Arabs and vice-versa.

In recent years, there has emerged another angle to this collaboration: the Indo-Israeli joint collaboration with Afghanistan. In the garb of reconstruction, India has made lots of inroads and investments in Afghanistan.

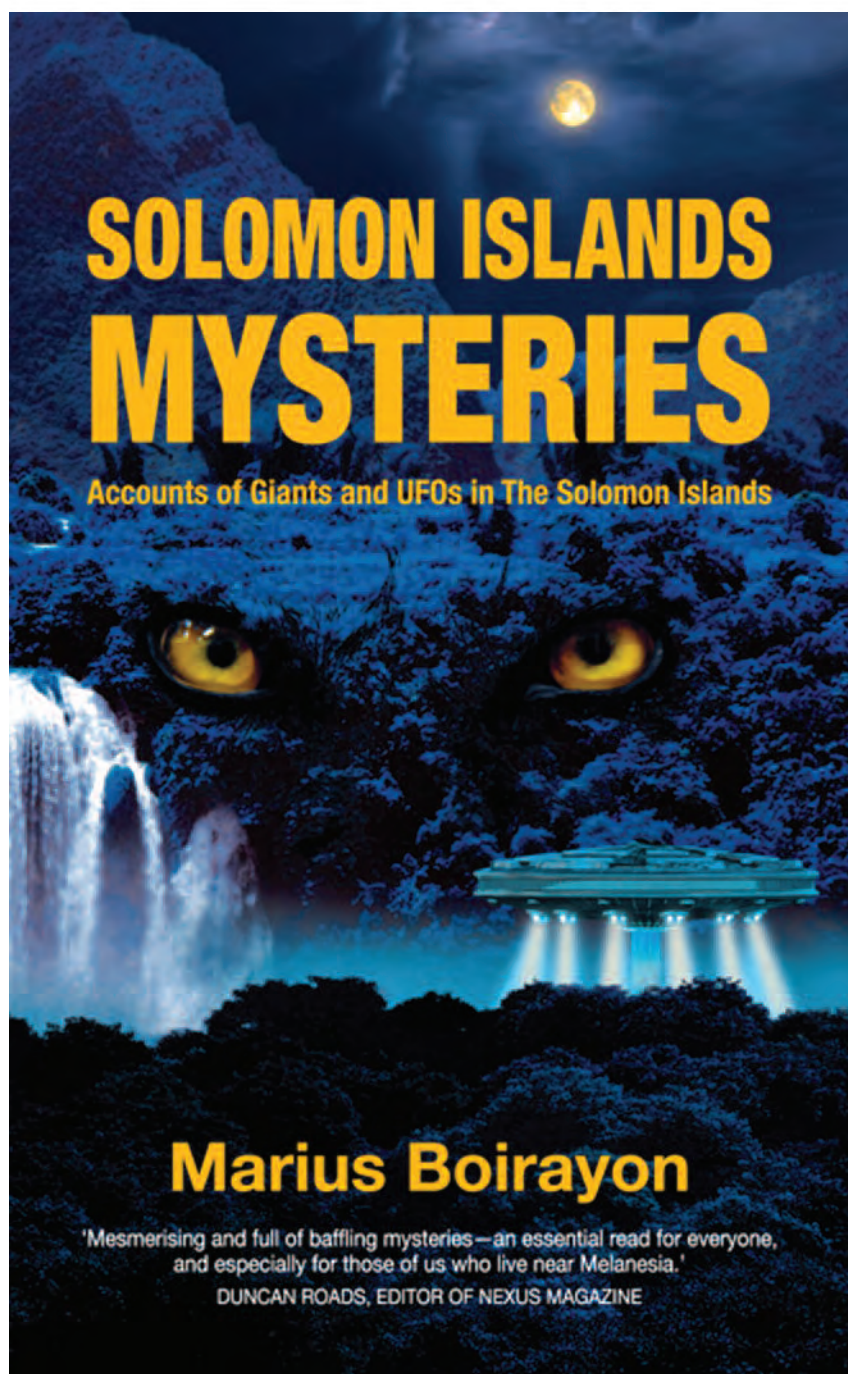
There is a reported presence of Israelis—Mossad operatives particularly—in the northern and northwestern provinces of Afghanistan, bordering Uzbekistan and Tajikistan. Indeed, the Indo-Israeli collaboration with Afghanistan is aimed at enhancing ingress in Afghan society, especially with the youth and political leadership, to shape their mindset against Pakistan. Furthermore, it is designed to make ingress into the Afghan National Army (ANA) to stimulate them to act against Pakistan for creating a threat on its western borders. It is also aimed at further reinforcing the RAW [Research and Analysis Wing, India's external intelligence agency] network to destabilise Pakistan through covert intelligence operations. RAW and Mossad, along with the Northern Alliance and the Afghan intelligence set-up, are helping anti-Pakistan terrorists and extremists to destabilise Pakistan.

The massive Indian investment in Afghanistan has a long-term aim to encircle Pakistan. It is pertinent to note that Indian defence collaboration with the ANA has not been able to guarantee the security of Afghanistan, but it has destabilised Pakistan to the utmost.

Now it is up to the people of Afghanistan to recognise their friends and foes. After all, 30 million Afghans have the right to question their government as to why India and Israel have all of a sudden become so sympathetic to them. There exists neither any religious affinity nor any other parallel between them and Afghanistan. Rather, both countries have a poor record of accomplishment in Kashmir and Palestine alike.

(Source: by Dr Raja Muhammad Khan, posted on 13 July 2010 at <http://www.opinion-maker.org/2010/07/indo-israeli-collaboration-a-different-perspective/>. Dr Khan has a PhD in international relations from the University of Karachi, Pakistan. Presently he is an associate professor at the National Defence University, Islamabad. He is a regular contributor to www.Opinion-Maker.org.)

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THE RISE OF THE GLOBAL SCIENTIFIC DICTATORSHIP

Aldous Huxley's vision of a brave new world has come to pass as increasingly we are at the mercy of elite technocrats and social engineers who are using everything in their power to control the world's populace.

by Andrew Gavin Marshall

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Montreal, Canada, 5 July 2010

Web page:
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We are in the midst of the most explosive development in all of human history. Humanity is experiencing a simultaneously opposing and conflicting geopolitical transition, the likes of which has never before been anticipated or experienced. Historically, the story of humanity has been the struggle between the free-thinking individual and structures of power controlled by elites that seek to dominate land, resources and people. The greatest threat to elites at any time—historically and presently—is an awakened, critically thinking and politically stimulated populace.

The greatest triumphs of the human mind—whether in art, science or thought—have arisen out of and challenged great systems of power and control. The greatest of human misery and tragedy has arisen out of the power structures and systems that elites always seek to construct and manage. War, genocide, persecution and human degradation are directly the result of decisions made by those who control the apparatus of power, whether the power manifests itself as intellectual, ecclesiastical, spiritual, militaristic or scientific. The most malevolent and ruthless power is that over the free human mind: if one controls how one thinks, they control the individual itself. The greatest human achievements are where individuals have broken free the shackles that bind the mind and let loose the inherent and undeniable power that lies in each and every individual...

What is the "Scientific Dictatorship"?

In 1932, Aldous Huxley wrote his dystopian novel *Brave New World*, in which he looked at the emergence of the scientific dictatorships of the future. In his 1958 essay, "Brave New World Revisited", Huxley explains: "The future dictator's subjects will be painlessly regimented by a corps of highly trained social engineers." He quotes one "advocate of this new science" as saying: "The challenge of social engineering in our time is like the challenge of technical engineering fifty years ago. If the first half of the twentieth century was the era of technical engineers, the second half may well be the era of social engineers." Thus, proclaims Huxley: "The twenty-first century, I suppose, will be the era of World Controllers, the scientific caste system and *Brave New World*."²

In 1952, Bertrand Russell, the British philosopher, historian, mathematician and social critic, wrote the book *The Impact of Science on Society*, in which he warned and examined how science, with the technological revolution, was changing and would come to change society:

I think the subject which will be of most importance politically is mass psychology. Mass psychology is, scientifically speaking, not a very advanced study... This study is immensely useful to practical men, whether they wish to become rich or to acquire the government. It is, of course, as a science, founded upon individual psychology, but hitherto it has employed rule-of-thumb methods which were based upon a kind of intuitive

common sense. Its importance has been enormously increased by the growth of modern methods of propaganda. Of these the most influential is what is called "education". Religion plays a part, though a diminishing one; the Press, the cinema and the radio play an increasing part...

This subject will make great strides when it is taken up by scientists under a scientific dictatorship...³

Drawing on the concept of people loving their servitude—a concept popularised by Aldous Huxley—Bertrand Russell explains that under a scientific dictatorship:

It is to be expected that advances in physiology and psychology will give governments much more control over individual mentality than they now have even in totalitarian countries. Fichte laid it down that education should aim at destroying free will, so that, after pupils have left school, they shall be incapable, throughout the rest of their lives, of thinking or acting otherwise than as their schoolmasters would have wished... Diet, injections and injunctions will combine, from a very early age, to produce the sort of character and the sort of beliefs that the authorities consider desirable, and any serious criticism of the powers that be will become psychologically impossible. Even if all are miserable, all will believe themselves happy, because the government will tell them that they are so.⁵



"We're attacking this catastrophe on two fronts: another \$10 billion to develop a new capping technique—and \$20 billion to develop a new logo."

He further explains:

The completeness of the resulting control over opinion depends in various ways upon scientific technique. Where all children go to school, and all schools are controlled by the government, the authorities can close the minds of the young to everything contrary to official orthodoxy.⁶

Bertrand Russell later proclaims in his book that "a scientific world society cannot be stable unless there is a world government".⁷ He explains that eugenics plays a central feature in the construction of any world government scientific dictatorship: Gradually, by selective breeding, the congenital differences between rulers and ruled will increase until they become almost different species. A revolt of the plebs would become as unthinkable as an organised insurrection of sheep against the practice of eating mutton.⁹

In a 1962 speech Aldous Huxley spoke about the real world becoming the "Brave New World" nightmare he envisaged. He spoke primarily of the "ultimate revolution" that focuses on "behavioural controls" of people:

...In the past we can say that all revolutions have essentially aimed at changing the environment in order to change the individual. [T]here's been the political revolution, the economic revolution...the religious revolution. All these aimed not directly at the human being but at his surroundings; so that by modifying his surroundings you did achieve, did one remove the effect of the human being.

Today we are faced, I think, with the approach of what may be called the ultimate revolution, the final revolution, where man can act directly on the mind-body of his fellows...

...If you are going to control any population for any length of time, you must have some measure of consent. It's exceedingly difficult to see how pure terrorism can function indefinitely. It can function for a fairly long time, but...sooner or later you have to bring in an element of persuasion, an element of getting people to consent to what is happening to them.

Well, it seems to me that the nature of the ultimate revolution with which we are now faced is precisely this: that we are in [the] process of developing a whole series of techniques which will enable the controlling oligarchy—who have always existed and will presumably always exist—to get people to love their servitude. This is...the ultimate in malevolent revolutions...

...I'm inclined to think that the scientific dictatorships of the future—and I think there are going to be scientific dictatorships in many parts of the world—will be probably a good deal nearer to the "Brave New World" pattern than to the "1984" pattern. They will be a good deal nearer, not because of any humanitarian qualms of the scientific dictators but simply because the "Brave New World" pattern is probably a good deal more efficient than the other.

...[I]f you can get people to consent to the state of affairs in which they're living, the state of servitude...if you can do this, then...you are likely to have a much more stable and lasting society, [a] much more easily controllable society than you would if you were relying wholly on clubs and firing squads and concentration camps.¹⁰

In 1961, President Eisenhower delivered his farewell address to the nation in which he warned of the dangers to democracy posed by the military-industrial complex, the interconnected web of industry, the military and politics creating the conditions for constant war. In that same speech, Eisenhower warned America and the world of another important change in society:

Today, the solitary inventor, tinkering in his shop, has been overshadowed by task forces of scientists in laboratories and testing fields. In the same fashion, the free university, historically the fountainhead of free ideas and scientific discovery, has experienced a revolution in the conduct of research. Partly because of the huge costs involved, a government contract becomes virtually a substitute for intellectual curiosity. For every old blackboard there are now hundreds of new electronic computers.

The prospect of domination of the nation's scholars by Federal employment, project allocations, and the power of money is ever present—and is gravely to be regarded.

Yet, in holding scientific research and discovery in respect, as we should, we must also be alert to the equal and opposite danger that public policy could itself become the captive of a scientific-technological elite.¹¹

New Eugenics

Many sciences and large social movements are directed by the same foundations and money that financed the eugenics movement in the early 20th century. The Rockefeller foundations, Ford, Carnegie, Mellon, Harriman and Morgan money that flowed into eugenics led directly to "scientific racism" and ultimately to the Holocaust in World War II.¹³

Following the Holocaust, Hitler had discredited the eugenics movement he admired so much in America. So the movement branched off into forming several other social engineering projects: population control, genetics and environmentalism. The same foundations that laid the foundations for eugenics ideology—the belief in a biological superiority and right to rule (justifying their power)—then laid the foundations for these and other new social and scientific movements.

Major environmental and conservation organisations

were founded with Rockefeller and Ford Foundation money,¹⁴ which then continued to be central sources of funding to this day. The World Wildlife Fund (WWF) was founded in 1961 by Sir Julian Huxley, Aldous Huxley's brother, who was also the president of the British Eugenics Society from 1959 to 1962. Prince Bernhard of The Netherlands became the organisation's first president. He also happened to be one of the founders of the elite global think-tank, the Bilderberg Group, which he co-founded in 1954; and previous to that, he was a member of the Nazi Party and an SS officer.¹⁵ Sir Julian Huxley also happened to be the first Director-General of the United Nations Educational, Scientific and Cultural Organization (UNESCO).

In 1946, Sir Julian Huxley wrote a paper titled "UNESCO: Its Purpose and Its Philosophy". In it, he states that the general focus of UNESCO:

...is to help the emergence of a single world culture, with its own philosophy and background of ideas, and with its own broad purpose.¹⁶

At the moment, it is probable that the indirect effect of civilisation is dysgenic instead of eugenic; and in any case it seems likely that the dead weight of genetic stupidity, physical weakness, mental instability, and disease-proneness, which already exist in the human species, will prove too great a burden for real progress to be achieved. Thus even though it is quite true that any radical eugenic policy will be for many years politically and psychologically impossible, it will be important for Unesco to see that the eugenic problem is examined with the greatest care, and that the public mind is informed of the issues at

stake so that much that now is unthinkable may at least become thinkable.¹⁷

...It is worth pointing out that the applications of science at once bring us up against social problems of various sorts. Some of these are direct and obvious. Thus the application of genetics in eugenics immediately raises the question of values—what qualities should we desire to encourage in the human beings of the future?¹⁹

...[I]n order to carry out its work, an organisation such as Unesco needs not only a set of general aims and objects for itself, but also a working philosophy, a working hypothesis concerning human existence and its aims and objects, which will dictate, or at least indicate, a definite line of approach to its problems.²⁰

While much of the language of equality and education sounds good and benevolent, it is based upon a particular view of humanity as an irrational, emotionally driven organism which needs to be controlled.

While much of the language of equality and education sounds good and benevolent, it is based upon a particular view of humanity as an irrational, emotionally driven organism which needs to be controlled.

Thus, the "principle of human equality" becomes the "fact of human inequality":

Finally we come to a difficult problem—that of discovering how we can reconcile our principle of human equality with the biological fact of human inequality... The democratic principle of equality, which is also Unesco's, is a principle of equality of opportunity—that human beings should be equal before the law, should have equal opportunities for education, for making a living, for freedom of expression and movement and thought. The biological absence of equality, on the other hand, concerns the natural endowments of man and the fact of genetic difference in regard to them.

There are instances of biological inequality which are so gross that they cannot be reconciled at all with the principle of equal opportunity. Thus low-grade mental defectives cannot be offered equality of educational opportunity, nor are the insane equal with the sane before the law or in respect of most freedoms. However, the full implications of the fact of human inequality have not often been drawn and certainly need to be brought out here, as they are very relevant to Unesco's task.²¹

So eugenics must be employed, as the UNESCO paper explains, to address the issues of raising human welfare to a manageable level; that the time will come where elites will need to address the whole of humanity as a single force, and with a single voice.

Eugenics is about the social organisation and control of humanity. Ultimately, eugenics is about the engineering of inequality. In genetics, elites found a way to take discrimination down to the DNA.

Genetics as Eugenics

Award-winning author and researcher Edwin Black wrote an authoritative history of eugenics in his book *War Against the Weak*, in which he explains that "the incremental effort to transform eugenics into human genetics forged an entire worldwide infrastructure", with the founding in 1938 of the Institute of Human Genetics in Copenhagen, led by Tage Kemp, a Rockefeller Foundation eugenicist, and financed with money from the Rockefeller Foundation.²² While not abandoning the eugenics goals, the new, re-branded eugenics movement "claimed to be eradicating poverty and saving the environment"...²³

Genetics unleashes an unprecedented power into human hands: the power of unnatural creation and the manipulation of biology.

We do not yet fully understand nor comprehend the implications of genetic manipulation in our food, plants, animals and humans. What is clear is that we are changing the very biology of our environment and ourselves in it...

The problem with the interaction of science and power is that with such great power comes the temptation to use and abuse it. If the ability to create a weapon like an atomic bomb seems possible, most certainly there are those who seek to make it probable. Where there is temptation, there is human weakness.

So while genetics can be used for benevolent purposes and for the betterment of humankind, so too can it be used effectively to create a biological caste system where, in time, it would be feasible to see a break in the human race where, as human advancement technologies become increasingly available, the use of these technologies is reserved for the elite so that there comes a time where there is a biological separation in the human species.

Oliver Curry, an evolutionary theorist from the London School of Economics, predicts that "[the] human race will have reached its physical peak by the year 3000" and "will one day split into two separate species, an attractive, intelligent ruling elite and an underclass of dim-witted, ugly goblin-like creatures".²⁷

Population Control as Eugenics

Not only was the field of genetics born of eugenics and heavily financed by the same monied interests that seek social control, but so too was the field of population control.

In environmental literature and rhetoric, one concept that has emerged over the years as playing

a significant part is population control. Population is seen as an environmental issue because the larger the population, the more resources it consumes and the more land it occupies.

In this concept, the more people there are, the worse the environment becomes. Thus, programs aimed at controlling population growth are often framed in an environmentalist lens.

There is also a distinctly radical element in this field, which views population growth not simply as an environmental concern but frames people in general as a virus that must be eradicated if the Earth is to survive. However, in the view of elites, population control is more about controlling the people than saving the environment...

Genetics unleashes an unprecedented power into human hands: the power of unnatural creation and the manipulation of biology. We do not yet fully understand nor comprehend the implications...

Environmentalism as Eugenics

In the academic journal *Capitalism Nature Socialism*, Michael Barker extensively covers the connection between the Rockefeller and Ford foundations in funding the environmental movement. As Barker notes, following World War II the public became increasingly concerned with the environment as the "chemical-industrial complex" grew at an astounding rate.⁶³ Since Rockefeller interests were heavily involved in the chemical industry, the rising trend in environmental thought and concern had to be controlled quickly and steered in a direction favourable to elite interests.

Two organisations important in shaping the environmental movement were the Conservation Foundation and Resources for the Future (RFF), which largely relied upon Rockefeller and Ford Foundation funding, and both conservation organisations had interestingly helped to "launch an explicitly pro-corporate approach to resource conservation".⁶⁴

Laurance Rockefeller served as a trustee of the Conservation Foundation and donated US\$50,000 yearly throughout the 1950s and 1960s. Further, the Conservation Foundation was founded by Fairfield Osborn, whose cousin, Frederick Osborn, became another prominent voice in conservation.⁶⁵ Frederick Osborn was also working with the Rockefellers' Population Council and was president of the American Eugenics Society.

In 1952, the Ford Foundation created Resources for the Future (the same year that the Rockefellers created the Population Council), and the original founders were also "John D. Rockefeller Jr.'s chief advisors on conservation matters". Laurance Rockefeller joined the board of the RFF in 1958, and the RFF received \$500,000 from the Rockefeller Foundation in 1970.⁶⁶ The Ford Foundation would also go on to create the Environmental Defense Fund (EDF), the Natural Resources Defense Council (NRDC) and the Sierra Club Legal Defense Fund.⁶⁷ McGeorge Bundy, who was president of the Ford Foundation from 1966 until 1979, once stated that "everything the foundation did could be regarded as 'making the world safe for capitalism'".⁶⁸

Certainly one of the pre-eminent, if not the most prominent, environmental organisations in the world is the World Wildlife Fund. The WWF was founded on 11 September 1961 by Sir Julian Huxley, the first Director-General of UNESCO, as previously mentioned.⁶⁹ From 1925, Sir Julian was also a life trustee of the British Eugenics Society (now known as the Galton Institute, a genetics research centre). His biography on the society's website states that "Huxley believed that eugenics would one day be seen as the way forward for the human race".

It also states: "A catastrophic event may be needed for evolution to move at an accelerated pace, as the extinction of the dinosaurs gave the mammals their chance to take over the world. It is much the same with ideas whose time has not yet come; they must survive periods when they are not generally welcome. Like the small mammals in dinosaur times they must await their opportunity."⁷⁰

Merging Man and Machine: The Future of Humanity

Bill Joy, computer scientist and co-founder of Sun Microsystems, who was co-chair of the presidential commission on the future of IT research, wrote an article in 2000 for *Wired* magazine entitled "Why the Future Doesn't Need Us". Joy explains the possibilities in a technological society of the near future, where new technologies like genetic engineering and nanotechnology are "giving us the power to remake the world". One startling development is that of robot technology and its potential impact upon society. Joy states:

Accustomed to living with almost routine scientific breakthroughs, we have yet to come to terms with the fact that the most compelling 21st-century technologies—robotics, genetic engineering, and nanotechnology—pose a different threat than the technologies that have come before. Specifically,

robots, engineered organisms, and nanobots share a dangerous amplifying factor: they can self-replicate...⁸⁸

Joy explains that while these technologies can, and consistently are, promoted and justified in the name of doing good (such as curing diseases, etc.), "with each of these technologies, a sequence of small, individually sensible advances leads to an accumulation of great power and, concomitantly, great danger". Joy ominously warns:

The 21st-century technologies—genetics, nanotechnology, and robotics (GNR)—are so powerful that they can spawn whole new classes of accidents and abuses. Most dangerously, for the first time, these accidents and abuses are widely within the reach of individuals or small groups. They will not require large facilities or rare raw materials. Knowledge alone will enable the use of them.

Thus we have the possibility not just of weapons of mass destruction but of knowledge-enabled mass destruction (KMD), this destructiveness hugely amplified by the power of self-replication.

I think it is no exaggeration to say we are on the cusp of the further perfection of extreme evil, an evil whose possibility spreads well beyond that which weapons of mass destruction bequeathed to the nation-states, on to a surprising and terrible empowerment of extreme individuals.⁸⁹

"Specifically, robots, engineered organisms, and nanobots share a dangerous amplifying factor: they can self-replicate..."

In other words, we are entering an era faced with the "scientific dictators" of Aldous Huxley's nightmare vision in *Brave New World*. Joy writes that by 2030 "we are likely to be able to build machines, in quantity, a million times as powerful as the personal computers of today".

Joy examines the transformative nature of robotics, as an intelligent robot may be built by 2030: "And once an intelligent robot exists, it is only a small step to a robot species—to an intelligent robot that can make evolved copies of itself."

Further, he writes: "A second dream of robotics is that we will gradually replace ourselves with our robotic technology, achieving near immortality by downloading our consciousnesses..." Joy also warns of the potential for an arms race to develop these technologies, just as took place with the nuclear, radiological and biological weapons of the 20th century.⁹¹

He aptly explains that, in the 20th century, those technologies were largely the products of governments, whereas in the 21st century the new technologies of genetic engineering, nanotechnology and robotics are the products of corporations and capitalism. Thus, the driving force is that of competition, desire and the economic system.

Hence, there is far less regulation and discussion of these new technologies than there was of the 20th-century technologies, as the new technologies are developed in privately owned, not public, laboratories...

We Can Have a Scientific Dictatorship, or...

We can create an alternative. We can use, strengthen, decentralise and mobilise the global political awakening into a global movement of people not simply politically aware but politically active and engaged.

We can create a world where people do not simply observe the apparatus of political, economic and social power influencing their lives, but actively seek to change it to better suit their lives and their freedom...

The tools and systems of social control are vast and evasive; they penetrate the very psychology and biology of the individual.

The elite feel that they are entrusted—due to their supposed "innate" superior intelligence and specialisation—to control society and reshape it as they see fit, to actively mould and construct public opinion and ideas.

They have a belief that people are essentially irrational emotional beings, and that they must be controlled by an elite or else the world would be in chaos. This is what underpins the ideas of "stability" and "order"...

If we gain stability and order at the cost of our very humanity, is it worth it? Do we really need this eternal guidance, which has been constant through almost all of human history, to treat the human species as if it was in a constant state of adolescence, never quite prepared to make its own decisions or go out in the world on its own? Well, it is time for humanity to grow up and leave the strange comfort of mental authoritarianism...

Our world is governed not by a conspiracy, but by ideas: ideas of power, money, the state, military, empire, race, religion, sex, gender, politics and people. The only challenge to those ideas is from new ideas...

If the purpose of humanity is to consume and dominate, then our present situation seems only natural. If we were meant for more, then we must become more.

If we were meant to be free, we must become free. Ideas are powerful things: they can build empires, and collapse them just as easily.

On 4 April 1967, Dr Martin Luther King, Jr, delivered one of his most moving and important speeches, "Beyond Vietnam", in which he spoke out against war and empire. He left humanity with sobering words:

I am convinced that if we are to get on the right side of the world revolution, we as a nation must undergo a radical revolution of values. We must rapidly begin the shift from a "thing-oriented"

society to a "person-oriented" society. When machines and computers, profit motives and property rights are considered more important than people, the giant triplets of racism, materialism, and militarism are incapable of being conquered.⁹⁵

About the Author:

Andrew Gavin Marshall is a Research Associate with the Centre for Research on Globalization (CRG) in Montreal, Canada, and is studying political economy and history. He is co-editor, with Michel Chossudovsky, of the recent book *The Global Economic Crisis: The Great Depression of the XXI Century* (available at the website <http://www.Globalresearch.ca>). His articles "A New World War for a New World Order" and "The Financial New World Order" were published in NEXUS 17/02 and 16/04–05 respectively.

Editor's Note:

This is an edited extract from "New Eugenics and the Rise of the Scientific Dictatorship", part three of the series "The Technological Revolution and the Future of Freedom". To view the complete text and endnotes, and to access parts one and two of this series, go to <http://tinyurl.com/28cqm5>.

The tools and systems of social control are vast and evasive; they penetrate the very psychology and biology of the individual.

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PROOF THAT CANCER SURGERY INCREASES MORTALITY

Research suggests that surgery and other medical interventions stimulate the growth and spread of tumours, while holistic anticancer therapies have an inhibitory effect.

by Walter Last © 2010

Website:
www.health-science-spirit.com

It is generally accepted in cancer research that the vast majority of patients, or about 90 per cent, die from metastases or secondary tumours and only a small minority from a primary tumour. Therefore it should be of great concern to therapists as well as patients that more than 30 years ago it was conclusively shown that cancer surgery is a main cause of metastasis (Krokowski; see below).¹ However, this research was completely ignored by the profession and patients never got to know about it.

Since then, more and more disturbing data have come to light, and now an international team of leading cancer researchers has published a comprehensive review with the conclusion obvious from the title: "Surgery Triggers Outgrowth of Latent Distant Disease in Breast Cancer: An Inconvenient Truth?" (*Cancers* 2010; 2:305-337; <http://www.mdpi.com/2072-6694/2/2/305/pdf>).² Because of the undisputed status of the members of this team, their conclusions can no longer be ignored by the medical profession, even though they are causing much consternation. I expect that efforts are now being focused on preventing this information from becoming widespread public knowledge.

The review has shown that future organ metastasis is independent of the size of the primary tumour and its apparent malignancy or the involvement of any lymph glands. Metastasis seems to depend mainly on the degree of stress for the tumour and the patient, on growth stimulation due to the wound-healing mechanism initiated by surgery, and on the health of the immune system.

Furthermore, as the following examples show, surgery is not the only medical procedure that increases metastasis. In recent years, there has been a steady stream of research showing that basically all medical interventions can trigger metastasis.

Recent Research Findings

While most cancer research is funded by drug companies with the aim of increasing their profits, there is now a growing number of independent studies that show the negative side of conventional cancer therapy. Here is a small selection of interesting research findings.

- **Conflicts of interest in cancer research.** This analysis shows why it is so difficult to get to the truth in medical research. Conflicts of interest exist in a considerable number of cancer research articles published in medical journals, and there is a high degree of financial connections between researchers and pharmaceutical companies. These conflicts produce biased results with more favourable outcomes for investigated drugs and technologies.³

- **Experts want to stop screening.** Screening for breast and prostate cancer has not brought a decline in deaths from these diseases. Instead, screening programs lead to tumour overdetection and overtreatment.⁴

- **Morphine stimulates cancer and shortens life.** Morphine has been used in cancer treatment for two centuries. Now, research is showing that it stimulates

the growth and spread of cancer cells and shortens the survival time of patients.⁵

- **Diagnostic X-rays cause cancer.** It has been estimated that diagnostic X-rays over a lifetime cause up to 3.2 per cent additional cancers in a population. Japan, at 3.2 per cent, and Germany rank among the countries with the highest X-ray cancer rates, as does Australia with 1.3 per cent, while the UK and Poland have the lowest lifetime risk with 0.6 per cent.⁶

- **Radiation therapy damages bones.** The scientific world has been shaken by a report that a single therapeutic dose of radiation can cause appreciable bone loss. Several years later, osteoporosis, bone necrosis or bone cancer may develop.⁷

- **Radiation initiates cancer.** Exposure to ionising radiation is known to result in genetic damage that can make cells cancerous. A new study has revealed that radiation can alter the environment surrounding cells, so that future cells are more likely to become cancerous.⁸

- **Chemotherapy promotes metastasis.** The chemotherapy drug Taxol® causes cancer cell microtentacles to grow longer and tumour cells to re-attach faster. If treated with Taxol before surgery to shrink the primary tumour, levels of circulating tumour cells go up 1,000- to 10,000-fold, potentially increasing metastasis.⁹

- **Tamoxifen increases risk of aggressive tumours.** Tamoxifen use for breast cancer patients decreases their risk of developing a more common and less dangerous type of second breast cancer but has a more than four-fold increased risk of causing a more aggressive and deadly tumour.¹⁰

- **Biopsies cause metastases.** Biopsies may actively encourage the spread of metastases. Needle biopsies caused a 50 per cent increase of metastatic spread to nearby lymph glands of breast tumours as compared to lumpectomies.¹¹

- **Stress promotes cancer.** Stress hormones protect cancer cells from self-destruction and promote the spread and growth of tumours directly as well as indirectly by weakening the immune system and encouraging new blood vessel growth in a tumour. Patient stress was associated with faster disease progression.¹²

- **Stress kills.** Stress hormones are released in high amounts with fear and during surgery. They greatly impair the immune system and promote the spread of metastases. Blocking stress hormones has been shown to increase long-term postoperative cancer survival rates in animal models by 200 to 300 per cent.¹³

- **Hormone replacement therapy increases risk of breast cancer metastasis.** Previously it was shown that hormone

replacement therapy increases the risk of breast cancer. Now a new study has found that it also increases the chance of the cancer metastasising, or spreading, to the lymph nodes.¹⁴

- **Sharp drop in breast cancer rates.** In recent years, breast cancer rates have dropped sharply due to a corresponding sharp drop in the use of hormone replacement therapy.¹⁵

Dr Ernst Krokowski's Cancer Surgery Findings

Ernst H. Krokowski, MD, PhD (1926–1985), was a Professor of Radiology in Germany. His research provided the first convincing proof that cancer surgery triggers metastasis. While many of his articles on different subjects are still on public record, his research on the relationship between surgery and metastases is difficult to find, even in German. His only paper on this subject in

English is not listed in PubMed, and the journal in which it was published no longer exists.¹⁶ Because of the obvious importance of this research, I have now made this article available on my website at <http://www.health-science-spirit.com/Krokowski.pdf>. Also, a related lecture in German can be downloaded.¹⁷ The Summary of Dr Krokowski's 1979 paper reads:

"It can no longer be doubted that under certain conditions

diagnostic or surgical procedures can result in metastases. Analysis of metastatic growth rates has shown that from 30 per cent (in hypernephroma) to 90 per cent (in sarcoma and seminoma) of the diagnosed metastases were provoked by such procedures. This has been established by numerous animal experiments and clinical observations, and necessitates a change in the currently held concept of cancer therapy. The previously applied and proven treatments by surgery and radiation must be preceded by a metastasis prophylaxis. Three different ways to achieve such a prophylaxis are proposed."

With radiological imaging, Dr Krokowski measured the growth rates of 2,893 metastatic tumours in 568 patients with different cancers. From these, he derived the following conclusions:

1. Metastases arise only from primary tumours or from their local recurrences; they disseminate at once or in just a few shoves.

2. Lymph node metastases behave biologically differently from organ metastases (lymph node metastases are relatively harmless; organ metastases are very dangerous).

3. The more than 3,000 growth curves (including experimental data from animals) can be described by a growth formula. The growth curves of a very large number

A new study has revealed that radiation can alter the environment surrounding cells, so that future cells are more likely to become cancerous.

of metastases, from 30 to 90 per cent depending on the type of tumour, can be traced back to the time of the first treatment.

Here are some key observations from his article:

- Inflated success rates (of cancer surgery) are the result of either selective composition of the groups of patients studied or of correspondingly adapted, i.e., corrected, statistics.

- Cures related to the same stage and tumour size have not improved in the last 20 to 25 years (i.e., since the 1950s).

- Untreated postmenopausal women with breast cancer live longer than medically treated patients.

- Metastases occur sooner in fast-growing tumours than in slow-growing tumours. This suggests that these metastases begin their development at the same time as the surgery.

- Present cancer surgery may be regarded as a second Semmelweis phenomenon! (Dr Ignaz Semmelweis campaigned to stop surgeons from killing women during delivery by washing and disinfecting their hands.)

- Manipulation of a tumour, such as with severe palpation and pressure (as with a mammography procedure), biopsy or surgery, results in a sudden increase of tumour cells released into the blood with a higher probability of metastasis.

- The connection between surgery and formation of metastases was particularly impressive in single observed cases: in a patient with a sarcoma, formation of metastases occurred after surgery of the primary tumour and each time after four further surgeries of locally recurrent tumours.

- It has long been taught in medicine that a melanoma should not be injured, since lesions would cause an almost explosion-like growth of metastases.

- Not only disturbance of a tumour but also unrelated surgery at a different location can trigger metastasis.

- The larger a tumour becomes, the slower its growth, and some observations suggest that it eventually stops growing.

- Radiation and chemotherapy of the tumour before and after surgery are both unsuccessful.

- The chance to improve the cure quota decisively occurs only once during the course of cancer: namely, at the time of the first treatment.

An Inconvenient Truth?

As the following review demonstrates, a steady stream of studies shows that it is better for patients to leave

tumours alone. But that is not in the interests of the cancer industry, for which invasive treatment is the financial life-blood. There have always been new drugs and new ways to combine chemotherapy and radiotherapy with surgery—accompanied by claims that now a way to prolong the lives of patients has been found. By developing methods of early detection and classifying small, precancerous, non-invasive and dormant tumours as cancer—tumours that would not have become malignant if left alone—some statistics could indeed point to improved cure rates. This has now changed with a comprehensive review by a team of leading cancer researchers. Here is the Abstract of the paper, "Surgery Triggers Outgrowth of Latent Distant Disease in Breast Cancer: An Inconvenient Truth?".²

"We review our work over the past 14 years that began when we were first confronted with bimodal relapse patterns in two breast cancer databases from different countries. These data were unexplainable with the accepted continuous tumor growth paradigm. To explain these data, we proposed that metastatic breast cancer growth commonly includes periods of temporary dormancy at both the single cell phase and the avascular micrometastasis phase. We also suggested that surgery to remove the primary tumor often terminates dormancy resulting in accelerated relapses. These iatrogenic events are apparently very common in that over half of all metastatic relapses progress in that manner. Assuming this is true, there should be ample and clear evidence in clinical data. We review here the breast cancer paradigm from a variety of historical, clinical, and scientific perspectives and consider how

dormancy and surgery-driven escape from dormancy would be observed and what this would mean. Dormancy can be identified in these diverse data but most conspicuous is the sudden synchronized escape from dormancy following primary surgery. On the basis of our findings, we suggest a new paradigm for early stage breast cancer. We also suggest a new treatment that is meant to stabilize and preserve dormancy rather than attempt to kill all cancer cells as is the present strategy."

The bimodal relapse patterns referred to in this abstract means that there are two time peaks when metastases appear after surgery for the primary tumour. The first peak is after 18 months; then follows a dip at 50 months and a broad peak at 60 months, with a long tail extending for 15 to 20 years. About 50 to 80 per cent of all relapses are in the first peak.

Metastases occur sooner in fast-growing tumours than in slow-growing tumours. This suggests that these metastases begin their development at the same time as the surgery.

Large tumour relapses are mainly in the first peak, while smaller tumour relapses are equal in both peaks.

There is also a structure in the first peak. Relapses in the first 10 months are due to micrometastases that pre-exist with the primary tumour and are stimulated to grow. This mode is most common for premenopausal patients with positive lymph nodes, over 20 per cent of whom relapse. The rest of the first peak is due to single cells that are initially dormant but are induced to divide as a result of surgery. The second peak is then due to single cancer cells that have been seeded during surgery and are subsequently gradually developing into metastases.

This dynamic also accounts for the excess mortality of premenopausal women in the third year of mammography screening trials: metastases appeared 10 months after screening, and with the time between relapse and death in breast cancer being approximately two years, it meant that death resulted about three years after screening. I remember a young and apparently healthy patient who had just had her breast removed after a mammogram showed a tiny tumour. She was confident that she had been saved because it had been caught so early, but three years later she was dead.

Other interesting evidence in this review is from a Danish report. Forensic autopsies showed that 39 per cent of women aged 40 to 49 had hidden and dormant breast cancers, while the lifetime risk of clinical breast cancer in Denmark was only eight per cent. This means that only about 20 per cent of positive mammograms were for real; the rest were either completely harmless and boosted the medical cure rate, or in other cases subsequent surgery triggered metastases and these women eventually died due to their treatment.

Here are some more (paraphrased) highlights from this review:

- Some organisations aim to get women screened with mammography, so they withhold this information about possible harm because its release would be contrary to achieving their goal.
- During most of the 20th century, radical mastectomy was the accepted therapy for breast cancer. Unfortunately, only 23 per cent of patients survived 10 years. The natural response to this failure was for surgeons to undertake even more radical surgery.
- Medical oncologists' next step was similar to that of surgeons: if a little doesn't work, then try a lot! High-dose chemotherapy with bone marrow rescue was shown

to be a failure—and the least said about this sorry episode in the history of breast cancer treatment, the better.

- Analysis of pathology and autopsy studies suggests that most of the occult tumours in breast (and prostate) cancers may never reach clinical significance.
- Cancer cells and micrometastases remain in a state of dormancy until some signal, perhaps the act of surgery or other adverse life event (emotional shock, according to Dr Hamer), stimulates them into fast growth. The act of wounding the patient creates a favourable environment for the sudden transfer of a micrometastasis from a latent to an active phase.
- A large primary tumour inhibits the development and growth of any distant metastases! Removal of the primary

tumour results in the establishment and rapid growth of large numbers of latent metastases, the majority of which would have remained dormant or would have disappeared if the primary had not been removed. The postoperative growth-stimulating effects on pre-existing latent metastases are due to removal of the primary tumour.

- Other cancers also need to be carefully examined. There are data showing indications of similar activity especially in melanoma and osteosarcoma.

Removal of the primary tumour results in the establishment and rapid growth of large numbers of latent metastases, the majority of which would have remained dormant...

Inhibiting Metastasis

The authors of this review suggest that angiogenesis inhibitors given at the time of first surgery could be an answer to preventing metastasis. These drugs inhibit the development of blood vessels—including inside tumours, so that they cannot grow. But now it has been found that these drugs shrink tumours only initially. The tumours then have a growth surge, forming

local and distant metastases. One of the researchers commented: "A well vascularized tumor is well fed and happy. It has no driving force to become more invasive. We hypothesize...that if you cut off the tumor's blood supply this drives the cancer to become more invasive—more metastatic—as it seeks more oxygen and nutrients."¹⁸

Still, there is a way out. An increasing number of natural methods are turning up that inhibit metastasis and keep tumours happy. Here are a few examples of research that confirms holistic principles about the cause and cure of cancer:

- **Vitamin D improves surgery outcomes.** Patients with the highest vitamin D intake who had surgery in the summer have a three-fold better disease-free survival rate

and a four-fold better overall survival rate than patients with the lowest vitamin D intake who had surgery during the winter.¹⁹

- **Antioxidants inhibit metastasis.** Reactive oxygen species, such as superoxide and hydrogen peroxide, which are produced by the body, play a key role in forming cellular protrusions implicated in cancer cell migration and tumour metastasis. Antioxidants inhibit such invasive behaviour of cancer cells.²⁰

- **Bicarbonate inhibits metastasis.** Oral sodium bicarbonate inhibits the growth of tumours and the formation of spontaneous metastases in mouse models of metastatic breast cancer. It also reduces the rate of lymph node involvement and hepatic metastases.²¹

- **Bicarbonate makes the lymph fluid more alkaline, which then inhibits inflammation.** For a tumour to spread, it needs to dissolve the surrounding connective tissue; but that happens only if this tissue is sufficiently acidic to activate the proteolytic enzymes of the tumour.

- **Papaya fights tumours.** Papaya used as a tea from dried leaves has a dramatic effect against a broad range of lab-grown tumours, including cancers of the cervix, breast, liver, lung and pancreas. The anticancer effect is stronger with larger doses of the tea.²²

- **Ginkgo biloba acts against stress.** Ginkgo biloba extract slows the growth of aggressive breast cancer cells significantly and inhibits the growth of implanted tumours by more than 80 per cent. Ginkgo biloba also reduces the stress hormones released by fear due to a cancer diagnosis, so that a tumour may not become invasive.²³

- **Meditation reduces stress.** Women with breast cancer can reduce stress and improve their mental health and emotional well-being through meditation, e.g., Transcendental Meditation.²⁴

- **Environmental carcinogens cause cancer.** The President's Cancer Panel in the USA reported that "the true burden of environmentally induced cancers has been grossly underestimated" and strongly urged action to reduce people's widespread exposure to carcinogens. Such exposure promotes not only the formation of primary tumours but also the probability of metastasis.²⁵

- **Cancer risk is inherited.** Daughters of pregnant rats fed an unhealthy diet are more likely to develop breast cancer. But even if these daughters then eat healthily, their offspring are still at greater risk of this disease.²⁶

- **Periodic dieting is best in cancer prevention.** Periodic dieting is much more effective than permanent calorie restriction, while unlimited food intake is the worst option for preventing breast cancer, according to experimental studies with mice. In this dieting experiment, calories

were reduced by 25 per cent compared to control mice. Mammary tumour incidence was 71 per cent in the control mice that ate all the food they wanted, 35 per cent among those that were chronically restricted, and only nine per cent in those that had intermittently restricted calories.²⁷

- **Poor intestinal sanitation causes cancer.** Recent research suggests that intestinal dysbiosis or unhealthy microbes in the gastrointestinal tract can cause cancer.²⁸

- **"Autoantibodies" may be created in response to hidden bacteria.** It has now been shown that in autoimmune diseases, the immune system does not attack healthy cells but, rather, attacks the microbes hiding in these cells.²⁹ These are also a main cause of cancer, and earlier researchers have called them "cancer microbes".

- **Cancer is caused by protein waste inside cells.** Cells need to remove damaged proteins, or the accumulating waste may cause them to develop into a cancer tumour. Failure to dispose of this waste can result in toxicity, genome damage and inflammation, which in turn can promote tumour progression and other degenerative diseases.³⁰

- **Fasting helps in treating cancer.** Fasting reduces tumour growth, sensitises cancer cells to chemotherapy and protects normal cells from the toxic effects of chemotherapy. Fasting

for 48 hours was found to be sufficient to suppress tumour progression markedly in mice models of breast cancer. In one mouse model, fasting alone (without chemotherapy) caused more than a 50 per cent decrease in tumour growth. When fasting was combined with chemotherapy, it reduced tumour growth up to 90 per cent compared with untreated controls. *In vitro* studies using breast cancer cells found similar results. Comparable results were found with glioma, neuroblastoma and melanoma; also, survival time increased and metastasis decreased. Now researchers want to find and use a drug to mimic the positive effects of fasting.³¹

The Natural Solution

These recent research findings about the value of natural nutrients and methods in preventing metastasis and improving cancer treatment are in full agreement with the methods used in holistic cancer programs.

One of the mainstays of holistic cancer therapy is intestinal sanitation in addition to systemic antimicrobial therapy. These new findings not only confirm the value of intestinal sanitation but also the need for antimicrobial therapy. The latter is directed against a pleomorphic microbe that can cause autoimmune diseases as well as cancer. The evidence for these microbes had not been accepted by mainstream medicine, which maintained that in these cases the immune system is just wrongly

...in autoimmune diseases,
the immune system
does not attack healthy
cells but, rather, attacks
the microbes hiding
in these cells.

programmed and attacks its own healthy cells. The leader of the team which made the aforementioned "autoantibodies" finding stated: "What we thought were autoantibodies generated against the body itself can now be understood as antibodies directed against the hidden bacteria. In autoimmune disease, the immune system is not attacking itself. It is protecting the body from pathogens."²⁹

Another fundamental aspect of holistic cancer therapy is the use of dieting or fasting to remove the protein sludge and oxidised fat stored in cells which give rise to pleomorphic microbes and blockage of the oxidative energy metabolism, as seen in cancer cells and autoimmune diseases. Both of these principles have now been confirmed by conventional research.

In addition, we now see mainstream evidence of the benefit of reducing emotional stress by using meditation and replacing fear with positive emotions.

All of this gives mainstream research support for an important principle in holistic cancer therapy. Rather than stressing a tumour by trying to destroy it, keep it happy by fulfilling its needs so that it can rejoin the community of healthy cells.

For a better understanding, consider this allegory. There is a mythical country with many dissatisfied inhabitants. One city has declared its independence and walled itself for protection.

The ruler now has the option of destroying the city or pacifying it so that it rejoins the rest of the country in peaceful co-operation. If the city is being destroyed, the fleeing rebels will try to initiate uprisings in other parts of the country. The ruler does not know how much support the rebels would find elsewhere. If they do not get much support, then it does not matter whether the rebellious city is being destroyed; it is harmless either way. But if there is sufficient support, the ruler will probably be deposed. Which one is the wiser option: destroying the city or pacifying its inhabitants?

The same choice exists in cancer therapy. Conventional treatment opts for all-out destruction no matter the consequences, while holistic therapy tries the pacifying approach. Most tumours probably start out with low malignancy which can be easily reversed, but excessive or persistent stress will push a tumour towards increasing malignancy and generate support in other parts of the body. This stress may be from fear, bitterness, emotional shock, poor nutrition, radiation or chemical assault. The opposite approach will decrease malignancy and can involve normalising the metabolism of cancer cells, strengthening the immune system and reducing stress with meditation and emotional therapies.³²

Recently, even a chemotherapy protocol has been

proposed that comes to a truce with the tumour. This is based on the idea of not destroying the tumour but just giving enough chemotherapy to keep it from growing any further. The researcher stated: "With a mouse ovarian cancer model, if you treat it with a very high dose, the tumor goes away. It looks like you've cured it. But a couple [of] weeks later it comes back and starts killing animals. This is a standard outcome. What we did is use smaller doses of drugs and applied them when necessary. We were able to keep tumors stable and mice alive indefinitely."³³

Instead of using chemotherapy, alkalisng is the method of choice in holistic therapy to stabilise a tumour and keep it from growing any further. Then you may increasingly make your tumour happy by fulfilling its other needs: normalise its metabolism by restarting the oxidative energy production, remove the toxic sludge that started all these problems, keep the pleomorphic microbes at bay, and also reduce stress hormones with meditation and emotional therapies.

Now the previously malignant cells either will resume normal functions or if they are too damaged they will voluntarily die (a process called *apoptosis*). With this, the tumour gradually dissolves during repeated periods of raw food cleansing. But as long as the tumour remains present, especially as a stress-free primary, it will be your friend by

suppressing the development of dangerous metastases. Even after removal of the primary tumour due to ignorance, this co-operative approach is the only viable option. Details are on my website and in my book *Overcoming Cancer*.³⁴

From the available data, I conclude that most of the suffering and mortality related to cancer are due to medical treatment rather than to the disease itself. With so much effort presently devoted to putting medicine on an evidence-based footing, I am confident that it will not take another 100 years for the present ineffective and harmful mainstream cancer treatments to be replaced with co-operative and effective natural therapies. ∞

About the Author:

Walter Last is a retired biochemist, research chemist, nutritionist and natural therapist who has worked in Germany, the USA, New Zealand and Australia, where he is now based. He has written numerous health-related journal articles and several books. For presently available books, including the new *Heal Yourself the Natural Way*, see www.the-heal-yourself-series.com. Walter Last has contributed several articles to NEXUS. For the endnotes accompanying this article as well as for information on health questions, go to the website <http://www.health-science-spirit.com>.

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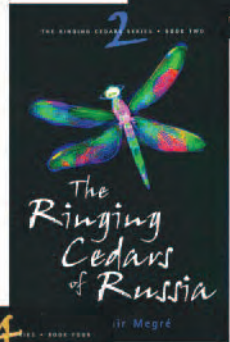


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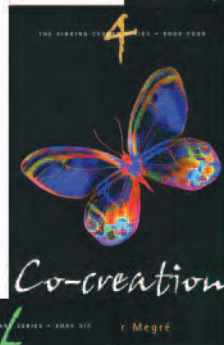
The Ringing Cedars - a stunning series of books from Russia



In 1994 a Siberian elder told the entrepreneur Vladimir Megré a fascinating story about the “ringing cedars” - trees respected from Biblical times for their curative powers and the capacity to reconnect human beings with the Divine. The elder told him where such a ringing cedar was growing in the Siberian backwoods. Vladimir Megré set out on an expedition to find

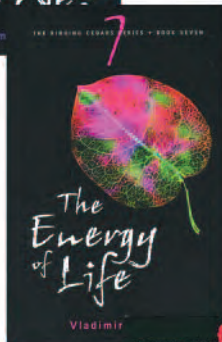
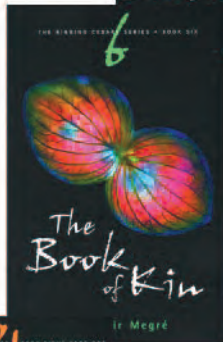


the tree. But his encounter with the elder’s granddaughter, Anastasia transformed him so deeply that he abandoned his commercial plans and, penniless went to Moscow to write a book about what she shared with him.

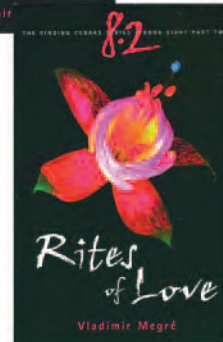
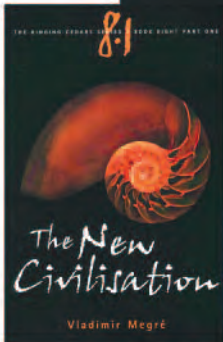


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MILITARY EMERGENCY IN THE GULF OF MEXICO

As the Gulf of Mexico oil disaster unfolds, bizarre things have been happening since late June - including strange activity among the military assets of at least eight nations, and the capture of a mysterious but dangerous prehistoric lifeform.

From Godlike Productions
26 June – 15 July 2010

Web page:
<http://www.godlikeproductions.com/forum1/message1113586/pg1>

Editor's Note: On 26 June 2010, an anonymous person, flagged as being located in France, started a thread on the popular GodlikeProductions.com (GLP) website. This Opening Poster (OP) claimed to be using a laptop computer belonging to his girlfriend, with permission. OP claims his girlfriend works at "the French Embassy" and has access to DED channels on her computers. It is clear that the OP had been looking at the chatter on these channels for some days prior. Evidence for this can be found at other threads at GLP.

My understanding of DED channels is that they are opened up and used by people like key defence and government military officials, ship captains, aircraft pilots, etc. The channels are activated as necessary, and seem to pertain to non-routine operations and incidents—mainly military, it seems. In other words, the channels are designed to get decisions from the right people when unexpected situations occur that could affect French military and diplomatic interests. The OP describes DED as a "digital emergency scrambling device". There is the occasional mention of switching to a "vector channel". This seems to relate to a far more secure channel of communication regarding matters requiring a much higher security clearance. I am told that this channel is used for communication about unidentified, intelligently controlled objects in the air, in space and underwater.

The saga starts off with a bang. The OP has spotted chatter on the French DED channels which appears to indicate that a French submarine has been attacked and has been sunk. He's obviously amazed, and there is an increasing amount of chatter developing as a result. We later get the impression that the French nuclear-powered submarine *Emeraude* has obtained "something" and put it in the cargo hold/bay. Whatever it is, somebody has just attacked the French sub, and they want whatever it is that the French submarine crew has found and secreted in the hold.

The OP posted intermittently as the saga unfolded, and absolutely refused to be drawn into the controversy on a personal level. He ignored totally the claims that he was hoaxing and he never justified himself. I wonder if he even had time to read the hundreds of pages of discussion that his posts generated. After a few hours, many of the curious watchers had used their own research experience, and soon the posts contained more corroborating information and discussion about it, rather than angry accusations of fraud.

For our publication purposes, we have compiled selected extracts from the postings and done basic corrections for spelling, grammar and punctuation. I've added the occasional comment in square brackets.

Readers can access the original posting and follow the forum threads by starting at <http://www.godlikeproductions.com/forum1/message1113586/pg1>. The thread was initiated by Anonymous Coward, User ID 1011531, France on 26 June 2010.

Other abbreviations and names used in the postings:
Em = *Emeraude*, a French nuclear-powered submarine
GCP = refers to an unknown French submarine/vessel being used by Groupement des Commandos Parachutistes, a type of French special forces unit
Mistral = *Mistral*, an amphibious-assault warship
PP = *Pourquoi Pas*, a French research vessel
Prazuck = French military spokesman Christophe Prazuck
Terrible = *Terrible*, a French nuclear-powered submarine.
Condition Romeo = replenish, refuel, recharge etc.

26 June 2010

10:58 AM—Something Just Went BEZERK [sic] in the Gulf of Mexico. The US Navy just sunk a French submarine. My girlfriend has a DED link on her laptop from the French Embassy. Crazy traffic on DED.

11:09 AM—Something like 10% of the world's submarines are gathered in the Gulf of Mexico. DED shows 12 US, 2 French, 3 British, 2 Russian, 1 Canadian, 3 German, 1 Israeli and 2 unknown submarines.

11:39 AM—French captain says his sub not sunk, only badly damaged; 17 sailors injured. Asking for assistance and rescue. He says attack from aircraft and not another submarine.

11:48 AM—Attack from US helicopter. All sailors bleeding from ears.

12:07 PM—Captain says surfacing in 12 minutes, and magnetic radiation above normal on surface.

12:40 PM—Captain confirms surface but waiting for all fires to be out. Then he will open main hatch. Another two DED channels now open. One from office of Prazuck, other from Mistral command.

1:51 PM—There are now 23 DED channels open.

2:14 PM—Two small US craft approach. Request immediate boarding. Captain refuses.

2:28 PM—German sub now surfaces between Em and US craft two minutes ago.

2:41 PM—Captain reports possible collision of German and one US craft. Captain issuing ramming alert.

2:47 PM—Captain still refusing boarding request. Says US mother vessel has no maritime signature, only flying US flag. Name is blacked out.

3:05 PM—Captain received offer from German captain to escort from Gulf.

3:25 PM—Unauthenticated US ship demanding release and jettison of detained cargo. Captain refuses.

3:41 PM—Captain confirms second German submarine surfaced port side.

4:10 PM—A second French sub is also on new DED channel now.

5:04 PM—Captain reports boarding attempt and shots fired.

5:27 PM—Direct DED channel from Em has gone dead, trying other channels.

5:32 PM—Last relay from Mistral says main hatch permanently damaged during boarding attempt, explosives used.

5:52 PM—Another relay from Mistral says boarding party was from other French sub.

27 June

8:56 AM—Girlfriend telephoned me in the morning and says she was called to report at work today. She says everyone is working today, even though it is Sunday. Even the shadow embassy staff is working. Security is on highest alert she ever has seen.

1:39 PM—I had to read over many channels from the past few hours. Mostly everyone is safe. Mistral has

picked up 4 seriously injured with helicopter. Shots were fired but they came as warning shots from Em crew. One of the unknown submarines I now know is from GCP and it was they who boarded to help. The Em captain did not know the GCP was there, and Em crew did not recognise them immediately because some comm system was damaged on Em. There are two main issues now. One is the cargo, and the other is that other submarines are reporting the same problem with ballast tanks not filling

Something like 10% of the world's submarines are gathered in the Gulf of Mexico. DED shows 12 US, 2 French, 3 British, 2 Russian, 1 Canadian...

properly, air buoyancy, navigation and sonar problems with metallic oil, and harassment and provoking movements of unmarked surface ships. Some surface ships have US flag but no maritime signature or call sign. Em captain describes situation as a submarine death trap. An attempt will be made in a few hours to transfer the cargo to the GCP submarine, but the situation is still too tense. I'm now searching for more descriptions on what the cargo is.

2:45 PM—Captain reporting sudden change in Israeli submarine course to fast approach their coords.

3:14 PM—Mistral orders Em captain to immediately begin transfer of cargo to GCP.

3:18 PM—German sub on port side is submerging.

3:42 PM—Current description and status of the cargo is filed under Directive 301.

4:05 PM—Captain reporting extreme conditions and geological echoes on seabed (translation is a problem).

4:35 PM—Israeli sub has halted, is surfacing.

4:40 PM—4 low-flying aircraft approaching at subsonic speed; crew ordered to go below deck.

4:47 PM—Israeli submarine blows missile hatches.

4:49 PM—Israeli submarine launches surface-to-air missiles—*merde!*

4:54 PM—Israeli submarine submerging.
4:57 PM—GCP and second German submarine submerging.
5:07 PM—Hit, hit, tracking falling debris.
5:08 PM—Captain reporting surface vessels rapidly forming V formation.
5:13 PM—Captain will attempt submerge in 3 minutes.
5:38 PM—Mistral task group now on full battle alert, all aircraft authorised for full ordnance; 8 airborne, 9 level-altitude intercept [?].
5:52 PM—DED shows most submarine traffic now moving out and away from Gulf, even the US submarines, at close to full speed.

28 June

11:22 AM—Girlfriend does not know what the cargo is yet but she asked about 301. She says it is very high and that even the classification is classified. She finds it's something related to operations Deep Freeze (300) and Anti-Freeze (301), something about engines not working. Because of 301, all US military, Coast Guard and Marine [Security] Guard and submarines and ships are now being recalled and fitted, and they are bringing the date forward six months. She saw ship names like Polar Bear, Polar Cap and Polar Sea.

3:45 PM—DED shows three new submarines; two are from Argentina Navy. Somehow the submarines, except US and British, are coordinating with each other because they form a ring on around the rim.

29 June

6:21 AM—A few hours ago, the GCP captain said proximity alert activated on b3 of cargo.

6:24 AM—Captain thinks it was remotely activated because special engineer killed local transmitter after Condition Romeo.

7:58 AM—8 new DED channels suddenly came on at the same time; two are from aircraft; problems somewhere. It's the first time I see aircraft using DED channel.

8:01 AM—Now 9; they are talking about echo warnings.

8:13 AM—Many displacements at seafloor

8:57 AM—One aircraft reporting possible combustion foam on surface.

9:06 AM—Mistral instructs immediate buoy drop.

9:41 AM—So many things reported. Captain of aircraft reports buoy failure, all data loss, no measurements taken. Captain says buoy just popped within seconds of hitting foam, melted and sank; second buoy did the same. Mistral issued alert to all vicinity traffic to avoid column. Em

captain says pipes forming on seabed and leading from rim. GCP captain still has proximity alert on cargo; waiting for instructions.

11:35 AM—GCP captain reports b3 cargo now gone live; asks for urgent priority instructions.

11:49 AM—Mistral to GCP: halt at perimeter alert. Special engineer adviser on vector channel (I can't get vector channel on DED; it is absolute alert channel).

12:30 PM—GCP captain requests immediate authorisation to jettison b3 cargo. Mistral says stand by. (Embassy intercom alert just went on and all rooms will be closed electronically in 15 minutes. My girlfriend and her colleagues are now in lockdown in their offices.)

1 July

8:38 AM—DED shows interesting communication between Mistral and PP from 01:12. Pourquoi Pas relays to Mistral failure on portable PCR [polymerase chain reaction] device, shows negative on aerosolised option. Mistral requests dispersal method and rate. PP reports dispersal method inconclusive, nano-release still plausible, and suspects nano-engineering because of metallic carbon compound morphing. Mistral relays to Em to keep safe perimeter from column. Em requests

confirmation on Chinese asset movement. Mistral replies Chinese asset movement strategic. GCP captain reported that he is maintaining cargo in perimeter zone. Most of traffic about cargo is on vector channel now.

2 July

4:04 AM—DED traffic was very quiet last night. US has increased airspace restrictions to 12,000 (feet or metres?) above affected areas.

1:34 PM—Reports from French vessels that Russian surface ships erratically changing coords in all oceans (I think they're looking or searching for something).

1:40 PM—Russia Navy requesting urgent assistance from French naval assets to help with inbound tracking, possible splash zones (translation problem).

2:05 PM—Em captain reports sonic drilling at breakpoint level from three drills, British submarines moving away from rim. Mistral instructs Em to do the same and keep safe perimeter.

4:40 PM—Em reports possible large cave-in on seafloor; sent out heavy downpull alert near rim.

5:14 PM—Em captain now reporting that outer hull and skin sensors are picking up flocking of metallic-like fibres and attaching to rubberised skin; erosion warning active but low. Also reporting minor sonar distortions.

Captain says buoy just popped within seconds of hitting foam, melted and sank; second buoy did the same.

Mistral issued alert to all vicinity traffic to avoid column...

4 July

10:28 AM—GCP submarine is now in safe waters. Crew, ship and cargo quarantined under escort; 8 sailors including the special engineer are now dead.

10:38 AM—30 hours ago, the GCP made 80% verification of b3 cargo with help from PP.

10:49 AM—GCP captain requested jettison authorisation twice. Mistral first denied then approved, but after 80% verification there was some situation onboard the submarine. The captain reported that every crew member got a vote. The crew unanimously voted to detain b3 cargo and proceed.

10:59 AM—GCP captain then requested immediate and FULL naval escort.

11:04 AM—Mistral then ordered Full Omega Level Naval Alert.

11:20 AM—Em then reported critical situation with hull.

1:41 PM—Em captain reported hull demagnetising issues getting irreversible (translation problem).

1:44 PM—Em captain reported some crew feeling disoriented.

1:53 PM—PP instructed Mistral to order Em to do isotope readings immediately on port side where the metallic fibre flocking was worse and growing.

2:47 PM—An hour or so of transcripts between PP, Em and Mistral passed and the PP confirmed that the isotope readings matched those on the GCP b3 cargo.

2:49 PM—197 Au [a stable isotope of gold].

2:57 PM—For the next few hours we watched and read the transcripts in and out. From this, we can make some speculations on what the cargo is.

2:58 PM—The PP confirmed the discovery of an unknown prehistoric organism which, through nano-engineering and extreme depth and pressure, morphs compounds found in this new oil with seawater into gold. However, there is a drawback—a massive and absolutely cataclysmic one.

3:35 PM—THE GOLD KEEPS ON MORNING [morphing?] INTO SOMETHING ELSE because it's living and they can't stop it. And this something else is what is happening onboard GCP and possibly now also on Em.

5 July

5:30 PM—Just now, French central naval command issued traffic on DED that all affected assets must prepare for possible US Navy *coup d'état* when evacuations begin (translation problem).

5:53 PM—They are talking about limited coastal evacuations expected within three weeks, full evacuations two months latest. Marines and Army will be on theatre elsewhere; Air Force is a problem, Coast Guard will join Navy.

6:16 PM—French suspect that US Navy will try a coup when US government ask citizens to leave coastal areas. French ships in area must prepare for this.

7 July

3:33 PM—14 hours ago, Em captain reported unknown infra-red signatures. Captain then asked for vector channel. This is important.

8 July

4:44 AM—Em captain indicates possible splash zone 1 and 2.

4:46 AM—Em requests Mistral to relay to Russian command immediately and confirm signature.

4:53 AM—Mistral to Em, stand by; waiting to confirm infra signature from Russian command.

10:39 AM—Splash zones are important, very important. There is DED talk that splash zones have acquired intelligence in forming; they are NOT random. From DED talk, it looks like the Russians have expected this for some

time. It is as though the splash zone is positioning itself; floating crystals. My girlfriend says this oil leak is intelligent. Also, the Russians know far more than us. They have timed their arrival in the theatre expertly.

1:04 PM—This is getting serious. US politics making all the wrong decisions. US Navy bringing forward coup. We and Russia not on board US Navy plans for the Gulf of Mexico.

There is DED talk that splash zones have acquired intelligence in forming; they are NOT random.

11 July

6:11 AM—PP confirms organism is attracted to darker pigmentation. Some GCP crew showing no effect at all during quarantine; they remain healthy. Melatonin and melanin (translation problem).

13 July

3:31 AM—The Terrible has opened its first channel on DED; the captain said it's ready. It is very important.

3:59 PM—Mistral just ordered Em to leave theatre.

4:20 PM—The second unknown French submarine is requesting a vector channel.

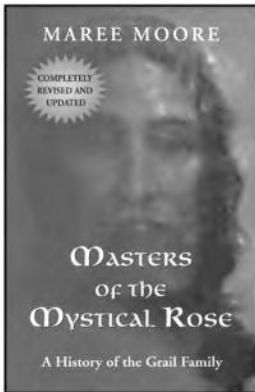
4:43 PM—Mistral just asked Em captain if he concurs with the captain of the second unknown submarine.

5:32 PM—Okay, the second unknown submarine captain indicated that he has clear video footage and evidence of who sabotaged Horizon [Deepwater Horizon oil rig]. The Em captain has concurred on this. What happened now, in the past two hours, is that the same culprit is back and they are asking permission to take them out NOW, within the next few minutes, before they strike again.

Continued on page 80

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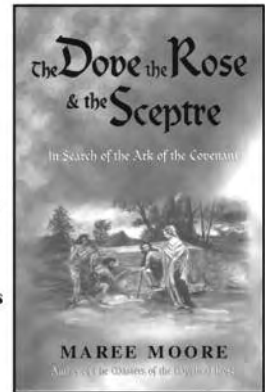
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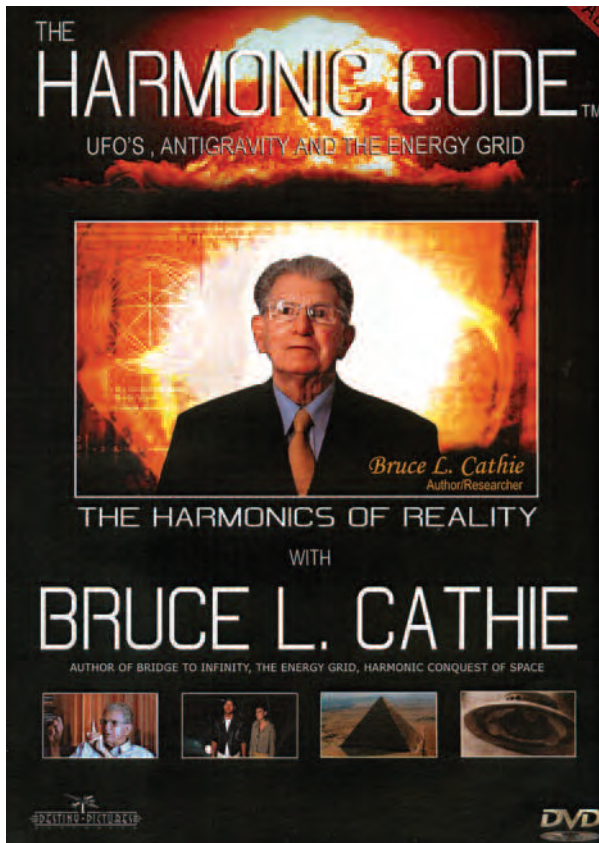
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LIVING WITH PHYTIC ACID IN OUR DIETS

Phytic acid in grains, nuts, seeds and legumes depletes minerals and inhibits enzymes needed for digestion. It is important to know how to prepare these foods so as to neutralise the harmful phytic acid and phytate content and gain maximum nutritional benefit.

by Ramiel Nagel © 2010

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Anti-Nutritional Effects of Phytic Acid and Phytate

Phytic acid in grains, nuts, seeds and legumes represents a serious problem in our diets. This problem exists because we have lost touch with our ancestral heritage of food preparation. Instead, we listen to food gurus and ivory tower theorists who promote the consumption of raw and unprocessed "whole foods" or we eat a lot of high-phytate foods like commercial whole wheat bread and breakfast cereals with high bran content. But raw is definitely not nature's way for grains, nuts, seeds, legumes and even some tubers like yams; nor is quick cooking or rapid heat processing such as extrusion.

Phytic acid is the principal storage form of phosphorus in many plant tissues, especially the bran portion of grains and other seeds. It contains the mineral phosphorus tightly bound in a snowflake-like molecule. In humans and animals with one stomach, the phosphorus is not readily bioavailable. In addition to blocking phosphorus availability, the "arms" of the phytic acid molecule readily bind with other minerals such as calcium, magnesium, iron and zinc, making them unavailable as well. In this form, the compound is referred to as phytate.

Phytic acid not only grabs onto or chelates important minerals, it also inhibits enzymes that we need to digest our food. These enzymes include pepsin,¹ needed for the breakdown of proteins in the stomach; amylase,² required for the breakdown of starch into sugar; and trypsin, necessary for protein digestion in the small intestine.³

I have witnessed the powerful anti-nutritional effects of a diet high in phytate-rich grains on my family members, with many resulting health problems including tooth decay, nutrient deficiencies, lack of appetite and digestive difficulties. The presence of phytic acid in so many enjoyable foods which we regularly consume makes it imperative that we know how to prepare these foods to neutralise phytic acid content as much as possible, and also that we know how to consume them in the context of a diet containing factors that mitigate the harmful effects of phytic acid. These factors include vitamin C, vitamin D and calcium.

Phytic acid is present in legumes/beans, seeds, nuts and grains, especially in the bran or outer hull. Phytates are also found in tubers, and trace amounts occur in certain fruits and vegetables like berries and green beans. Up to 80 per cent of the phosphorus—a vital mineral for strong bones and good health—present in grains is locked into an unusable form as phytate.⁴

When a diet including more than small amounts of phytate is consumed, the body binds calcium to phytic acid and forms insoluble phytate complexes. The net result is that you lose calcium and don't absorb phosphorus. Further, research suggests that we absorb approximately 20 per cent more zinc and 60 per cent more magnesium from our food when phytate is absent.⁵

The amount of phytate in grains, nuts, legumes and seeds is highly variable. The levels that researchers find when they analyse a specific food probably depend on growing conditions, harvesting techniques, processing methods, testing methods and even the age of the food being tested. Phytic acid is much higher in foods grown using modern high-phosphate fertilisers than in those grown in natural compost.⁶

Seeds and bran are the highest sources of phytates, containing as much as two to five times more phytate than even some varieties of soybeans, which are highly indigestible unless fermented for long periods. Remember the oat bran fad? The advice to eat bran, or high-fibre foods containing different types of bran, is a recipe for severe bone loss and intestinal problems due to the high phytic acid content.

Raw unfermented cacao (cocoa) beans and normal cocoa powder are extremely high in phytates. Processed chocolates may also contain phytates, but more research is needed. White chocolate and cocoa butter probably have little phytate content as they are made from the fat of the beans. Coffee beans also contain phytic acid.

Demineralising Effects of High-Phytate Diets

Diets high in phytic acid or phytates result in mineral deficiencies. In populations where cereal grains provide a major source of calories, rickets and osteoporosis are common.¹⁰ Interestingly, the body has some ability to adapt to the effects of phytates in the diet. Several studies show that subjects given high levels of whole wheat at first excrete more calcium than they take in, but after several weeks on this diet they reach a balance and do not excrete excess calcium.¹¹ However, no long-term studies of this phenomenon have been carried out; nor have researchers looked at whether we can adjust to the phytate-reducing effects of other important minerals such as iron, magnesium and zinc.

The zinc- and iron-blocking effects of phytic acid can be just as serious as the calcium-blocking effect. In one study, a wheat roll containing 2 mg phytic acid inhibited zinc absorption by 18 per cent; 25 mg inhibited it by 64 per cent; and 250 mg inhibited it by 82 per cent.¹² Nuts have a marked inhibitory action on the absorption of iron due to their phytic acid content.¹³

Over the long term, when the diet lacks minerals or contains high levels of phytates or both, the metabolism goes down and the body goes into mineral-starvation mode. The body then sets itself up to use as little of these minerals as possible. Adults may get by for decades on a high-phytate diet, but growing children run

into severe problems. With a phytate-rich diet, their bodies suffer from lack of calcium and phosphorus, with poor bone growth, short stature, rickets, narrow jaws and tooth decay, and from lack of zinc and iron with anaemia and mental retardation.

The Experiments of Edward Mellanby

As early as 1949, the researcher Edward Mellanby demonstrated the demineralising effects of phytic acid. By studying how grains with and without phytic acid affect dogs, Mellanby discovered that consumption of high-phytate cereal grain interferes with bone growth and interrupts vitamin D metabolism. A high level of phytic acid in the context of a diet low in calcium and vitamin D results in rickets and a severe lack of bone formation. His studies show that excessive phytate consumption uses up vitamin D, a vitamin that can mitigate the harmful effects of phytates. According to

Mellanby: "When the diet is rich in phytate, perfect bone formation can only be procured if sufficient calcium is added to a diet containing vitamin D."²⁰

Mellanby's studies show that the rickets-producing effect of oatmeal is limited by calcium.²¹ Calcium salts such as calcium carbonate or calcium phosphate prevent oatmeal from exerting the rickets-producing effect. According to this view, the degree of active interference

with calcification produced by a given cereal depends on how much phytic acid and how little calcium it contains, or how little calcium the diet contains. Phosphorus in the diet (at least from grains) needs some type of calcium to bind to. This explains the synergistic combination of sourdough bread with cheese. Historically, the cultivation of grains was usually accompanied by the raising of dairy animals. A high level of calcium in the diet mitigates the mineral-depleting effects of phytic acid.

In Mellanby's experiments with dogs, increasing the vitamin D intake made stronger bones regardless of the diet, but this increase did not have a significant impact on the amount of calcium excreted. Those on high-phytate diets excreted lots of calcium; those on diets high in phosphorus from meat or released from phytic acid through proper preparation excreted small amounts of calcium.

Based on Mellanby's thorough experiments, one can conclude that the growth of healthy bones requires a diet high in vitamin D, absorbable calcium and absorbable phosphorus, and low in unabsorbable calcium (supplements, pasteurised dairy) and unabsorbable phosphorus (phytates).

Interestingly, Mellanby's experiments show that

**The advice to eat bran...
is a recipe for severe bone
loss and intestinal problems
due to the high phytic
acid content.**

unbleached flour and white rice are less anti-calcifying than whole grains that contain more minerals but also are higher in phytic acid. While whole grains contain more minerals, in the end equal or lower amounts of minerals are absorbed in comparison with polished rice and white flour. This mineral depletion outcome is primarily a result of the blocking mechanism of phytic acid, but it may be secondarily the result of other anti-nutrients in grains.

Thus, absorbable calcium from bone broths and raw dairy products, and vitamin D from certain animal fats, can reduce the adverse effects of phytic acid.

Studies show that adding ascorbic acid can significantly counteract inhibition of iron assimilation by phytic acid,²² and can significantly counteract phytate inhibition from phytic acid in wheat.²³ One study shows that anti-iron phytate levels in rice are disabled by vitamin C in collard greens.²⁴

Research published in 2000 indicates that both vitamin A and beta-carotene form a complex with iron, keeping it soluble and preventing the inhibitory effect of phytates on iron absorption.²⁵ Here we have another reason to consume phytate-rich foods in the context of a diet containing organ meat and animal fats rich in vitamin A, and fruits and vegetables rich in carotenes.

The Phytase Enzyme

Phytase is the enzyme that neutralises phytic acid and liberates the phosphorus. This enzyme co-exists in plant foods that contain phytic acid.

Ruminant animals such as cows, sheep and goats have no trouble with phytic acid because phytase is produced by rumen micro-organisms. Monogastric animals produce phytase, although in far less a quantity. Mice produce 30 times more phytase than humans,²⁶ so they can be quite happy eating a raw whole grain diet. Therefore, data from experiments with phytic acid using rodents cannot be applied to humans.

In general, humans do not produce enough phytase to consume large quantities of high-phytate foods safely on a regular basis. However, probiotic lactobacilli and other species of endogenous digestive microflora can produce phytase.²⁷ Thus, people who have healthy digestion have an easier time with foods containing phytic acid. Increased production of phytase by the gut microflora explains why some people can adjust to a high-phytate diet.

Sprouting activates phytase, thus reducing phytic acid content.²⁸ The use of sprouted grains reduces the quantity of phytic acid in animal feed, with no significant reduction in nutritional value.²⁹ Soaking grains and flour in an acid medium at a very warm temperature, as in the sourdough process, also activates phytase and reduces or even eliminates phytic acid.

Before the advent of industrial agriculture, farmers typically soaked crushed grain in hot water before feeding it to poultry and hogs. Today, feed manufacturers add phytase to grain mixes to get better growth in their animals. Commercial phytases are typically produced using recombinant DNA technology; for example, a bacterial phytase gene has recently been inserted into yeast for commercial production.

Not all grains contain enough phytase to eliminate the phytate, even when properly prepared. For example, corn, millet, oats and brown rice do not contain sufficient phytase to eliminate all the phytic acid they contain. On the other hand, wheat and rye contain high levels of phytase: wheat has 14 times more phytase than rice, and rye contains over twice as much phytase as wheat.³⁰ Soaking or souring these grains, when freshly ground, in a warm environment destroys all phytic acid. The high levels of phytase in rye explain why this grain is preferred as a starter for sourdough breads.

Phytase is destroyed by steam heat at about 176 degrees Fahrenheit [~80 degrees Celsius] in 10 minutes or less. In a wet solution, phytase is destroyed at 131–149°F [~55–65°C].³¹ Thus heat processing, as in extrusion, completely destroys phytase. Think of extruded "all-bran"

cereal: it's very high in phytic acid, and all of its phytase is destroyed by processing. Extruded cereals made of bran and whole grains are a recipe for digestive problems and mineral deficiencies!

Phytase is present in small amounts in oats, but heat-treating to produce oatmeal renders it inactive.

Even grinding a grain too quickly or at too high a temperature destroys phytase, as does freezing and long storage times. Freshly ground flour has a higher content of phytase than does flour that has been stored.³² In traditional cultures, grain is generally ground fresh before preparation. Weston Price found that mice fed whole-grain flours that were not freshly ground did not grow properly.³³

Cooking is not enough to reduce phytic acid content.

Interestingly, Mellanby's experiments show that unbleached flour and white rice are less anti-calcifying than whole grains that contain more minerals but also are higher in phytic acid.

Acid soaking before cooking is needed to activate phytase and let it do its work. For example, the elimination of phytic acid in quinoa requires fermenting or germinating plus cooking. In general, a combination of acidic soaking for considerable time and then cooking reduces a significant portion of phytates in grains and legumes.

The Phytate Threshold

It appears that once the phytate level has been reduced such that there is more available phosphorus than phytate in the grain, we have passed a critical point and the food becomes more beneficial than harmful. Retention of phosphorus decreases when phytate in the diet is 30–40 per cent or more of the total phosphorus.³⁵

For best health, phytates should be lowered as much as possible, ideally to 25 mg or less per 100 g or to about 0.03 per cent of the phytate-containing food eaten. At this level, micronutrient losses are minimised.

White rice and white bread are low-phytate foods because their bran and germ have been removed. Of course, they are also devitalised and empty of vitamins and minerals. But the low-phytate content of refined carbohydrate foods may explain why someone whose family eats white flour or white rice food products may seem to be relatively healthy and immune to tooth cavities, while those eating whole wheat bread and brown rice may suffer from cavities, bone loss and other health problems.

Germinating, Roasting and Acidic Soaking

Beer home-brewers know that in order to make beer, they need malted (sprouted) grains. Soaking and germinating grains is a good idea, but these processes do not eliminate phytic acid completely. Significant amounts of phytic acid remain in most sprouted grain products. For example, malting reduces wheat, barley and mung bean phytic acid by 57 per cent. However, malting reduces anti-nutrients more than does roasting.³⁶ In one experiment, malting of millet resulted in a 23.9 per cent decrease in phytic acid after 72 hours and 45.3 per cent after 96 hours.³⁷

With legumes, sprouting is the most effective way to reduce phytic acid, but this process does not get rid of all of it. Germinating peanuts led to a 25 per cent reduction in phytates; after five days of sprouting, chick peas maintained about 60 per cent of their phytate content and lentils retained about 50 per cent of their

original phytic acid content. Sprouting and boiling pigeon pea and bambara groundnut reduced phytic acid by 56 per cent.³⁸ Germinating black-eyed beans resulted in 75 per cent removal of phytate after five days of sprouting.

Germination is more effective at higher temperatures, probably because the heat encourages a fermentation-like condition. Sprouting millet at 86°F [~30°C] and 95°F [~35°C] was found to be significantly more effective for removing phytates than at 77°F [~25°C].³⁹

Sprouting releases vitamins and makes grains, legumes and seeds more digestible. However, it is a pre-fermentation step, not a complete process for neutralising phytic acid. Regularly consuming grains that are only sprouted leads to excess intake of phytic

acid. Sprouted grains should also be soaked and cooked. Roasting wheat, barley or mung bean reduces phytic acid by about 40 per cent.⁴⁰ If you subsequently soak roasted grains, you should do so with a culture that supplies additional phytase, as phytase is destroyed in the roasting process.

With grains and legumes that are low in phytase, soaking does not usually sufficiently eliminate phytic acid. Soaking of millet, soybean, maize, sorghum and mung bean at 92°F [~33°C] for 24 hours was found to decrease phytic acid by 4–51 per cent.⁴³ With these same grains and legumes, soaking at room temperature for 24 hours reduced phytic acid by 16–21 per cent.⁴⁴ However, soaking of pounded maize for one hour at room temperature led to a phytic acid reduction of 51 per cent.⁴⁵

Sourdough fermentation of high-phytase grains such as wheat and rye is the process that works best for phytate reduction. One study showed that sourdough

fermentation of whole wheat flour for just four hours at 92°F led to a 60 per cent reduction in phytic acid.

Phytic acid in bran samples was reduced to 44.9 per cent after eight hours at 92°F.⁴⁶ The addition of malted grains and baker's yeast increased this reduction to 92–98 per cent. Another study showed almost complete elimination of phytic acid in whole wheat bread after eight hours of sourdough fermentation.⁴⁷

A study of phytates in recipes used typically by home bread bakers found that leavening with commercial yeast is much less effective at removing phytates. Yeasted whole wheat breads lost only 22–58 per cent of their phytic acid content from the start of the bread-making process to the finished loaf.⁴⁸

...once the phytate level has been reduced such that there is more available phosphorus than phytate in the grain, we have passed a critical point and the food becomes more beneficial than harmful.

Phytic Acid and Your Health

The purpose of this article is not to make you afraid of foods containing phytic acid, but only to urge caution in including grains, nuts, seeds and legumes in your diet. It is not necessary to eliminate phytic acid completely from the diet, only to keep it to acceptable levels.

An excess of 800 mg phytic acid per day is probably not a good idea. The average phytate intake in the US and the UK ranges between 631 and 746 mg per day; the average in Finland is 370 mg; in Italy it is 219 mg; and in Sweden a mere 180 mg per day.⁴⁹

In the context of a diet rich in calcium, vitamin D, vitamin A, vitamin C, good fats and lacto-fermented foods, most people will do fine on an estimated 400–800 mg per day. For those suffering from tooth decay, bone loss or mineral deficiencies, total estimated phytate content of 150–400 mg would be advised. For children under age six, pregnant women and those with serious illnesses, it is best to consume a diet as low in phytic acid as possible.

In practical terms, this means properly preparing phytate-rich foods to reduce at least a portion of the phytate content and restricting their consumption to two or three servings per day. Daily consumption of one or two slices of genuine sourdough bread, a handful of nuts and one serving of properly prepared oatmeal, pancakes, brown rice or beans should not pose any problems in the context of a nutrient-dense diet.

Problems arise when whole grains and legumes become the major dietary sources of calories, when every meal contains more than one whole grain product, or when over-reliance is placed on nuts or legumes. Unfermented soy products, extruded whole grain cereals, rice cakes, baked granola, raw muesli and other high-phytate foods should be strictly avoided.

Rice

Brown rice is high in phytates. One reference puts phytate content at 1.6 per cent of dry weight, another at 1,250 mg per 100 g of dry weight (probably about 400 mg per 100 g of cooked rice). Soaking brown rice does not effectively eliminate phytates because brown rice lacks the enzyme phytase; it thus requires a starter. Nevertheless, even an eight-hour soak eliminates some of the phytic acid, reducing the amount in a serving to something like 300 mg or less.

The ideal preparation of rice would start with home-milling to remove a portion of the bran, and then souring at a very warm temperature (90°F [~32°C]) for at least 16 hours, preferably 24 hours. Using a starter would be ideal (see sidebar recipe [not shown here]).

For those with less time, purchase brown rice in airtight packages. Soak rice for at least eight hours in hot water plus a little fresh whey, lemon juice or vinegar. If you soak in a tightly closed Mason jar, the rice will stay warm as it generates heat. Drain, rinse and cook in broth and butter.

Nuts

In general, nuts contain levels of phytic acid equal to or higher than those of grains. Therefore, those consuming peanut butter, nut butters or nut flours will take in phytate levels similar to those in unsoaked grains. Unfortunately, we have very little information on phytate reduction in nuts. Soaking for seven hours likely eliminates some phytate content. Based on the accumulation of evidence, soaking nuts for 18 hours, dehydrating at very low temperature—in a warm oven—and then roasting or cooking the nuts would likely eliminate a large portion of phytates.

Nut consumption becomes problematic in situations where people on the GAPS [gut and psychology syndrome] diet and similar regimens are consuming lots of almonds and other nuts as a replacement for bread, potatoes and rice. The 18-hour soaking is highly recommended in these circumstances.

It is best to avoid nut butters unless they have been made with soaked nuts; these are now available commercially.

Likewise, it is best not to use nut flours—and also coconut flour—for cooking unless they have been soured by the soaking process.

It is instructive to look at the Native American preparation technique for the hickory nut. To extract the oil, the nuts were parched until they cracked to pieces and then were pounded until they were as fine as coffee grounds. They were then put into boiling water and boiled for an hour or longer until they cooked down to a kind of soup from which the oil was strained out through a cloth. The rest was thrown away. The oil could be used at once or poured into a vessel where it would keep a long time.⁵⁰ The Indians of California consumed acorn meal after a long period of soaking and rinsing, then pounding and cooking. Central Americans prepared nuts and seeds by salt-water soaking and dehydrating in the sun, and then grinding and cooking them.

Beans/Legumes

All legumes contain phytic acid, and in traditional cultures they are usually subjected to a long preparation process. For example, according to one source: "Lima beans in Nigeria involve several painstaking processes to be consumed as a staple."⁵¹

Soaking brown rice does not effectively eliminate phytates because brown rice lacks the enzyme phytase; it thus requires a starter.

In Central America, beans are made into a sour porridge called *chugo*, which ferments for several days.

The best way to reduce phytates in beans is sprouting for several days, followed by cooking. An 18-hour fermentation of beans without a starter at 95°F [~35°C] resulted in a 50 per cent phytate reduction.⁵² Lentils fermented for 96 hours at 108°F [~42°C] resulted in a 70–75 per cent phytate destruction.⁵³ Lentils soaked for 12 hours, germinated for 3–4 days and then soured will likely completely eliminate phytates. Soaking beans at a moderate temperature, such as at 78°F [~26°C] for 12 hours, resulted in an 8–20 per cent phytate reduction.⁵⁴

When legumes comprise a large portion of the diet, one needs to go to extra steps to make them healthy to eat.

Beans should usually have hull and bran removed. Adding a phytase-rich medium to beans would help eliminate the phytic acid content. Adding yeast or effective micro-organisms or *kombu* seaweed may greatly enhance the predigestion process of the beans. One website suggests using a starter containing effective micro-organisms and cultured molasses for soaking beans.⁵⁵

At a minimum, beans should be soaked for 12 hours, drained and rinsed several times before cooking for a maximum of 36 hours. Cooking with a handful of green weed leaves, such as dandelion or chickweed, can improve mineral assimilation when consumed.

Tubers

Sweet potatoes and potatoes contain little phytic acid, but yams and other starchy staples contain levels of phytate that we cannot ignore. The phytic acid content of arrowroot is unknown, but it may be significant.⁵⁶ These foods should be fermented—as they usually are in traditional cultures—if they are a staple in the diet. For occasional eating, cooking them well and consuming these tubers with plenty of butter and vitamin C-rich foods should suffice.

Bread

Bread can only be called the staff of life if it has undergone careful preparation, otherwise it can be the road to an early grave. The flour used in bread should be stone ground. Wheat and rye contain high levels of phytase, but this is destroyed by the heat of industrial grinding and also lessens over time.

Fresh grinding of wheat or rye berries before use ensures that the original amount of phytase remains in the flour.

Rye has the highest level of phytase in relation to phytates of any grain, so rye is the perfect grain to use as a sourdough starter. Phytates in wheat are greatly reduced during sourdough preparation, as wheat is also high in phytase. Rising bread with yeast may not fully reduce phytic acid.⁵⁷

Phytate breakdown is significantly higher in sourdough bread than in yeasted bread.⁵⁸

Yet even with the highly fermentable rye, a traditional recipe from the French calls for removal of 25 per cent of the bran and coarse substances.⁵⁹ As an example of this practice, one small bakery in Canada sifts the coarse bran out of the flour before making it into bread.⁶²

Oats

Oats contain very little phytase, especially after commercial heat treatment, and require a very long preparation period to reduce phytic acid levels completely. Soaking oats at 77°F [~25°C] for 16 hours resulted in no reduction of phytic acid, nor did germination for up to three days at this temperature.⁶³ However, malting (sprouting) oats for five days at 52°F [~11°C] and then soaking for 17 hours at 120°F [~49°C] removes 98 per cent of phytates. Adding malted rye further enhances oat phytate reduction.⁶⁴

Without initial germination, even a five-day soaking at a warm temperature in acidic liquid may result in an insignificant reduction

in phytate due to the low phytase content of oats. On the plus side, the process of rolling oats removes at least part of the bran, where a large portion of the phytic acid resides.

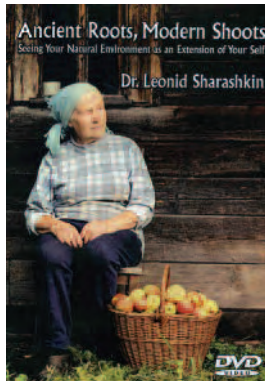
How do we square what we know about oats with the fact that oats were a staple in the diet of the Scots and Gaelic islanders, a people known for their robust good health and freedom from tooth decay? For one thing, vitamin D in high amounts from cod liver and other sources helps prevent calcium loss from a diet high in oats. Absorbable calcium from raw dairy products, consumed in abundance on mainland Scotland, provides additional protection. In addition, it is likely that a good part of the phytase remained in the oats of yore; they

Rye has the highest level of phytase in relation to phytates of any grain, so rye is the perfect grain to use as a sourdough starter.

Continued on page 81

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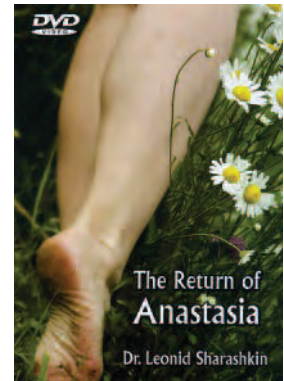
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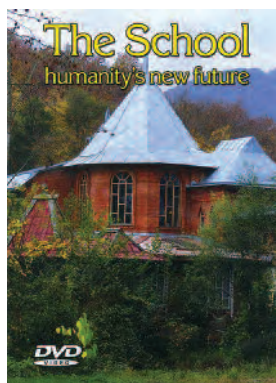
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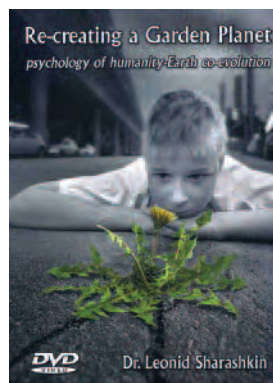
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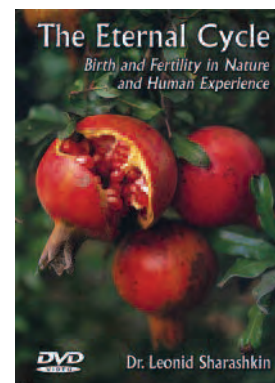
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• Harmful Effects of EM Radiation and EM Fields

In the last century, medical doctor and stress pioneer Hans Selye observed that when bodily tissues are subjected to repeated, intense input—whether it be chemical (environmental pollutants, adrenal "fight-or-flight" hormones) or mechanical pressure (bruising)—the body perceives it as stress. It responds by tightening the envelope of membranous fascia that surrounds the muscles. This, in turn, causes significant biochemical malfunctions, not the least of which is disruption of the cell membrane. Other stressors that can disrupt cell integrity include the actual puncturing of the cell membrane and microbial infection.

Cell permeability for the proper materials is key. If glucose, other nutrients and beneficial hormones cannot efficiently enter the cell and if wastes cannot completely exit, microbes can proliferate and degenerative disease can occur.

To Dr Selye's list of stressors, I would add destructive EM radiation and EM fields. It has been known for decades that electrical fields can damage cells. B. Blake Levitt writes:

Direct current (DC) is the steady flow of electrons in one direction. Alternating current (AC) is an electron flow that changes strength and alters direction within a certain cycle; the AC field collapses and reappears with its poles reversed every time the current changes direction...

Direct current creates a steady magnetic field. But with alternating current, each time the direction of the electrons is reversed, or flipped, a powerful magnetic field is created that fluctuates at the same frequency.⁴

Another reason why these fields are dangerous is that the waves are *coherent*. Although the Sun constantly transmits naturally occurring radio frequencies, microwaves and other EM fields, this radiation is generally *diffuse*, whereas alternating current is *concentrated*. *Concentrated radiation is not natural*. For example, you need to purposely harness, focus, augment and direct a bombardment of electrons to turn on a light bulb.

In *Electromagnetic Man: Health & Hazard in the Electrical Environment*, Cyril Smith and Simon Best write:

It is just over 100 years since electricity generation started; 60 years since radio transmissions and 40 years since radar and telecommunications entered our environment. [The book was published in 1990.] Like natural fields, man-made fields are limited by the physical properties of the environment. Unlike natural fields, they are highly coherent and can interfere with our bio-signals.⁵

The harmful effects of some EM fields are many and varied. Jacqueline Krohn, MD, and colleagues point out numerous studies showing that:

...electric workers and their children have a higher risk of brain tumors. The incidence of childhood leukemia is higher in children who live near power lines that

carry high voltage. Power-line exposure has also been associated with an increased incidence of suicide.

These studies support the hypothesis that ELF fields [extremely low frequencies] act as a cancer promoter. ELF fields interact with the cell membrane and can affect hormones, calcium exchange, and tissue growth. It is postulated that the ELF fields suppress the production of melatonin, a cancer inhibitor, by the pineal gland.⁶

The effects of ELF fields are more than mere "postulation", as other researchers have corroborated.

Smith and Best cite formal published studies linking the following maladies to extremely low frequency electromagnetic fields:

- allergies;
- autoimmune disorders, such as lupus erythematosus and multiple sclerosis;
- birth defects and genetic abnormalities;
- cancers of various types, including brain tumours and leukaemia;
- emotion and mood changes, including higher percentages of suicides;
- eyestrain and headaches;
- fatigue and sleep disturbance;
- heart attacks;
- hormonal abnormalities;
- infectious diseases increase;
- lowered fertility, miscarriages and pregnancy problems, including stillbirths;
- nervous system disorders, including confusion, convulsions, dizziness, hyperactivity and memory loss;
- stress increase and intolerance.⁷

Cells have the ability to respond positively and healthfully to minute electromagnetic stimulus, as long as certain criteria are met.

The harm from EM fields and EM radiation also depends on the proximity of the person, animal or plant to the source of the energy. A milligauss is a unit of measurement of the strength of an electromagnetic field. According to tables from the US Environmental Protection Agency, reprinted in Levitt's book (pp. 254, 257), a blender from six inches [~15.2 centimetres] away emits between 30 and 100 milligauss; an electric can-opener six inches away emits between 500 and 1500 milligauss; a hairdryer six inches away emits between 1.0 and 700 milligauss; and a ceiling fan 12 inches [~30.5 cm] away emits between 3.0 and 50 milligauss.⁸

Some sources maintain that even 2.0 milligauss is enough to disrupt a person's biological function and that the maximum emission a person can safely absorb is only 1.0 milligauss. This is why there is a high rate of illness among people living near major power lines, cellphone towers, electrical generators and similar disruptors.

• Healing Effects of EM Radiation and EM Fields

Considering the extent to which artificially created, nonbeneficial EM radiation surrounds us, it's not surprising that (aside from the contributing factors of poor diet, pathogens and chemical pollutants) so many people are ill. Frequencies can harm, but the good news is that they can be used to heal.

Cells have the ability to respond positively and healthfully to minute electromagnetic stimulus, as long as certain criteria are met. The stimulus must be from the correct region of the EM spectrum. It must be

further refined (if necessary) to an exact frequency, or combination of frequencies, on that EM band. It must be the correct intensity. It must have the correct shape of wave or wave packet. It must be administered in the correct amounts. And it must be accurately and precisely aimed at the target.

In electronics, the term *inductive coupling* refers to the transfer of energy from one component to another through a shared magnetic field. In electromedicine, the response of living cells to beneficial EM radiation is also called *inductive coupling*. Once the EM fields inside a cell are exposed to EM radiation, the fields within the cell start to move. Along with this energetic process,



the corresponding biochemical responses are activated, such as the movement of electrolytes through the cell membrane, excretion of wastes, and so on. Inductive coupling is being utilised in a growing number of extremely effective electromedical devices.

Researchers are discovering that many of the beneficial effects from electromedical devices come from *pulsed magnetic fields* (which, by definition, become electromagnetic radiation).

Pulsing a magnetic field does more than induce movement in the body receiving the signal. Because pulsing, by definition, means that there is an "off" period to the signal, it ensures that the human or animal receiving the signal does not become resistant to its effects. A good analogy is someone tapping your arm: at first you pay attention, but after a while the body becomes impervious to the sensation so that it can focus on other stimuli. This is one of the secrets of effective electromedical devices.

Correctly employed, frequency therapies can increase cell energy, normalise membrane conductivity, lessen oxidative stress, reduce the amounts of inflammatory chemicals in the blood, improve protein synthesis, boost feel-good endorphin levels, restore depleted adrenal function and enhance immune function. The restoration of these metabolic processes leads to the regeneration of tissue as well as to disease resistance.

"Bigger is better" and "more is better" figure prominently in the western mindset. The unbridled use of massive doses of many different kinds of drugs and the routine practice of "prophylactic" invasive surgery illustrate this mentality. Another, more humane edict, "less is more", reflects what the body usually needs.

The exquisite sensitivity of cells to electromagnetic fields of all kinds explains why electromedical devices work—and why the more gentle ones work the best. Low-power energies might not be easily perceived subjectively, but they are the most compatible with living systems precisely because they are of lower power.

Electromedicine therapies may use many portions of the EM spectrum: electrical current, magnetism, visible light, far-infrared (FIR), ultraviolet (UV) and heat (in the form of specific FIR wavelengths). In the following sections, I'll discuss some therapies that use various EM wavelengths.

EM Radiation Rife Frequency Therapy

Rife frequency therapy is named after its inventor, Royal Raymond Rife. After this technology was enthusiastically embraced by some of the most prominent physicians and scientists of the 1930s and part of the 1940s, it was driven underground by the pharmaceutical interests and the American Medical Association (AMA). Only in the last couple of decades has Rife technology emerged again in popularity, albeit in an altered form.

Born in the United States in 1888 and educated in the fields of optics, electronics, biology and chemistry, Rife studied at Johns Hopkins University and had two years of training in performing eye surgery and six years of training with optical scientist and researcher Hans Luckel (who worked for the German optics company now known as Carl Zeiss). He designed and built many medical research instruments including spectrometers, optical tools, micromanipulators and stop-motion photomicrographs. However, one of Rife's most famous inventions was the Universal Microscope. Completed in 1933, it weighed 200 pounds [90 kilograms], had 5,682 parts and stood between two and three feet [~0.61 and ~0.91 metres] high.

During Rife's time, specimens had to be killed and stained in order to be seen under a microscope. Even modern electron microscopes, which produce high-resolution images, kill the specimens being viewed: in order to make the specimens visible, it bombards them with electrons in a vacuum. However, the Universal Microscope allowed micro-organisms (even tiny

viruses) to be viewed in their live state with crystal clarity. This held great promise in finding cures for diseases because if you can see how living organisms respond to stimuli, then you may find a way to destroy them.

As it turned out, these "stimuli" consisted of frequencies produced by an EM field. If Rife exposed a virus or bacterium to a particular frequency and the pathogen began to vibrate—and then either grew weak or completely broke apart—he knew that he had found the *resonant frequency* (or simply *frequency*) of the microbe.

"Any object has a certain natural or resonant frequency," explains James L. Oschman:

Strike it, bump it, pluck it, or heat it, and it will tend to vibrate at a specific frequency. This applies to a bone, a piece

If Rife exposed a virus or bacterium to a particular frequency and the pathogen began to vibrate... he knew that he had found the resonant frequency (or simply frequency) of the microbe.

of wood, a molecule, an electron, or a musical instrument... In the living body, each electron, atom, chemical bond, molecule, cell, tissue, organ (and the body as a whole) has its own vibratory character.

In terms of vibrations, the human body can be compared to a symphony orchestra. Each molecule corresponds to a particular instrument. Each bend, rotation, or stretch of a chemical bond has a certain resonant frequency, and will give off certain "notes" if it is energized. Since molecules, water, and dissolved ions are constantly bumping into each other at body temperature, all parts are constantly jiggling and absorbing and emitting energy...

When two objects have similar natural frequencies, they can interact without touching; their vibrations can become coupled or entrained. For electromagnetic interactions between molecules, the word "resonance" is used more often than entrainment. In the older literature you will find the term "sympathetic vibrations".⁹

The microbe's frequency (the number of cycles per second at which it vibrates) was also known as its *mortal oscillatory rate* (MOR). An analogy explaining how Rife's ray tube worked is the cliché of the soprano who shatters a glass with her pure, focused tone. If enough power were applied, the resonant frequency would kill the microbe or debilitate it enough so that the body's own immune cells could then dispose of it.

Royal Rife's ray machine delivered frequencies in the radiofrequency (RF) range by sending an electric current through a tube filled with noble gases (mostly argon and neon). The gases would light up the tube, and the frequencies were emitted as EM radiation. It was the EM *wave*, rather than luminescence from the light, that disabled or killed the pathogens. Rife discovered the resonant frequencies for cancer, typhus, *E. coli* and other micro-organisms. People given "terminal" diagnoses by their doctors would often become well when exposed to the Rife ray.

A microbial MOR frequency administered at a low power level is harmful to a microbe, but it does not harm a larger host such as a human being or an animal because the host has a much more complex structure than a microbe and hence will barely feel the power input that can kill a tiny microbe.

Many modern, second-generation Rife machines also contain plasma tubes filled with noble gases, although some Rife-type frequency devices utilise hand-held, tubular metal electrodes to deliver frequencies into the body via electric current. Most of the tubes are freestanding. Rife frequency devices can range from the simple to the elaborate, with varying programming

capabilities. A smaller unit can be the size of a large loaf of bread, while a large one is the size of a tower computer. The user inputs the desired frequencies into the computerised machine and a signal is sent to the noble gases in the tube. The resulting EM field disables or kills the micro-organisms in the body, while also imparting energy to the body's cells.

Outside the USA, Rife technology is seriously being researched and publicised in European countries such as Germany and Romania, and several companies are producing frequency devices. The legal status of Rife devices in medical treatment means that the technology is freely used in clinics and doctors' offices.

In North America, open-minded medical practitioners and health-seekers have a more difficult time finding manufacturers of Rife devices because, after the 1940s, the US Food and Drug Administration (FDA) quashed this technology. However, about a dozen manufacturers are making Rife-style devices in North America. Two

excellent plasma-light devices are popular: PERL and P3 units.

The PERL is a highly respected frequency device made by Resonant Light Technology Inc. in Canada (www.resonantlight.com). The machine is equipped with a leaded silica glass tube filled with 100-per-cent argon. When the noble gas is lit by the transmitted RF energy, the PERL emits frequencies (up to

three signals simultaneously) over a 27-megahertz carrier. The frequency selection is from 0.001 to 400,000 hertz. The customer can either program frequencies into the unit or use one of many banks of pre-programmed protocols.

Resonant Light Technology Inc. cannot legally state that the PERL is a therapeutic device for use on humans in Canada, but the company does suggest other applications: therapeutic use with animals, extending the life of food in clinically controlled food storage lockers, slowing the growth of mould and fungi in greenhouses and reducing the parasitic count within fruit orchards. Energising the body is an obvious application as well.

Pulsed Technologies, which has offices in the United States and Romania, makes several different devices (www.pulsedtech.com). The frequency outputs of this company's units range from 0.01 hertz to an impressive 1,000,000 hertz (1.0 megahertz). The Precision Pulsed Plasma (P3) system is a non-contact radiant device that operates on principles that do not require RF. The P3 is controlled by a Precision Function Generator (PFG) which may also be used separately from the plasma unit as a contact (electrode) device.

In Rife's era, it was proven that his frequency devices disabled microbes that made humans and animals sick. But we now know that selected frequencies can regenerate tissue.

Applications of the P3 unit are similar to those of the PERL. The uses for a freestanding plasma light unit are limited only by the imagination of the user. The company's emphasis on research has been particularly welcomed in Europe, where doctors have seen great improvements in subjects enrolled in clinical trials.

Although Rife's technology appeals to holistically oriented health practitioners, it is simple enough to be utilised by the layperson as well. The largest market in the United States consists of people who want to improve their own health and the health of their family, friends, pets and farm animals.

In Rife's era, it was proven that his frequency devices disabled microbes that made humans and animals sick. But we now know that selected frequencies can *regenerate* tissue.

Electric Current The Tennant Biomodulator®

Electric current is frequently utilised by electromedical devices to treat pain and other conditions. One device that emits small amounts of current is a hand-held biofeedback unit, the Tennant Biomodulator® (www.senergymedicalgroup.com).

The Biomodulator has its origin in the Russian SCENAR, acronym for Self-Controlled Energo Neuro Adaptive Regulator. The Biomodulator's predecessor was developed by Russian scientists in the 1970s to address an unexpected problem with their space program: the forced feeding of antibiotics to all cosmonauts, whether they were ill or well. If one crew member got sick and took antibiotics, all the crew members would end up with the drug in their system, since urine was recycled into the shared drinking water. Creating an electromedical device to treat cosmonauts in space would eliminate the "need" to administer antibiotics. This device—about the size of a remote control—was aptly nicknamed the "Star Trek device" by the press.

According to Russian clinical studies (see www.scenarhealth.us/pages.php?PID=8), the SCENAR proved effective in 80 per cent of all cases. Of those, two-thirds enjoyed full recovery and the remainder had significant healing. Over 50,000 successful outcomes were reported for circulatory, endocrine, respiratory, gastrointestinal, neurological, muscular, skeletal and genito-urinary problems.

In 2004, Texas-based medical doctor Jerry Tennant developed an easier-to-use, more effective version of

the Russian invention, powered by two AA batteries, called the Tennant Biomodulator. Whether it is moved across the body or is resting still on a particular area, its biofeedback feature operates by sending out a series of precisely modulated electric current to the skin, measuring the body's response and then emitting different signals in response to the changes recorded by the skin. This therapy is drug-free, non-invasive, safe, pain-free and inexpensive (considering the number of conditions for which it can be used). In general, subjects not only feel positive effects after the first session, but the effects are long-lasting.

The Biomodulator, equipped with newly discovered frequencies, also has an assessment mode that allows the user to determine the approximate voltage of the cells. The amount of voltage, and whether that voltage is plus or minus, helps the practitioner or user determine whether the tissue is mildly or severely inflamed or mildly or severely degenerated. Based on the readings, the practitioner then knows which therapy mode to employ. The device also has a setting for "automatic", which is a combined biofeedback and signal input mode.

Dr Tennant points out that trauma, pain, real or imagined danger, constant fear, an unbalanced pH and food allergies turn on the sympathetic (fight-or-flight) nervous system and keep it turned on, so that the parasympathetic nervous system, which regulates digestion, sleep, hormone secretion, immune function and so on, no longer works properly. Being "sympathetic-on 24 hours a day, seven days a week" creates conditions of "typical chronic disease and chronic fatigue", he

states.¹² Once the body starts to malfunction, it gets used to being in a pathological state—a trend that can be difficult to reverse.

However, the Biomodulator stimulates the healing process by normalising the sympathetic and parasympathetic nervous systems. People have reported relief from swelling and inflammation, as well as faster and more complete healing of wounds, improvement in circulation and other functions, rapid pain relief and easier recovery from infections. The device is most commonly used for the treatment of muscle pain and injuries, but it is also being clinically studied for the improvement or complete elimination of symptoms of arthritis, tendonitis, hypertension, hearing loss and asthma.

...its biofeedback feature operates by sending out a series of precisely modulated electrical current to the skin, measuring the body's response and then emitting different signals in response to the changes recorded by the skin.

The Biomodulator works primarily by stimulating the C-fibres. C-fibres, which comprise 85 per cent of all nerves in the body, produce healing neuropeptides and other regulatory peptides that, in turn, re-establish the body's normal physiology and propel it to heal itself. Since the peptides last for several hours, the healing process continues after the treatment is over.

"Once we balance the autonomic system," writes Dr Tennant, "the gut will start absorbing nutrients, the endocrine glands will rest and recover, [and] the immune system will recover."¹³

A key to the success of these units is the restoration of voltage to the cells. A malfunctioning cell cannot metabolise properly. Once the voltage to organs and other bodily tissues is normalised, cellular toxins can be eliminated and water imbalances can be corrected.

In the treatment process, the practitioner first asks the subject to describe the location of the pain, discomfort or dysfunction. If there is clear symptomatology, the practitioner goes to the problem area. However, the spine and abdomen are also key areas to address, even though they might not seem to relate directly to the stated symptoms. Problem areas are perceived by the practitioner as a difference in the sound emitted by the device and by a feeling of "stickiness"—a magnetic-like pull that prevents the unit from easily moving across the area. The session is over when the "drag" is eliminated and the client relaxes. There is often a reddening of the skin around the treated area—a sign of increased circulation. The Biomodulator comes with optional attachments that can treat through the hair and on smaller skin areas. The Biomodulator is an FDA-cleared Class II device for symptomatic relief and management of chronic, intractable pain and adjunctive treatment in the management of post-surgical and post-traumatic pain. Licensed health practitioners can use it in their practice. However, it's not necessary to see a health care professional if you need treatment. Laypersons who want a device for their own use can obtain a prescription from their physician or from Dr Tennant.

Pulsed Electromagnetic Fields The ONDAMED® System

While some devices utilise a generalised weak magnetic field that oscillates, or travels back and forth, others use a pulsed electromagnetic field that also conveys frequencies.

One such device is the ONDAMED® System, developed by German electronics engineer Rolf Binder. The machine, which comes in a heavy-duty case, consists

of the base unit and various applicators that are placed on the body (spine, abdomen, neck, foot, etc.) or are held. The software includes three operating modules that introduce various frequency patterns, times and intensities, and one module of 173 pre-set programs. Frequencies range from 0.1 to 32,000 hertz. The pulsed magnetic field emitted by the unit covers a small but focused area.

At the start of the session, the practitioner hangs an applicator around the client's neck. Then the practitioner holds the subject's wrist while simultaneously scrolling the machine through a range of rapidly and sequentially emitted programs. When a frequency is emitted that the body may need, a sudden change in the subject's radial (circulatory) pulse occurs. The change in the pulse can feel like excitation (jumping or throbbing) or weakening (slower, less obvious). Thus, the "biofeedback" aspect of

the ONDAMED is the person's bodily response, as perceived by the practitioner, to the unit's EM radiation emissions.

The practitioner enters into the machine's memory those frequencies that elicit a response. Then the practitioner scrolls through the entered frequencies, choosing the top two frequency patterns that caused the strongest reaction—and which therefore will have the greatest therapeutic value.

The frequencies best suited to the client at that moment are induced through the neck applicator (worn by the subject) as the practitioner scans the body with the hand-held applicator, feeling the person's pulse for the strongest response. The body area causing the strongest response is the site of application.

Not everyone's pulse completely normalises for the duration of treatment; Binder says that the client undergoes a period of integration. The next time the client is tested, other areas (and other frequency patterns) may prove more useful. During therapy, not more than two frequencies are administered at one time to ensure that the communication pathways in the body are clear.

While the company is not allowed to make medical claims for the device, the biofeedback has worked well for pain management, stress relief, detoxification (waste elimination and nutrient absorption), reduction of addictive patterns (such as smoking) and weight management. People suffering from allergies, arthritis, inflammation, lymphatic and hormonal problems, infections and pain report that their symptoms subside or are completely eliminated through use of the device. The ONDAMED is rapidly becoming very popular with smokers to stop nicotine addiction, as it shows a 95 per cent effectiveness rate with an average of one to three

When a frequency is emitted that the body may need, a sudden change in the subject's radial (circulatory) pulse occurs.

sessions to achieve results. Those with other health conditions generally notice improvement in five sessions, although many people require more.

Wolf-Dieter Kessler, MD, PhD, recounts discussions about ONDAMED with physics professor J. B. Sharma:

Each organ has specific natural frequencies corresponding to its healthy state, to which it resonates if driven by an appropriate external frequency... One way to visualize...the underlying mechanism of ONDAMED® is to look at the body and its constituent parts as oscillators. In a healthy body, the ensemble of the oscillators "vibrate" in harmony with each other... Under this model, disease may then be understood as a departure from a healthy synchronous vibration. The [diseased] parts of the body...display a lower energy or a chaotic, asynchronous vibration... The asynchronously vibrating components of the diseased body will resonate harmoniously for a brief moment when hit by the proper frequency... Further treatment with the appropriate frequencies would then bring all components back into synchronous vibration with the tendency to maintain that state of higher order.¹⁷

Continuing what Dr Kessler states is an hypothesis: deviations from the frequencies of healthy tissue indicate energy blockages that can lead to health problems. On the biochemical level, blockage of an area is synonymous with a static field, characterised by accumulated acids or excess hydrogen ions (H+) which block the transfer of the magnetic impulses that the body needs for the smooth flow of information. The ONDAMED's function may be based in part on Maxwell's finding that superimposing

one magnetic field on another induces the flow of electrons.

Says ONDAMED inventor Rolf Binder:

We don't want to assume that we know why the body responds to the ONDAMED in the way it does. There are physical, emotional, biological, physiological and energetic responses. We know there is a lot of information flowing back and forth. But how the body is processing that information—and why it changes in response to one stimulus and not another—is something we cannot answer right now. The body and its functions are simply too complex. What we do know is that the therapy works.¹⁸

What we can say with certainty is that the ONDAMED introduces specific electromagnetic impulses into the body, which in turn "jump start" the movement of electrons to the organs, glands, muscles, vessels, bones, nerves or other tissues that require a more efficient flow of information. The ONDAMED can be used by physicians and laypeople alike, but it can be difficult to use in self-treatment. The inventor, though naturally pleased by the machine's success rate, is circumspect.

"It's very important to get the body working by itself," he emphasises. "You don't want to get the body dependent on a drug, or the machine, for that matter."¹⁹

In part three, I'll discuss light and sound as they relate to the EM spectrum and explore their therapeutic uses.

Continued next edition...

About the Author:

Nenah Sylver, PhD, is an internationally published author in the fields of holistic health, electromedicine and psychology. She gives educational seminars on electromedicine and frequency healing, and has been a featured speaker at Rife conferences.

Dr Sylver previously contributed to NEXUS with her article "Poisonous Products, Deceptive Labels" (7/02-03). She is the author of *The Holistic Handbook of Sauna Therapy* (The Center for Frequency, 2004, ISBN 978-0-9672491-7-1, 356pp, softcover book and e-book) and *The Rife Handbook of Frequency Therapy, with a Holistic Health Primer* (Desert Gate Productions LLC, 2009, ISBN 978-0-9818075-0-8, 760pp, hardcover book and e-book; reviewed in NEXUS 17/03; previous edition reviewed in 9/05).

Both books can be ordered from Bibliotique/Barner Books, 3 Church Street, New Paltz, New York 12561, USA, telephone +1 (845) 255 2635, web pages www.bibliotique.us/si/sauna.html and www.bibliotique.us/si/rife2009.html.

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Dr Nenah Sylver can be contacted at The Center for Frequency, PO Box 74324, Phoenix, AZ 85087-4324, USA, tel +1 (623) 249 4202, email nenah@nenahsylver.com, website <http://www.nenahsylver.com>.

Editor's Note:

Due to space constraints, we have omitted coverage of several therapeutic devices from Dr Sylver's article. To see these, including the accompanying endnotes and resources, go to <http://www.nenahsylver.com>.

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DOES "MIRROR MATTER" REALLY EXIST?

by Rod Hamon © 2010

When scientists put forward the theory of a completely new type of matter to explain why over 85 per cent of the Universe appears to be missing, it was dismissed as bizarre in the extreme. Their theory proposed the existence of "mirror matter"—a strange, undetected but potentially significant component of the Cosmos. Now there is compelling evidence that "mirror matter" really does exist.

A longstanding puzzle in biochemistry is the tendency for life's molecules to prefer left-handedness. Alanine amino acid, for example, can be artificially synthesised in the laboratory as either left- or right-handed. Strangely, though, in living things this molecule exists only in the left-handed orientation. Even stranger than this is that if a right-handed amino acid enters a living organism, it is rejected and destroyed. We could simply dismiss this as an oddity of life on Earth, but, when we look beyond our planet into space, we see this same preference for left-handedness even in far-away galaxies.

In his research paper, Professor Michael J. Longo of the University of Michigan reports: "In this article I extend an earlier study of spiral galaxies in the Sloan Digital Sky Survey (SDSS) to investigate whether the universe has an overall handedness. A preference for spiral galaxies in one sector of the sky to be left-handed or right-handed spirals would indicate a parity-violating asymmetry in the overall universe and a preferred axis. The previous study used 2,616 spiral galaxies with

redshifts <0.04 and identified handedness. The new study uses 15,158 with redshifts <0.085 and obtains very similar results to the first..." He points out, however, that the preference for left-handed galaxies is more pronounced in the northern sector of the sky. No one seems able to explain this.

But do we also see this same left-handedness at the subatomic level? On the contrary, the concept of symmetry at this level has always been a cherished feature among physicists. Everything seems particularly well organised with an even distribution of right- and left-handed particles.

Left-handed Neutrinos

So confident have scientists been about this that they have even predicted the existence of a new

particle based on the premise that every right-handed particle must have a left-handed equivalent.

However, this long-held concept was hit a crushing blow when physicists discovered an inconsistency: neutrinos only ever exist with left-handed spin.

Neutrinos are similar to electrons, with one crucial difference: neutrinos do not carry electric charge, therefore electromagnetic forces do not affect them.

This lack of symmetry in neutrinos deeply concerned physicists, and so a search for the missing particle began in earnest. The hunt proved fruitless, and researchers wondered if there could be another explanation.

Neutrinos travel at almost the speed of light, with many quadrillions of them passing through our bodies every second.



M51: The Whirlpool Galaxy in Dust and Stars. Credit: N. Scoville (Caltech), T. Rector (U. Alaska, NOAO) et al., Hubble Heritage Team, NASA

However, because they have such a low mass, they interact only slightly with atoms. For this reason, they can penetrate several light years of densely packed matter before interacting with an atom.

They are created in copious quantities in nuclear reactors and are found coming from the Sun and stars. For example, a burst of neutrinos detected in February 1987 coincided with the discovery of a supernova in the mini-galaxy called the Large Magellanic Cloud.

Mirror Particles

So, why do neutrinos exist only in the left-handed variety? Two Chinese-American researchers, Tsung-Dao Lee and Chen Ning Yang, who in 1957 had won the Nobel Prize in Physics for their work on elementary particles, came up with an unusual and far-reaching explanation. They suggested that perhaps each subatomic particle has a "mirror twin". Although such a "mirror particle" would be invisible and undetectable, it would preserve symmetry in the Universe—particularly for the lone left-handed neutrino!

The implication of the "mirror" theory is that if each subatomic particle has a "mirror" equivalent, then "mirror matter" must also exist: a wispy realm that co-exists with us but is invisible.

In our world of real matter, we are only able to see things because of the reflections of photons. However, mirror matter would be invisible to us because normal photons only interact with normal matter.

Let's clarify, though, that mirror matter cannot be the same as antimatter. Antimatter consists of elementary particles having the mass and electric charge of ordinary matter, but with the charge and related magnetic properties reversed. Matter and antimatter are deadly enemies:

when they come into close contact, they are annihilated within a fraction of a second, releasing huge amounts of energy, usually gamma rays.

In contrast, equal quantities of mirror matter and normal matter could comfortably dwell together without even being aware of the other's existence.

Nevertheless, normal matter and mirror matter can interact through gravity. This is because gravity is a fundamental part of the fabric of space-time and comes about due to the effect of matter on space, causing ripples. These ripples and troughs

In contrast, equal quantities of mirror matter and normal matter could comfortably dwell together without even being aware of the other's existence.

cause bodies to be attracted to one another; thus gravitation is properly described as a space-time curvature, not a force. So, in theory, we should be able to detect mirror matter through its gravitational effect.

Dark Matter or a Mirror World?

We are familiar with the well-publicised photographs of spiral galaxies taken by the Hubble Space Telescope. These accumulations of stars, looking like giant Catherine wheels, rotate slowly on their central axes over millions of years. But for them to remain intact and not fly apart, they must have a certain minimum mass to create enough gravity to hold them together.

In 1933, Fritz Zwicky, in his attempt to find out what holds galaxies together, came up with the concept of "dark matter" to account for what he

believed to be undetectable missing mass in galaxies. Dark matter, though, would be undetectable by light, heat or any other form of electromagnetic radiation.

Although physicists believe that as much as 85 per cent of the Universe may be dark matter, no one had any idea what it was until recently. One explanation was that dark matter consists of particles called "WIMPs"—weakly interacting massive particles. These, in theory, interact through the weak nuclear force and gravity. But because they do not interact with electromagnetism, they cannot be seen; and because they do not interact with the strong nuclear force, they do not react with atomic nuclei. While this is a possible explanation for dark matter, the very existence of WIMPs is yet unproved. Even if WIMPs do exist, not all physicists accept the WIMPs explanation.

In December 2008, journalist Miranda Marquit wrote an article titled "What if dark matter particles aren't WIMPs?" She comments on the work of physicist Jonathan Feng, of the University of California, who has been working with another researcher to find additional possibilities for dark matter—that is, possibilities other than WIMPs. Feng states: "There are theories that there is a shadow world behind ours. It is a mirror world that is like ours, but doesn't interact with ours."²

The uncanny similarity between the properties of mirror matter and dark matter is now evident.

If this weird realm of mirror matter occupies 85 per cent of all matter in existence, then we of the left-handed visible Universe are well and truly in the minority! However, unless there is evidence that mirror matter really exists, this becomes academic.

Since normal matter can interact with mirror matter through gravity, we might wonder if there has been any

evidence of phenomena involving gravity but without a corresponding mass to account for it.

Imagine you are driving your car below a cliff and hear a very large bang on the roof. You would immediately stop and jump out to investigate. The large rock lying on the road would satisfy you as to the cause of the bang. But what if there was no rock or any other explanation for what had happened?

The Tunguska Event

Let's consider an event that happened on 30 June 1908 when a violent explosion took place over the valley of the Stony Tunguska River in central Siberia. People 1,000 kilometres away heard the blast, and seismographs in western Europe registered the Richter-five shock wave. Unbelievably, it took 12 years before the first research expedition visited the site to investigate, but the devastation remained: 80 million flattened trees covering an area of 2,150 square kilometres. An examination of the epicentre of the explosion revealed no traces of meteorite fragments.

However, physicist Dr Robert Foot, of the University of Melbourne in Australia and author of the book *Shadowlands*,³ has another explanation for the Tunguska event. He says in his research article⁴ that the 1908 Tunguska explosion may have been the result of a collision of a "mirror matter" space body with the Earth. He comments that the inner 300 square kilometres of trees were burned from above, suggesting a huge explosion in the atmosphere at an altitude of between about 2.5 and 9.0 kilometres which produced a downward spherical shockwave.

He adds that it is hard to believe that such a large amount of extraterrestrial material could just vanish without leaving behind any

remnants of the object.

He comments that over the last 75 years, about 35 scientific expeditions have gone to the Tunguska site but all have come back empty-handed.

I recently asked Dr Foot how large he thought the mirror matter object responsible for the Tunguska event would have been. He replied that it would likely be similar to the explosion of an asteroid of several hundred thousand tonnes.

Therefore, it seems just possible that on the morning of 30 June 1908 an enormous mirror matter object skimmed passed the Earth, causing

...the 1908 Tunguska explosion may have been the result of a collision of a "mirror matter" space body with the Earth.

damage on a scale not seen since. How thankful we can be that it chose to strike a remote area of Siberia rather than one of our major cities, as it usually does in movies!

Pioneer Spacecraft Anomalies

Let's consider further what other evidence there is to support the idea of a mirror Universe. On 2 March 1972 the *Pioneer 10* spacecraft was launched, followed on 5 April 1973 by *Pioneer 11*; both are now in the outer reaches of our solar system. Since their departure, both spacecraft have been contacted regularly to obtain details of their outward progress.

It was predicted that as the two *Pioneer* spacecraft escaped from the solar system, they would naturally slow down slightly because of the influence of the Sun's gravity. But examination of the transmitted data

showed that the craft were slowing down more than expected; in fact, they were closer than they should have been by thousands of kilometres. While this is small compared with the distance travelled, it is still statistically significant. Direct measurement of the speed of the spacecraft using the Doppler effect confirmed that they were slowing down more than would have been expected if just due to the Sun's gravity. As measurements of their positions were repeated over time, this discrepancy grew. The conclusion was that whatever was causing the anomaly was still acting on the two craft.

There has been no generally accepted explanation for this discrepancy until quite recently. Dr Foot and Professor Raymond Volkas, a physicist also at the University of Melbourne, claim that these anomalies are explainable if there is mirror gas or dust in our solar system. They believe that mirror matter exerting a drag on the *Pioneer* spacecraft could account for their decrease in velocity. In their research paper, they ask: "How else can you explain that both *Pioneers*, on opposite ends of the solar system, experience the same force pushing in the same direction?"⁵

Terrestrial Experiments

Proof of mirror matter continues to build as physicists around the world engage in a desperate race to find the evidence right here on Earth.

There are currently more than 30 experiments taking place in various countries, looking for evidence of this mysterious substance. Until very recently these experiments had yielded no results, leading many to believe that they were based on flawed theories. Then, just months ago, came the first hint of success.

An Italian group, which has spent some years in an experiment called DAMA/LIBRA, recently announced

what it believes is the first direct evidence of dark matter (or mirror matter, if Dr Foot's theory is correct).⁶

We recall that the idea of dark matter came about because astronomers were unable to account for the mass needed to hold galaxies together. So, why can't we detect it here on Earth? After all, we live close to the outer edge of the galaxy we call the Milky Way.

As the Earth travels around the Sun, we are able to view different parts of the Milky Way at night. In the month of December, we look out towards the edge of the galaxy into empty space. However, in June we look towards the centre of the Milky Way in the constellation of Sagittarius. Naturally, we would expect to find more evidence of dark matter in June than in December, if it does exist.

But first we must be able to find a way to detect dark matter. The Italians think they've found a way, and have been experimenting with a large quantity of a substance which they believe will give off photons if hit by dark matter particles.

The DAMA/LIBRA experiment was conducted in two stages: from 1996 to 2002, covering seven annual cycles, and then from 2003 to the present. So, for some years now they have been comparing the number of photons given off in June with those in December.

Professor R. Bernabei, the project's group leader, explains that the DAMA/LIBRA experiment carried out by the Laboratori Nazionali del Gran Sasso in Italy was designed to detect dark matter using a target mass of 250 kilograms of lithium-doped, sodium-iodide-radioactivity pure crystals.

The professor points out, however, that other things—cosmic radiation, for example—can also cause photon emission. This background radiation would be of about the same level all year round. On the other hand, radiation from dark matter would

reach a peak in June when the Earth's dark side is facing the centre of the Milky Way galaxy.

Dr Robert Foot summarises the DAMA/LIBRA findings by saying: "This fluctuation in photons from season to season is exactly what they have found!"⁷

The Italians are not the only researchers claiming to have detected dark matter right here on Earth. Now researchers in the United States, conducting an experiment they call CoGeNT (Coherent Germanium Neutrino Technology), are finding similar results. Their experiment is looking for evidence that dark matter particles have collided with a crystal of germanium. Sure enough, the

On the other hand, radiation from dark matter would reach a peak in June when the Earth's dark side is facing the centre of the Milky Way galaxy.

CoGeNT team reports that the experiment is producing abundant evidence of these kinds of collisions.

"If it's real, we're looking at a very beautiful dark-matter signal," says Associate Professor Juan Collar, a physicist at the University of Chicago.⁸

Dr Robert Foot summarises his conclusions from both experiments by saying: "The CoGeNT collaboration has recently reported a rising low-energy spectrum in their ultra-low-noise germanium detector. This is particularly interesting as the energy range probed by CoGeNT overlaps with the energy region in which DAMA has observed their annual modulation signal. We show that the mirror dark matter candidate can simultaneously explain both the DAMA annual

modulation signal and the rising low-energy spectrum observed by CoGeNT. This constitutes a model-dependent confirmation of the DAMA signal and adds weight to the mirror dark matter paradigm."⁹

No doubt future developments will shed further light on the possibility of an invisible, right-handed mirror Universe existing right here amongst us. In the meantime, if you occasionally hear unexplained bumps in the night, it just may be that your "mirror neighbours" are moving their furniture again...or maybe not! ∞

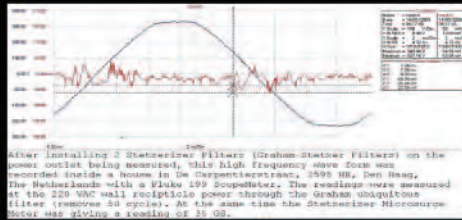
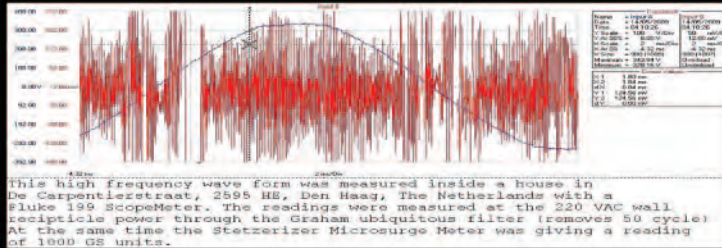
About the Author:

Rod Hamon, who has lived in Australia for many years, studied applied physics at what is now Southampton Solent University in the United Kingdom and is a Fellow of the Royal Astronomical Society. A science fiction writer, he has had 15 stories published to date. He can be contacted by email at rodj@senet.com.au.

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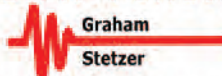


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PENETRATION ET AND HUMAN TELEPATHY

This famous American psychic accepted a secret assignment to remote-view the dark side of the Moon. He was shocked to see physical evidence of an alien presence and to find that his visit did not go unnoticed.

by Ingo Swann © 1998

Extracted from his book
*Penetration: The Question of
Extraterrestrial and Human Telepathy*

Website:
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Encountering the Spookiest Spooks

About two years after the Jupiter probe, I received a telephone call during late February 1975 from a certain highly placed functionary in Washington, DC. I had met him on social occasions, and we had rather enjoyable conversations since he had a deep interest in Psi research. I both admired and respected him. He was forthright about his unusual interests, and he dared to swim against the surface currents of that mighty river called "prevailing opinion" which could damage even very high reputations in the Washington maze.

But in his telephone call to me, my friend was somewhat less than forthright, as the following conversation drawn from memory indicates.

"A Mr Axelrod is going to telephone you," he said. "If you can manage to do so, would you try to do whatever he asks, and ask no questions yourself?"

After a pause, I asked: "Well, who is Mr Axelrod?"

Now there was a pause at his end of the telephone. Then: "I can't tell you because I don't know myself. But it's important, *very* important, *very urgent* that you agree to do what he asks. "I can tell you nothing more, so please do *not* ask. Just do what he wants. And, whether you do or do not, we will never refer to this conversation again. I must ask you in friendship never to refer to me about this in any way."

After which my friend expressed a quick passing interest in how I was doing, and then virtually hung up on me. Although my contact was usually jolly, he had seemed, well, a little uptight. But otherwise, this type of thing was not entirely unusual in my new career of Psi research...

I arrived with plenty of time to spare. In fact, the museum wasn't yet open, so I got some coffee and a roll from one of the vendors in the Mall and smoked some more cigars. Assuming I was supposed to act like any other tourist, at noon I was standing in front of the giant elephant, pretending to have interest in it.

Behind me a voice spoke. "Mr Swann?"

I turned, and was immediately handed a card which read: "Please do not speak or ask any questions. This is for our safety as well as yours."

If I had not been convinced before that I was getting into something suspicious, I was now certain. For the guy who handed me the card stared at me with burning green eyes, which clearly indicated he meant business. But even more astonishing was the fact that there were *two* of them, which as far as I could tell were twins. Dozens of museum visitors were flowing all around us. After reading the card, I blinked.

The first guy pulled out a photograph which I could see was of me. He studiously compared the photograph face to mine. He then took my hand as if he was shaking it, and compared the tattoo on it to another photograph—the tattoo I had got as a result of a rather drunken desire in 1962. He then nodded to his duplicate, who had been watching the rotunda in a professional way,

and this twin came over and repeated the sequence. They then both initialed what seemed to be a kind of check-sheet in a small address booklet. The first twin then nodded and indicated the main door to the museum. I followed, with the other twin just behind me.

Underground, Somewhere

With the hood removed, eyes watering a little, I found myself in a dimly lit room. The twins were nowhere to be seen.

The *voice* said: "I am Axelrod, which is not my real name, of course, as you must have figured out."

Mr Axelrod was a jolly-guy type, smiling, with kindly eyes, but dressed in a dark-green jumpsuit of some kind.

He continued: "I can answer no questions as to where you are or what we represent, but beyond that I am at your complete disposal with regard to anything that pertains to the task ahead."

Mustering what dignity I could, which really was not much, I croaked out: "Well, what task, then?"

Mr Axelrod smiled. "First, there are some procedural matters. We will reimburse you for your expenses, and provide what we will call an honorarium. Would a thousand dollars a day be suitable? We will provide this in cash before you leave."

"A *day!*" I croaked again. "How many *days*?"

"Well, we have heard you work best in the morning, and, as it is now in the afternoon, we will begin the task tomorrow morning at any time which suits you. After that, we will wing it a little."

"My 'psychic gifts', as you must then know, are very undependable. I work only in experimental situations, and I hardly think anyone should risk anything really serious on them."

"We understand fully, Mr Swann. We do not see the task as a risk, so do not feel stressed about that.

"The second preliminary. We would like to ask you never to reveal any of the details about any of this, including your presence here. If the circumstances were otherwise, we would ask you to sign a secrecy agreement. But, bluntly speaking, we exist without leaving a paper trail regarding our mission."

Mr Axelrod paused to let that sink in, and then continued. "Yet, without such an official secrecy oath, you will not be legally bound to secrecy. What we would hope, then, is that you will agree not to reveal this sequence for at least ten years hence. I can assure you there are very good reasons for this, but after ten years our mission will have 'disappeared', as it were."

I decided to ask no more questions. Whatever was happening must be important, since it obviously was

costing someone a great amount of dollar/man-hours.

"Well, then, may I call you Ingo? And you must call me Axel. Tell me about remote viewing."

After a long moment, Axel asked: "Ingo, what do you know about the Moon?"

The *Moon!* He wants me to go to the Moon. "Well, I know it is there, that it's a dead satellite, it has craters and mountains, if that is what you mean."

"Have you studied the Moon, or gone psychically to it?"

"No. We never tried the Moon, because too much is known about it. It would not constitute a good experiment because of that. People would think I had learned about the Moon, or looked at it through telescopes or something."

"What about the reverse side of the Moon? That side is always turned away from Earth. No one could accuse you of being able visually to see that."

"But, still, the NASA's Moon missions have encircled it, and there are lots of photos and stuff."

Axel laughed. "Well, we want you to go to the Moon for us and describe what you see. I have some Moon coordinates prepared, about ten altogether. Is that too many?"

"Well, no, depending on stress factors. But I don't like to do too many at once, because I fear I will begin to superimpose my impressions."

"Well, we want you to go to the Moon for us and describe what you see. I have some Moon coordinates prepared, about ten altogether."

Psychic Touchdown on the Moon

We started our work early the next morning—which I immediately dubbed "Moon Probe". As we had done in the Jupiter project, I asked Axel to find out where the Moon was in its monthly cycle—which is to say, its present relationship to the Earth and the Sun.

"The Moon is full," he began, "opposite the Sun, and the Moon is just setting in the west. Will that do?"

"I hope so," I replied. "Earth is between the Sun and Moon, then, and what I have to try to do is head directly away from the Sun, hoping for a psychic touchdown on the Moon surface."

"Okay, do your thing, then," Axel smiled. He pushed the "record" button on his tape recorder.

Earlier that morning, we had discussed the experiment's protocol, the way the session was to be conducted. Except for voicing the lunar coordinates when I asked for them, Axel was to make no verbal inputs.

I talk out loud when "doing my thing," asking *myself* a series of questions. But these are questions to aid my intellect in trying to understand what I am experiencing. These are not questions others need to respond to while I am "at work". I *do not* like to close my eyes when I am doing my "thing".

I settled back and tried to get a sense of Earth being between the Sun and Moon—and slowly began to have images of rising upwards from Earth until I could see its curvature.

As I had already learned from our efforts to get psychically to Jupiter, the Sun looks much smaller to my psychic senses than it does when we eye-ball it on Earth. Seen psychically, and if seeming smaller, at least three "envelopes" of some kind are clearly visible around the solar star.

In any event, I tried psychically to head away from the Sun, toward the Moon. This now looked *larger* than it does when eye-balling it. I had no problem getting there. Slowly, at first, it grew larger and larger and then swiftly filled my psychic vision completely—a whitish thing, with grays, darks and, surprisingly, a lot of yellows in it. Suddenly I was kind of sucked into/toward it faster, as if in a gravity free-fall. Next, I had the sensation of "being" next to some pumice-like rocks.

"Okay," I whispered to Axel, "I can see these rocks and some dust, so I guess I must be here. Give me your first Moon coordinate, preceding it with the word 'Moon'."

I wrote down "Moon" and the coordinate-ordinate and nothing happened. I was still where I had touched down.

"Give it again, more slowly," I asked.

He did so, and I experienced a blurred kind of vision, a sense of zooming across a plain, some mountains—and then into darkness, which surprised me. Then, slowly, as if adjusting to a kind of night vision, I could begin to perceive formations. And I realized what had happened.

"This coordinate," I asked, "is it on the dark side of the Moon? Yes, it must be."

I began trying to make sense of the impressions I was acquiring. "Well, I seem to be near a cliff of some kind. It goes upward quite high, made of some kind of dark rock. There is whitish sand, a fluffy kind of sand. Away from the cliff formation there is a broad expanse of some kind. There are some patterns in the sand, or whatever it is—not quite like sand."

"What do the patterns look like?" Axel interjected.

He was not supposed to intrude with questions. But he had, so I went with it.

"Well [I now closed my eyes], sort of like little tufts or dunes, as if the wind had made a kind of pattern."

After a moment of considering these little dunes: "But there is not supposed to be any wind on the Moon, is there? No atmosphere?... Yet, I can sense something like atmosphere... I'm getting a little confused. Let's take a break."

Was I mistaken? Axelrod seemed to be looking at me in a rather strange way, as if swallowing a desire to speak.

"Well," I went on, "what they actually look like are like rows of largish tractor tread-marks. But I don't understand how this could be, so they must be something I don't understand. They are just marks of some kind. Strange, though."

I was silent for a moment. "Axel, do you want—well, am I supposed to try to see metals or something here, or what? I'm just near this cliff here; it has a kind of shiny quality to it, something like obsidian..."

Axel answered: "No, we can go on to the next coordinate-ordinate now."

"Give me a moment," I asked, "then on my signal lay it on me."

I wrote down the next coordinate-ordinate. The cliff vision faded, and in a few moments I was clearly at another place, which I could hardly believe was on the Moon. "I'm sorry,

Axel, I seem to have gotten back to Earth here..."

"Why do you think that?" he asked.

"Well, there are...some..." I stopped. I looked at Axel. "Maybe we better take a break, a little coffee, and then we can try again."

"Okay, but what did you see?"

"I have no idea. But whatever it was, it couldn't be on the Moon."

So we had coffee and chatted up this and that. Axel, for the

first time, seemed somewhat nervous. In about fifteen minutes, we got back to it. I went through the same process of going away from the Sun until I was at the Moon.

"Okay, give me that coordinate-ordinate again."

He did. I wrote it slowly down, making sure I made no error in doing so. I became aware of a greenish haze, which is what I had seen before. This time I decided to go for it, for better or worse.

"Well, I am in a place which is sort of down, like in a crater I suppose. There is this strange green haze, like a light of some kind. Beyond that, all around is dark though. I am wondering where the light is coming from..."

I jolted to a stop again.

After a moment, Axel prodded. "Yes, what else?"

"Well," I went on, "what they actually look like are like rows of largish tractor tread-marks. But I don't understand how this could be, so they must be something I don't understand. They are just marks of some kind."

"Well, you won't like this, I guess. I see, or at least think I see, well...some actual lights. They are giving off a green light... I see two rows of them, yes, sort of like lights at football arenas, high up, banks of them. Up on towers of some kind..."

I gave up here. "Well, Axel, I can't be on the Moon. I guess I have to apologize; I seem to be getting somewhere here on Earth."

Axel stared at me for a moment. He was *not* smiling or looking sympathetic or tolerant. I thought it was all over with.

"You're sure you see lights, actual lights?" he finally asked.

"Well, I see lights! But how can they be on the Moon?"

Axel had a pencil in his hand, which he was twirling around and around. His not-smile developed into a frown. "Shit," he finally uttered, and broke the pencil in half.

I was quite surprised and fully expected him to stand up and leave the room in dismay at my remote-viewing flub. But he did not.

"Lights, huh? You are sure you saw lights?"

"Well, yes. But not on the Moon, surely. How could they be on the Moon?"

Axel stared at me, saying nothing.

I can be quite dense, I suppose, but something started twanging around in the denseness.

I blinked at Axel. "You mean...", I began, somewhat uncertain as to what to say. I realized I had to select my words carefully. "Am I to think these lights are actually on the Moon?"

There was no answer forthcoming from Axel. I pressed onward. "Have the Russians built a Moon base or something? Is that what I am supposed to be remote-viewing?" Again, no answer.

We sat and stared at each other for a longish period, he not willing to commit. After a moment of this confrontation, I decided to reassume the initiative.

"Maybe you should give me that coordinate-ordinate again."

Once back in the glow of the greenish lights, I now seemed to have the courage to begin really looking. "Well, the light seems diffused somehow, as if there is a lot of fog...no, it's dust...dust! Floating in the air."

I paused, then continued: "Yet there is no air on the Moon, is there? There is noise of some kind, like a thumping. I can see one of the light towers better now. Hey, it seems built of some very narrow struts of some kind, thin like pencils. Like some sort of pre-fab stuff right out of Buckminster Fuller's stuff."

"How high are the light towers?" Axel interrupted.

"Well, high enough. I have to find something against which to compare them. Let's see...hey, there are some of those tractor tread-marks everywhere. If I guess these are about a foot wide, well, then, let's see, if I compute as correctly as I can, well..." I paused, looking at Axel.

He was not smiling. "Yes?" He arched his eyebrows.

"Well, tall—about or let's say over a hundred feet. But?"

"'But' what?" Axel asked, leaning forward.

I swallowed hard, and almost chickened out at this point. "Well, I think I got a glimpse of the crater's edge. On it I think I saw a very large tower, very high that is."

"Yes?"

"Yes! Big, really big."

"How big?"

I swallowed again. "Well, if I compare it to something I am familiar with in New York, about as high as the Secretariat building at the United Nations—which has thirty-nine floors in it."

Axel narrowed his lips. "You can see that, then?"

But this, as I took it, was a question Axel was asking himself more than me.

Again the silence. I decided to again assume whatever initiative I could.

"Am I, then, to assume this stuff really is on the Moon? If so, this is more than a Moon

"Am I, then, to assume this stuff really is on the Moon? If so, this is more than a Moon base, isn't it, Axel?"

base, isn't it, Axel?"

Again no answer. So I continued: "But this stuff is big. Does NASA or the Soviet space program have the capabilities of getting such large stuff onto the Moon? I thought everyone was having trouble just getting a couple of guys and a dog into orbit. I thought the only thing we got on the Moon was a flag planted in some crater somewhere."

As I talked myself through all this, a certain glimmer began to dawn in the recesses of my mental darkness. I suddenly stopped speaking.

I stared incredulously at Axel. "You mean, am I to assume this stuff is...not *ours*? Not made on Earth?"

Axel raised his eyebrows, trying to grin. "Quite a surprise, isn't it," he said. I had a sense he was trying *not* to be emotional.

Surprise? To say the least! I was completely dumbfounded to the degree that I had begun taking very short breaths, getting dizzy thereby.

"I take it you would like a break before we continue," Axel ventured.

What I really needed was a recovery couch. In fact, I still get breathless even as I write these very words now. It's one thing to read about UFOs and stuff in the papers or in books. It is another to hear rumors about the

military or government having an interest in such matters, rumors which say they have captured aliens and downed alien space craft.

But it's quite another matter to find oneself in a situation which obviously confirms *everything*. Not principally because I suddenly knew the rumors were true. But because I found myself in a situation in which I, in my psychic processes, had seen the evidence for myself.

"Good heavens!" I breathed. My brain began racing, putting things together. Axel, though, and the twins, and the elaborate secrecy of this whole 'mission' was the best evidence.

I was now completely certain that I was physically present in some kind of ultra-ultra-ultra secret place, and that the mission of this place was to sort out extraterrestrial matters. I knew that NASA must have photographic evidence of activities on the Moon which already confirmed the presence of extraterrestrial activity there.

What I did not understand though, and I realized this only with my third cup of coffee and my tenth cigar, was why this ultra-secret project needed my services.

So, I looked at Axel, and this time I was not smiling either. "Why the hell have you dragged me into this, Axel? If you possess enough to cause what I take is your mission to come into existence, surely you don't need my inputs here?"

"Well, Ingo, no—and yes."

"I'm confused," I said, rather sternly. "Please explain."

"I can't. Well, at least I cannot give you information. It was felt that doing so would jeopardize not only us, but our mission. You seem bright enough, though."

"Thanks heaps, Axel. Well, this bit of security almost blew it for you. Had I not learned some time ago to accept and describe what I was seeing psychically, accept it *before* prejudging it, I would have not dared to say I saw lights on the Moon. I would have edited that out, fearing others might see me as loony. God damn it! ETs on the Moon, no less!"

"Well," Axel began, "if I had told you in advance, would you have thought I was loony?" Axel asked.

He had a point. *And all of this was real!* I closed my eyes as waves of goosebumps cascaded through my body. I couldn't control them, so I broke into tears.

"Shall I leave you to recover?" Axel asked.

But suddenly, through my emotions, I started laughing, almost uncontrollably.

"This is *serious*, isn't it?" I finally managed to blurt out.

But my thoughts were going a mile a minute. The bottom line: we are not alone—and some ultra-secret, presumably a governmental agency, goddamned well knew it! My glee changed swiftly into anger. Shit! Shit-shit-shit!

"Well," I snarled, "whoever is in charge of these matters hasn't managed them very well as far as us ordinary public types are concerned."

"I'll concede that, Ingo," Axel said. "Frankly, no one has known what to do, and many mistakes have been made."

"Yes, and all in the name of what—privileged information in favor of the few, of the military, of scientists, or what?"

"Sometimes. But the problems are more than you can imagine."

Axel and I sat staring at each other. Neither of us was smiling.

"Do you want to leave, then?" he finally asked. "We will do whatever you want."

Of course I did *not* want to *leave!* I wanted to understand.

"Why do you need my services, Axel? Just answer that one question. If that stuff is on the Moon, why don't you just send along another Moon mission to have a good look-see?"

But the awful truth dawned in a burst of light. I looked at him.

"Unless they...I can't believe this...unless they somehow have told you to stay away, and somehow shown you they mean it!"

This time Axel was neither smiling nor not smiling. I got out of my chair and started pacing the length of the table. I started

laughing.

"Goddamn it! They've somehow got you by the balls, haven't they? That's why you are resorting to psychic perceptions! Ja-eesus Kahariiist!? They are *not* friendly, are they? *Are they*, Axel?"

Axel kept his cool.

"There are two major reasons why I've asked you to help. You are approximately correct about the first one, but not completely so. The second reason is more simple. Your information might provide a kind of check point in what you surely now realize must be a mess of interpretations of the photographic and other evidence. It was my idea to find a psychic who did not know anything about the Moon, and see what might be seen there. Sort of an independent source of information, which would lean our interpretations one way or another."

But my thoughts were going a mile a minute. The bottom line: we are not alone—and some ultra-secret, presumably a governmental agency, goddamned well knew it! My glee changed swiftly into anger.

Humanoids on the Moon

Back at work, Axel gave me Moon coordinates, each set representing specific locations on the Moon's surface. At some of the locations there seemed to be nothing to see except Moonscapes.

But at other locations? Well, there were confusions, and I perceived a lot that I could not understand at all. I made a lot of sketches, identifying them as this or that or looking like something else. Without comments, Axelrod quickly took possession of each sketch, and I was never to see them again.

I found towers, machinery, lights of different colors, strange-looking "buildings". I found bridges whose function I couldn't figure out. One of them just arched out—and never landed anywhere.

There were a lot of domes of various sizes, round things, things like small saucers with windows. These were stored next to crater sides, sometimes in caves, sometimes in what looked like airfield hangars. I had problems estimating sizes. But some of the "things" were very large.

I found long tube-like things, machinery-tractor-like things going up and down hills, straight roads extending some miles, obelisks which had no apparent function.

There were large platforms on domes, large cross-like structures. Holes being dug into crater walls and floors obviously having to do with some kind of mining or earth-moving operations. There were "nets" over craters, "houses" in which someone obviously lived, except that I couldn't see who—save in one case.

In *that* case, I saw some kind of people busy at work on something I could not figure out. The place was dark. The "air" was filled with a fine dust, and there was some kind of illumination—like a dark lime-green fog or mist.

The thing about them was that they either were human or looked exactly like us—but they were all males, as I could well see since they were all butt-ass naked. I had absolutely no idea why. They seemed to be digging into a hillside or a cliff.

As I described: "They must have some way of creating a good environment, warm and with air in it. But why would they be going around naked?"

No answer was forthcoming to this self-question.

But being there in my psychic state, as I felt I was, some of those guys started talking excitedly and gesticulating. Two of them pointed in my "direction".

Immediately I felt like "running away" and hiding, which I guess I psychically did, since I "lost" sight of this particular imaging.

"I think they have spotted me, Axel. They were

pointing at me, I think. How could they do that...unless...they have some kind of high psychic perceptions, too?"

Axel said, in a calm, low voice, so low I hardly heard it at first: "Please quickly come away from that place."

My eyes were wide as understanding drained in. "You already know they are psychic, don't you?"

Axel raised his eyebrows and gave a deep sigh. And, at that point, he abruptly closed his folders. "I think we had better end our work here."

I was quite surprised. But I had not fallen off the psychic truck just yesterday. "You think, you already *know*, that they have some kind of, uh, telepathy—that they can trace where this psychic probe is coming from? Is that it?"

Axel had started smiling again, but obviously was not going to respond.

"Come on, Axel, loosen up a little."

But I was not to be deterred. "Would they kill an Earth psychic if they felt he or she was good enough to spy on them?"

"There is no conclusive evidence to suggest that," Axel responded.

I gritted my teeth. "No 'conclusive' evidence! What the hell does *that* mean?" My voice had climbed several octaves.

"It's very difficult for us to assess any of this," Axelrod began. "We don't know, but that they do have things and

capabilities we here are trying to understand is very apparent. Whether they spotted you or not will be unclear, but we have to put no prejudgments on what guides our mission. At any rate, we don't want to put you to any more risk. Let's eat some dinner, and then get you back to New York... ∞

About the Author:

Ingo Swann helped develop the process of remote viewing at the Stanford Research Institute, California, in experiments sponsored by the Central Intelligence Agency. He is commonly credited with proposing the idea of coordinate remote viewing, a process in which viewers would view a location given nothing but its geographical coordinates, which was developed and tested by Hal Puthoff and Russell Targ with CIA funding. For more information, visit <http://www.biomindsuperpowers.com>.

Editor's Note:

This article is an edited extract from part one, "Ultra-Secret Goings-on", chapters 2–5, of Ingo Swann's limited-release book *Penetration: The Question of Extraterrestrial and Human Telepathy* © 1998 (Ingo Swann Books, PO Box 2875 Rapid City, South Dakota 57709-2875, USA).

"They were pointing at me, I think. How could they do that... unless... they have some kind of high psychic perceptions, too?"

UFO DISCLOSURE



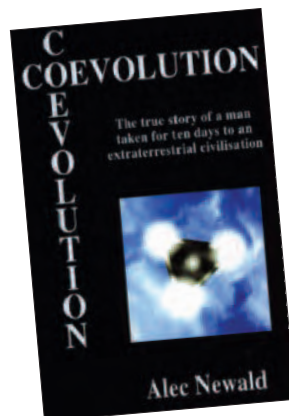
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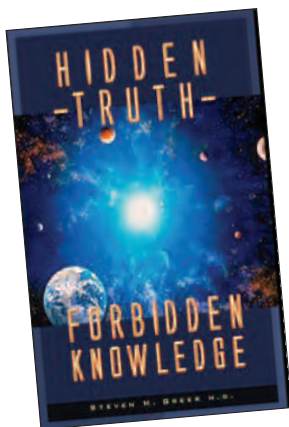
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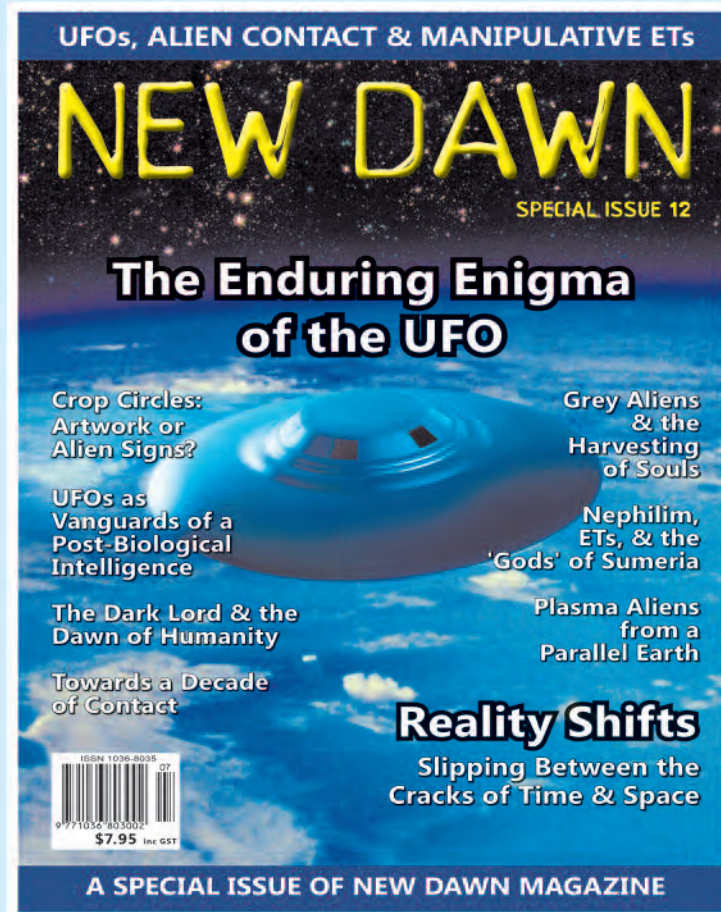
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AMICIZIA: ALIEN ENCOUNTERS IN ITALY

Going far beyond UFO sightings and abductions, the recently disclosed long-term contact by hundreds of people with aliens from the Akrij Confederation significantly expands our understanding of the extraterrestrial presence on Earth throughout history.

by Warren P. Aston © 2010

Email:
astonwarren@hotmail.com

The most credible account of alien contact yet?

Beginning in 1956, some 200 people from all walks of life in Europe had extensive interaction with a group of very human-looking aliens. They included politicians, university professors, engineers, journalists, students and housewives. The level of contact varied from one-time encounters to deep involvement lasting over 40 years. Some of those involved entered underground and undersea alien bases for days at a time. Others entered and even flew in their craft. Over the years, hundreds of clear photographs, voice recordings and movies were taken, featuring some of the visitors themselves, but scores of these have been lost or are unavailable.

Because of the intense feelings of friendship engendered by the aliens in all whom they met, the name *Amicizia* ("Friendship" in Italian) has come to be the principal one used for the overall contact experience. Spontaneously, people in other European countries used this same term in their own languages to describe what was happening, although the name W56 was also used ("W" referring to a double "victory" in Italian, and "56" to the year in which the contact began).¹

The aliens themselves claimed to originate from a variety of planets of varying distances from Earth, and referred to themselves as the Akrij (pronounced "Aukree") Confederation.² They had individual languages on their home planets, but also a common language that facilitated communication.

For many years, however, the story was not well known outside the group of people involved. Although this unprecedented saga unfolded in several countries for years, most participants kept their involvement secret for fear of ridicule and loss of their standing and employment in an uncertain post-war Europe. Some European UFO researchers became aware that "something major" was unfolding, but were unable to penetrate the secrecy. Many of the participants have since died, but a few felt the need to ensure that some record of their otherworldly experience was not lost. Some participants are still living. Several works written by persons involved with, or aware of, the W56 case were published from 1958 onwards, but they only hinted at the source of the information.

Beginning in 2009, however, books openly describing these extraordinary events began to appear. Professor Stefano Breccia, an engineer and university lecturer living in central Italy and himself deeply involved in the *Amicizia* events, has written the best known of these: *Mass Contacts*.³ With a foreword by Roberto Pinotti, General Secretary of the Italian UFO group Centro Ufologico Nazionale (CUN), the book is primarily the account of the leader of the Italian group: prominent theologian and psychologist Bruno Sammaciccia (photograph 1). Before dying in 2003, Sammaciccia entrusted Breccia with publishing some aspects of his story. Breccia also includes in his book a short account from a German engineer by the name of Hans, who was in the group and who also died in 2003. Another participant, Paolo di Girolamo, a university professor,



Photograph 1: Bruno Sammaciccia (centre), with his friend and fellow key participant Giancarlo De Carlo, his wife Raffaella and Giancarlo's wife Aurora (behind). (Source: Stefano Breccia, reprinted in *Mass Contacts*, p. 346)

has now published his own version,⁴ and another Italian professor has chosen to release his first-hand account through Italian-based Croatian-born researcher Nikola Duper.⁵ It is hoped that participants from the other



Photograph 2: Kenio, who was a W56 crew member. (Source: Photograph by Bruno Sammaciccia, from Stefano Breccia, reprinted in *Mass Contacts*, p. 372)

countries will now come forward, as only parts of Sammaciccia's experiences have been published and Breccia himself has still to tell the full story of his own involvement.

The significance of this case is only just beginning to become apparent to UFO researchers. With hundreds of credible eyewitnesses and an abundance of supporting evidence, *Amicizia* is simply in a league of its own as far as "alien" contact is concerned. In my opinion, it is a major turning point in UFO research and will reverberate for years to come. Far more than any other case that I know of, it may be the equivalent of the Rosetta Stone that helps us put many pieces of the alien jigsaw puzzle into place.

In particular, UFO researchers will see strong evidence supporting the widespread belief that the United States government was contacted officially decades ago by an alien

group offering to help us develop spiritually, provided that the US halt its nuclear weapons program. A number of eyewitnesses and whistleblowers have long claimed that a meeting took place in February 1954, with President Eisenhower being secretly taken to Edwards Air Force Base in California and with other selected persons representing a spectrum of US society present.⁶ The US, of course, refused to halt its nuclear weapons program, but is also understood to have entered subsequently into treaties and agreements with other alien groups in exchange for advanced technology.



Photograph 3: One of the interdimensional "Red" alien beings with whom Sammaciccia interacted. Note the emphasis on the heart region. (Source: Photograph by Bruno Sammaciccia, from Stefano Breccia)

It appears that the Akrij aliens, usually referred to as "Nordics", were the group who had made the offer to the US government, and therefore the timing of the *Amicizia* contacts is interesting. It suggests that the Akrij, having been rebuffed officially, may have changed their strategy instead to take their message directly to ordinary, but also influential, humans in a wide number of places, beginning two years after the 1954 contact.

Over the course of four decades, the Akrij reportedly conveyed detailed information to the humans, who acted as an interface to spread their concepts among human society. The entire Akrij focus with their human friends was on morality, ethics and friendship—not on technology, which to them was very much secondary.

While there is much that will be familiar to the seasoned researcher, the writings that we have so far are a treasure trove of data and concepts to be mined. Scattered throughout the accounts is substantial information about the Akrij concepts of God, the Universe and the Earth's history. A number of claims are especially fascinating and perhaps, in some cases, amenable to verification.

One claim is of particular interest currently. In a 1967 conversation recorded by Breccia, a W56 crew member mentioned to him that there is another star *nearer* to Earth than the Centauri stars. At first, the claim seems ridiculous, but scientists recently announced that NASA's WISE infrared telescope, launched in December 2009, may be close to discovering a brown dwarf star—a binary companion to the Sun—suspected of influencing comets, asteroids and outer planetoids in our solar system.⁷ Stay tuned.

Another, much publicised, claim concerns the clear, daytime photograph in Breccia's book of one of the Akrij aliens, casually dressed (see photograph 2). The picture was taken by Sammaciccia in the grounds of his villa and shows what is claimed to be an alien by the name of Kenio, who stood as much as three metres (nearly 10 feet) tall! An analysis of the colour image appears to confirm the height.⁸ Not all the Akrij aliens were of that height, incidentally: some were even taller, while others were much shorter than an average-height human.

To date, Breccia's book remains the most accessible source of information on the case and, despite editing shortcomings, it also manages to capture the personalities and sense of humour of those involved, humans and aliens alike. A favourite passage of mine, for example, describes the second physical encounter with some of the aliens in an arranged meeting. It was a spring evening in 1957, in the woods near an old castle near the town of Ascoli Piceno in the central east coast Marche region of Italy. Bruno Sammaciccia relates:

We were met by the three newcomers; they approached us, smiling ... the first thing Romolo [the name given to one of the aliens] told me, in perfect Italian, was: "Our dear friends, what were you expecting? To see monsters? Look how handsome we are!"⁹

Much of Sammaciccia's account centres on Dimpietro, the tall commander of the main base in Italy. He claimed to have lived at various places on Earth since at least the 17th century and had adapted well to such earthly pleasures as drinking wine and coffee and smoking cigars. When meeting Sammaciccia's wife Raffaella for the first time, Dimpietro sat on the floor of their apartment kitchen to avoid frightening her with his height. Like others of the alien team, in his long stay here he had mastered not only Italian but also its various dialects and cultural intricacies.

There are good, highly ethical, aliens and there are bad aliens. There are some whose agenda is strictly scientific and dispassionate.

A long history of alien interest

The overall picture painted over four decades of Akrij contacts is a complex one. There are alliances of worlds. There are good, highly ethical, aliens and there are bad aliens. There are some whose agenda is strictly scientific and dispassionate. One group has a particular interest in studying *insects*, which apparently are a rare form of life in the Universe. Most are physical beings but some are

interdimensional, incorporeal entities, such as the purple-skinned "Red" race who are not part of the Akrij group but are allies. Sammaciccia claimed to have interacted with them (see photograph 3).

Sammaciccia and the others learned that the Akrij races are not the only visitors coming to Earth: at least six other alien groups are mentioned.¹⁰

Central to the story are the Weiros—cloned biological robots that are essentially indistinguishable from humans and intent on their own agenda. They are essentially at war with the W56 group. If their description and activities are any indication, the Weiros, or CTRs as they are usually referred to in Breccia's book, will likely provide one answer to the "Men in Black" phenomenon. ("CTR" is a sort of acronym coined by Sammaciccia for *contrari*, or "contrary".)

There is also a definite hierarchy of beings in the Cosmos. The Akrij alien races themselves are overseen by another group which Sammaciccia called the UTI, although he did not record what this name means. The UTI also had human representatives working with them, including an Austrian General.

The visitors have been around since the beginning of the human experience, interacting with us and nudging us forward over aeons of time. According to the Akrij, they and other races have had roles interacting with Earth over untold ages, far longer than our science recognises. Their present mission here is to watch over Earth and our safety

without interfering openly. They spoke of previous civilisations on Earth, some of which had achieved a science even more advanced than our own, but all had self-destructed—most recently resulting in what we term "the Stone Age".

Contrary to recent perceptions in consensus science that our planet is probably an insignificant, very ordinary world in a galactic backwater, the Akrij often spoke of Earth as being exceptional, one of the most beautiful of worlds and, as far as they knew, one of only about 50 "mother planets". Additionally, they made it clear that countless other worlds are also inhabited, almost all of them peopled with human-like beings.

An interesting nugget is the claim that *another* intelligent race also lives on or in the Earth: the elves or gnomes or little people of legend. Said to be about 35–40 centimetres tall and "harmless, simple people", this race is aware of us but afraid of human contact. This was confirmed by Breccia himself, who had befriended one of the Akrij who was living openly in human society. In a recorded interview in Bologna in 1967, the alien also revealed that there are "humans" living in different "dimensional levels" on Earth.

A belief in God or a Supreme entity appears to be universal and is taken for granted by the Akrij. In some way, many of them are related to us genetically and they can easily live incognito on Earth and even interbreed with humans. Given this, it is tempting to speculate that some of these "alien" races may have originated on Earth or been involved in "seeding" humanity. At all times, however, we must see the bits and pieces of information as just that: they correspond amazingly well, but there are some significant gaps that should encourage caution. Much more of the story remains to be told.

Ongoing interaction with the Akrij

Sammaccicia and a growing number of other local people continued to assist the W56 aliens in their mission of monitoring Earth civilisation and spreading their message. Often this assistance took the form of obtaining and delivering huge quantities of fresh fruit and vegetables for the underground bases. Breccia admits that the visitors certainly had the technology to do this unassisted, but he speculates that they were simply allowing the humans to feel that they were contributing. These supplies were sometimes dematerialised remotely by the aliens in front of multiple witnesses and rematerialised inside their base.

Some members of Sammaccicia's group had their own sightings of UFOs and aliens and thus joined the group. The best-known story in this regard is from the TV and

print science journalist Bruno Ghibaudi. Assigned in 1961 to investigate the rash of sightings in Italy, Ghibaudi—who had no interest in the subject up to that point—became amazed at the consistency of the reports being made by sober, ordinary citizens. He had his own daylight sightings of unearthly craft and photographed some at close range.¹¹ Eventually he was invited to meet the Akrij visitors and became a member of Sammaccicia's group. When interviewed for *Le Ore* magazine in 1963, Ghibaudi, asked about his detailed knowledge of the visiting aliens, affirmed his contact:

How are you aware of all this?

For the very simple reason that I too have met them, not long ago.

And have you spoken to them?

Sure.

Are they like us?

These supplies were sometimes dematerialised remotely by the aliens in front of multiple witnesses and rematerialised inside their base.

Absolutely so. Strangely enough, the idea that the human form is universal has often been discarded as improbable. Most of the time, truth is too simple to be accepted.¹²

Meantime, at great expense, Sammaccicia constructed a large villa at Montesilvano on the Adriatic coast near Pescara, where the Akrij teachings could be disseminated. The group

soon grew in size as a result. However, the all-important love, harmony and trust (*uredda* in the W56 language) required in such a situation eventually began to disintegrate and the group fell apart.

Beginning in 1978, the W56 group was attacked by their "enemy brothers", the CTRs, and later that year their larger bases were destroyed. Convulsions of the Adriatic Sea were widely reported for about two months afterwards. Following this disaster, many of the participants returned to their former lives, often in denial about the strange experiences that had been their life for so long.

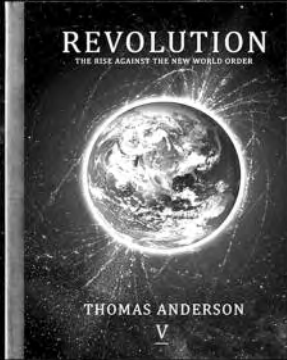
In fact, the story does *not* end there. While the W56 aliens had ostensibly all departed Italy by December 1986, there is mounting evidence that not only have some remained here on Earth and activated other bases elsewhere but they are also still operating in Italy, albeit apparently on a smaller scale. Encounters with the Akrij and the CTRs continue, as recently as January 2010 according to Breccia.¹³

Bruno Sammaccicia expressed his hope that those who read his story would "look at the night sky with different eyes, being persuaded that, in those distances beyond any imagination, beings live that are friends to all of us".¹⁴

The Akrij Friendship story is far from over. ∞


Continued on page 83

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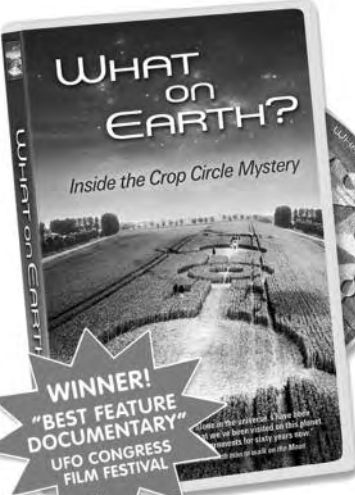
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**LI CHING-YUN DEAD;
GAVE HIS AGE AS 197
INQUIRY PUT AGE AT 256**

PEIPING, May 5 [1933], UPI — Li Ching-yun, a resident of Kaihsien, in the Province of Szechwan, who contended that he was one of the world's oldest men and said he was born in 1736—which would make him 197 years old—died today.

A Chinese dispatch from Chungking telling of Mr Li's death said he attributed his longevity to peace of mind and that it was his belief every one could live at least a century by attaining inward calm.

Compared with estimates of Li Ching-yun's age in previous reports from China, the above dispatch is conservative. In 1930 it was said Professor Wu Chung-chien, dean of the department of education in Minkuo University, had found records showing Li was born in 1677 and that the Imperial Chinese Government congratulated him on his 150th and 200th birthdays.

A correspondent of the *New York Times* wrote in 1928 that many of the oldest men in Li's neighborhood asserted their grandfathers knew him as boys and that he was then a grown man.

According to the generally accepted tales told in his province,

**Another pupil said
Li told him to
"keep a quiet heart,
sit like a tortoise,
walk sprightly like a pigeon
and sleep like a dog".**

Li was able to read and write as a child, and by his tenth birthday had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. For the first hundred years he continued at this occupation. Then he switched to selling herbs gathered by others.

Wu Pei-fu, the warlord, took Li into his house to learn the secret of living

to 250. Another pupil said Li told him to "keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog".

According to one version of Li's married life, he had buried twenty-three wives and was living with his twenty-fourth, a woman of sixty.

Another account, which in 1928 credited him with 180 living descendants, comprising eleven generations, recorded only fourteen marriages.

This second authority said his eyesight was good; also, that the finger nails of his right hand were very long, and "long" for a Chinese might mean longer than any finger nails ever dreamed of in the United States.

One statement of the *Times* correspondent, which probably caused skeptical readers to believe Li was born more recently than 1677, was that "many who have seen him recently declare that his facial appearance is no different from that of persons two centuries his junior".

(Source: The New York Times, May 6, 1933)

RADIO GHOST MYSTERY AT FORMER RAF STATION

A 70-year-old radio on display at a Scottish heritage centre has been picking up vintage broadcasts featuring Winston Churchill and the music of Glenn Miller.

The Pye valve wireless at Montrose Air Station, a heritage centre which tells the story of the men and women who served there, has no power and is not connected to any source of electricity.

The aerodrome has been a source of paranormal sightings and sounds for almost a century, with reports of ghostly figures, eerie footsteps and door handles turning, but the mysterious wireless broadcasts have had even the most sceptical staff at the station searching for a rational explanation.

The vintage radio set is kept in a re-creation of a 1940s room. Several people have heard Second World War-era broadcasts, including the big-band sound of the Glenn Miller Orchestra and speeches by Winston Churchill. The broadcasts come on at random and can last for up to half an hour.

Technicians who examined the radio removed the back, but found "nothing but cobwebs and spiders".

The wireless broadcasts join a long list of mysteries at the air station, where the heritage centre is in the original headquarters building. Visitors have reported strange "energies" around the airfield, phantom footsteps, doors opening and shutting, the sound of aircraft engines, shadowy figures walking in and out of rooms and even the sighting of a pilot in full flying kit.

The air station was established in 1913 by the Royal Flying Corps as Britain's first operational military airfield.

There are more details about the heritage centre at the website www.rafmontrose.org.uk/.

(Source: *STV Scotland*, 4 June 2010, <http://tinyurl.com/2u7dms>)

SIBERIAN HUNTER SAVES YETI FROM DROWNING

Kemerovo Region is located in the southern part of western Siberia, about 3,500 kilometres from Moscow. Over three million people live in the Kemerovo area, mostly in large cities. Only 13 per cent of the population lives in the rural areas of the region, which may be inhabited by its own version of the "Snowmen". The Kemerovo Region is also known as "Kuzbass"—from "Kuznetsk Basin", the name of the largest coal deposit on Earth, which is located there.

Kemerovo Region resident claims rescuing Yeti in spring flood

KEMEROVO, April 29 (ITAR-TASS) A resident of the village of Sensaskie Kichi, Kemerovo Region, hunter Afanasy Kiskorov, claims that he rescued a Yeti during a spring flood at the mountainous river of Kabyrza.

His actions were witnessed by local residents, ITAR-TASS learned at the administration office of the Tashtagol district of the Kemerovo Region, a supposed habitation place of the hominid.

While fishing, Kiskorov and other local hunters heard strong ice crushing and shrill howling. Rushing to the piercing shriek, the huntsmen saw "a creature, covered with dark-brown fur" in the river some ten metres from the bank.

"The strange creature, looking like a huge man, tried several times to get out of the water and to stand up on both feet, but dropped into the water each time

and was howling.

The hunters stood frozen, and only Kiskorov hurried to offer help: he threw the creature the dry trunk of a young aspen tree, the creature clutched to it and crawled to the bank," the district administration officer said.

The Kemerovo Region registered a high spring flood this year, and many mountain rivers started breaking ice. Ice in some sections persists, but it is very thin. The village of Sensaskie Kichi, located 140 kilometres from the Tashtagol district centre deep in the taiga, has no electricity and no road. A helicopter flies to the village once a week.

The last flight brought a letter, signed by Kiskorov and another three huntsmen, to the head of the Tashtagol district administration with a story about this incident. ∞

(Source: *Loren Coleman*, 29 April 2010, *Cryptomundo.com*, <http://tinyurl.com/2bax3rd>)



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REVIEWS

BOOKS

Reviewed by Ruth Parnell

SILENCED WITNESSES – Volume 2 The Parents' Story edited by Martin J. Walker

Slingshot Publications, London, 2009
ISBN 978-0-9519646-6-8 (290pp tpb)
Avail: www.slingshotpublications.com

This second volume of *Silenced Witnesses* pays tribute to MMR vaccine-damaged children and their parents. It was published ahead of the findings of the "trial" conducted by the UK General Medical Council (GMC) of three doctors from the Royal Free Hospital in London. The GMC's action was prompted by a single complaint from a pro-MMR *Sunday Times* journalist.

Years after the publication of their 1998 *Lancet* paper, which suggested a link between inflammatory bowel disease, regressive autism and the MMR (measles-mumps-rubella) triple vaccination, Dr Andrew Wakefield and professors John Walker-Smith and Simon Murch were charged in July 2007 and, as it's transpired since the publication of this book, were found guilty in early 2010 of being unfit to practise medicine. The parents of children who were vaccinated with MMR

vaccine in the mid-1990s and had severe side effects were not even given the courtesy of a hearing.

This entire affair shows that the government and GMC are in denial about the detrimental effects of vaccines, that vaccine-makers are intent on escaping financial liability for their defective products, and that journalists are doing the bidding of their masters. With a good overview of the main issues, this book is a breathtaking compendium of horror stories from parents devastated by what's happened to their children.

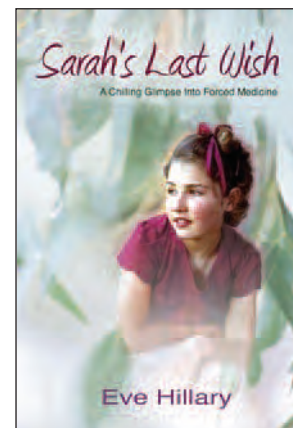
SARAH'S LAST WISH: A Chilling Glimpse Into Forced Medicine by Eve Hillary

Eve Hillary, NSW, Australia, 2010
ISBN 978-0-9806629-0-0 (369pp tpb)
Available: www.sarahs-last-wish.com

In 2002, aged eleven, Sarah Westley, from Gloucester in rural New South Wales, was struck down by a mysterious abdominal illness that was misdiagnosed as pregnancy, whereas she had contracted extremely rare and aggressive ovarian cancers. But in a farcical course of events, Sarah and her caring parents Mark and Dianne became victims of forced medicine: she was treated disrespectfully, her parents were refused information about her

condition, her medical specialists broke ethical treatment codes, social workers made false assessments of her parents, and Health and Community Service caseworkers used police-like powers to have Sarah made a ward of the court. She was forced to undergo chemotherapy that was bound to kill her. It did: Sarah died soon after her 13th birthday.

Her tragic, moving and yet at times joyful story is told sensitively by Eve Hillary, an advocate for freedom of choice in health care, children's rights and family justice. Sarah's last wish—that no child should ever be subjected to the ruthless treatment that was imposed upon her—is already starting to change the system. Her father Mark remains committed to fulfilling that wish.



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REVIEWS



SUDDEN COLD

by Rodney Chilton

R. Chilton, Vancouver, Canada, 2009

ISBN 978-1-926747-16-3 (174pp tpb)

Available: www.bcclimate.com

Anyone interested in the climate change record and what's happening now should take note of the Younger Dryas period—the 1,000-plus-year cooling interval around 13,000 years ago which followed the dramatic warming that signalled the end of the last ice age around 18,000 years ago. Yet there were periods within this time that fluctuated between cool and warm, dry and wet, depending on the location. The Greenland GRIP ice cores show rapid climate fluctuations calculated in periods of ten years or fewer.

Climatologist Rodney Chilton rejects the idea that the Younger Dryas was caused by a stalling and stopping of the North Atlantic Ocean circulation because it can't account for many features of the cold period. What is more likely, though, is the influence of cosmic swarms—astronomical objects of various size, such as comets and meteorites—that impacted Earth at regular intervals and caused dust to veil the planet. These events likely resulted in sudden and widespread effects to cause a major cold spell.

Chilton considers the research of Dr Paul LaViolette, who proposed a galactic superwave emission from galactic centre which could account for a global cataclysm 13,000 years ago. He makes a strong case for a cosmic cause of the Younger Dryas.

THERE WERE GIANTS UPON THE EARTH

by Zecharia Sitchin

Bear & Co., Rochester, USA, 2010

ISBN 978-1-59143-121-3 (346pp hc)

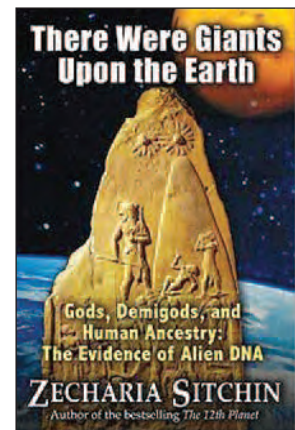
Available: BearandCompanyBooks.com

Thirty years after the publication of his landmark first book *The 12th Planet*, Zecharia Sitchin, now in his 90th year, surprises us yet again with his newest study into mankind's genetic heritage. Sitchin fans will have a field day with this book, which takes up familiar themes such as the Anunnaki's arrival 300,000 years ago, their intermarriages with Earthlings, human survival after a Great Flood, the rise of the Mesopotamian cultures and their demise as a result of a nuclear detonation.

Sitchin is of the view, based on his rigorous analysis of cuneiform writings, seals and other artefacts, that gods and demigods had paramount importance not just in the rise of civilisation but in the ascent of man. Even Alexander the Great's

quest through Egypt and Mesopotamia was in search of his true father, Marduk, a demigod.

There indeed have been giants who walked upon the Earth, Sitchin insists, and they were the Anunnaki—gods and goddesses from the planet Nibiru. The family trees of these alien ancestors can be traced, and some of their skeletal remains were discovered in 1928 in the Royal Tombs of Ur, in today's Iraq, and are held in the British Museum. Sitchin believes that the remains included the bodies of the first king of Sumer, an Anunnaki goddess descendant and her demigod brother Gilgamesh. He's put out the call to the British Museum to analyse the DNA of these remains: it just may provide the missing link in our genetic code.



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LOST TECHNOLOGIES OF ANCIENT EGYPT

by Christopher Dunn

Bear & Co., Rochester, USA, 2010

ISBN 978-1-59143-102-2 (351pp tpb)

Available: BearandCompanyBooks.com

Christopher Dunn spent several decades analysing ancient Egypt's pyramids from an engineering perspective and arrived at some controversial hypotheses (*The Giza Power Plant*, 5/06). Since 2004, he has been studying key monumental artefacts, temples and tunnels and has become increasingly impressed with the geometric precision and sophisticated craftsmanship involved in the creation of these artefacts.

Using digital photographic techniques, computer design analysis and the latest instrumentation, Dunn has concluded that highly advanced technologies, even "mega-machines", had to have been utilised in their manufacture—technologies unknown to us today but, who knows, may one day be uncovered. His photography revealed traces of tool marks in the huge hard-granite statues of Ramses II at Luxor, and his examination of the faces showed a perfect left-right symmetry as well as sacred geometric proportions. That these proportions are repeated in many Ramses II statues speaks of the use of a

template or technique that the ancients were able to duplicate.

Inspired by Sir W. M. Flinders Petrie's finds, especially of a granite drill core artefact, Dunn has come to the realisation that the ancient Egyptians had developed a type of ultrasonic machining technique.

It's time that Egyptologists took on board these engineering discoveries, Dunn urges in his fascinating, richly illustrated and detailed study.

THE LOST AGE OF HIGH KNOWLEDGE

by Keith M. Hunter

K. M. Hunter, Barnsley, UK, 2009

ISBN 978-0-9564563-0-4 (532pp hc)

Available: ancient-world-mysteries.com

While not the first to posit that the ancients had advanced sci-tech capabilities, independent British researcher Keith Hunter adds his perspective on what was lost, what has been kept alive, and what has already been rediscovered in elite military-intelligence circles.

Hunter praises New Zealand researcher Captain Bruce Cathie, the former aircraft pilot who extrapolated an Earth energy grid system from his sightings of UFOs. This harmonic system, Hunter reckons, is intrinsic to the music of the spheres that the ancients grasped, and is founded on

a base-60 numerical system, as was used in Mesopotamia. He believes they could tap into the key energetic musical ratios that reveal the secrets of the atomic world, and could utilise these secrets and knowledge of key locations and cosmic relationships to trigger earthquakes and nuclear blasts and even transfer matter between worlds. The keepers of the ancient high knowledge had a measurement system based on cosmic cycles, but their secretive heirs are hell-bent on keeping this from the public while they press on with their covert agendas.

Hunter's interesting take on the rediscovered secrets is peppered with equations and diagrams. It comes with a dire warning of cataclysms to come if we're not careful.



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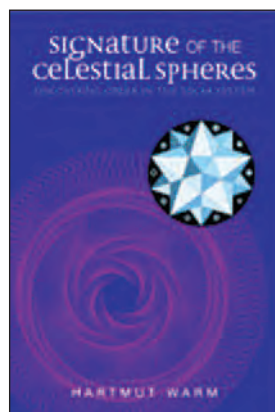
REVIEWS



SIGNATURE OF THE CELESTIAL SPHERES

by Hartmut Warm

Sophia Books, UK, 2010 (1st pub. as *Die Signatur der Sphären*, Keplerstern Verlag, Hamburg, 2001, 2004)
ISBN 978-1-85584-235-9 (390pp tpb)
Available: www.rudolfsteinerpress.com



The ancient Greeks believed not only that the Cosmos has order to it but that this order is musical, expressed as a harmony of the spheres in the orderly progression of the planets. As our understanding of astronomy and cosmic laws has developed, our need for an idea of harmonious order has not, laments Hartmut Warm, a German civil engineer and independent researcher.

In the note to this English edition he asserts that while Pluto has been demoted from planet status, it is still very much part of "the community of the planets": it sings in geometric harmony with the movements of the entire solar system.

Warm's diagrams representing geometrical and harmonic basics as well as correspondences between musical and planetary ratios are a joy to behold, and his explanations and supporting charts add gravitas to his argument. Warm concludes that this cosmic harmony is evident in each planet's relationship with each other and the solar system as a whole. His colour diagrams of planetary relationships, e.g., Venus–Earth linklines, are spectacular. They demonstrate a "symphony of flowers and stars" and perfect celestial

harmony, according to Warm's description in his brilliant analysis.

IT'S ALL LIGHT

by G. Prema

Trafford Publishing, BC, Canada, 2010
ISBN 978-1-4251-9247-1 (237pp tpb)
Available: www.trafford.com

In her insightful treatise, G. Prema attempts to explain the nature of the Universe by focusing on one assumption: that lightwaves exist in harmonic multiples of the speed of light. Her theory is based on fractal geometry and includes the idea that morphic resonance fields are fractal because harmonic sound is fractal—the same form but different sizes fitting together, like Russian dolls. Thus, the speed of lightwaves themselves is fractal or harmonic, expressed as harmonic octaves just as with musical frequencies.

Prema hypothesises that matter is created as a result of spiralling lightwaves becoming particles due to the effect of resonance or sound, and that lightwaves have consciousness. Anyone who beholds cymatic diagrams of sounds represented in sand can understand that sound creates form or shape. Prema examines this phenomenon and adds to the body of knowledge of morphic resonance as a template for physical form. The spin factor provided by spiralling lightwaves brings tiny vortexes into being, she argues.

Only two forces are needed to explain the Universe: harmonic light and resonance. Prema believes that her theory unifies gravity, electromagnetism and the strong and weak nuclear forces, and can explain so-called dark matter. She also considers spiralling lightwaves existing beyond the speed of physical light, and sound as "slow light".

Prema's theory on the morphic resonance of light has the potential to revolutionise our understanding of physics, chemistry and biology. Her book is accessible for the lay reader and may well blow a few minds.

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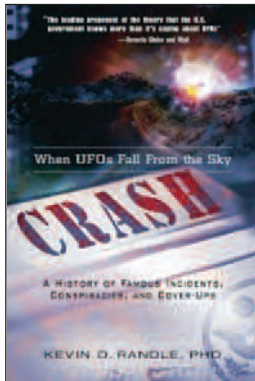
CRASH: WHEN UFOs FALL FROM THE SKY

by Kevin D. Randle, PhD

New Page Books/Career Press, Franklin Lakes, NJ, USA, 2010

ISBN 978-1-60163-100-8 (318pp tpb)

Available: www.NewPageBooks.com



Long-time UFO researcher Kevin Randle, PhD, a retired US Army lieutenant-colonel and former Air Force intelligence officer, has dusted off and updated his case files for this study of UFO crashes. He admits that his selection of just over 100 cases out of 300+ was subjective. Many case studies warrant further research, particularly while any witnesses are still alive; others are nothing to do with UFOs (meteor strikes, re-entering space junk, aircraft debris, ball lightning); some are elaborate hoaxes; and some can't be corroborated despite rumours of "crash retrieval" teams at the sites.

With 1947 being a watershed in ufology with the "Roswell incident", Dr Randle examines evidence for UFO crashes before and after this date, beginning with an alleged crash and alien contact in France in AD 840, taking in mysterious airship sightings over the USA in the late 1800s, and leading up to the landmark date with reports from the early to mid-1940s. His chronology then covers every decade right up to the present.

With due acknowledgement to fellow researchers such as Philip Mantle, Len Stringfield and Ryan Wood, Dr Randle considers little-known as well as famous cases including Ubatuba in Brazil (1957),

Kecksburg in Pennsylvania (1965) and Shag Harbour in Nova Scotia (1967) in his investigative overview.

UFO CASE FILES OF RUSSIA

by Philip Mantle & Paul Stonehill

Healings of Atlantis, UK, 2010

ISBN 978-1-907126-03-1 (353pp tpb)

Available: HealingsOfAtlantis.com

At last, here's a book in English that chronicles some of the extensive UFO evidence from Russia and surrounding territories. British UFO researchers Philip Mantle and Paul Stonehill (originally from Ukraine) have accessed reports collected by Russian researchers and historians, military/space personnel and civilians that attest to myriad UFO sightings as well as contacts from recent times—and going back perhaps millennia, if folklore and archaeological evidence are any guide. The historical accounts are fascinating, many of them having similarities with modern reports.

No coverage of Russian sightings would be complete without the 1908 Tunguska explosion, and the authors deliver a summary of research to date, while noting that whatever caused the blast—perhaps a comet or a UFO—still defies explanation.

Much information about UFO sightings remains secreted away in Stalin-era vaults. Yet it's amazing what has been uncovered about "anomalous aerial phenomena". Some incidents even the Soviet media couldn't ignore, e.g., the widely observed 20-metre spherical object that landed near a Leningrad highway in September 1977 and coincided with a powerful solar flare.

Mantle and Stonehill report on Soviet Cold War military encounters with UFOs, the KGB's interest in Tibetan UFO mysteries, cosmonauts' UFO sightings, and aerial vehicles seen over battlefields from the Napoleonic to the Chechen wars. They hope that their book will foster a new era in co-operative UFO research between East and West.



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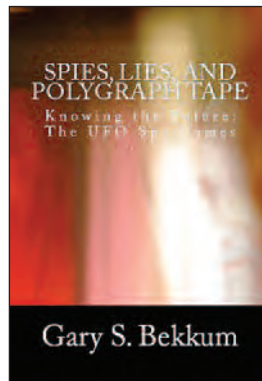
SPIES, LIES, AND POLYGRAPH TAPE

by **Gary S. Bekkum**

STARstream Research, MN, USA, 2010

ISBN 978-1-451503-02-9 (302pp tpb)

Available: www.starstreamresearch.com; Amazon.com



With compartmentalisation at even the highest levels of the US military-intelligence/national security community, and with the President not having a "need to know", it's unlikely there'll ever be disclosure about the existence or presence of UFOs and extraterrestrials. This is one of several conclusions put forth in this compilation by Gary Bekkum, editor/writer for the independent STARstream Research unit that investigates exotic technologies, phenomenology and intelligence matters. Bekkum puts the CIA's *Star Gate* documents to the test, and uncovers more from sources prepared to release snippets as well as from his own dogged investigations.

This collection may be repetitive in parts, but no matter: it contains explosive revelations about the "core story" that hides UFO reality beneath multiple veils of secrecy. There's the tale behind CIA and National Security Agency remote-viewing research, including that involving psychic Ingo Swann and how he was tasked to check out alien activity on the dark side of the Moon (see article in this issue). The scope covers antigravity weapons, mind control, psychic spy wars, polygraph technology, teleportation, Defense Intelligence Agency projects (TIGER and SERPO),

the CIA's goat-staring adventures, and UFO sightings by astronauts. Bekkum spotlights a remote-viewing case in the early 1980s involving a 9/11-type event, and suggests that psychic spying, particularly in counterterrorism, has made a comeback in the wake of 9/11.

In this intriguing exploration, Bekkum names many key operatives who are likely to be in the know regarding US government contact with alien intelligence.

BABYLON'S BANKSTERS

by **Joseph P. Farrell**

Feral House, Port Townsend, WA, 2010

ISBN 978-1-932595-79-6 (303pp tpb)

Available: www.feralhouse.com

If you thought a link between economics and electronics was tenuous, it's not. Add physics, alchemy, astrology and astronomy to the mix and you gain new insights into the practices of the money industry. The mediaeval alchemists sought to change lead into gold, but the "banksters" perform their own modern-day alchemy by creating something—money and credit—out of nothing. Joseph P. Farrell (*The Philosophers' Stone*, 16/03) uses the term "banksters" to denote the "gangster bankers" who have been around since ancient times. Today they specialise in usurping the state in money-issuance and in ensuring that alternative physics and energy options don't see the light of day.

Included in Farrell's analysis is David Li's "meltdown" formula, the Anglo-American globalist elite, astro-cycles and trends (e.g., wars and revolutions), global scaling theory, Tesla's scalar waves, Egyptian, Babylonian and Roman financial models, and David Bohm's hidden variable quantum mechanics. There's coverage of the Rothschild Nimrod myth, human DNA and the Hermetic code, temples as scalar resonators, and patterns of war/scarcity/slavery/suppression in the banksters' agenda. It's guaranteed to make you see the global financial crisis in a new light.

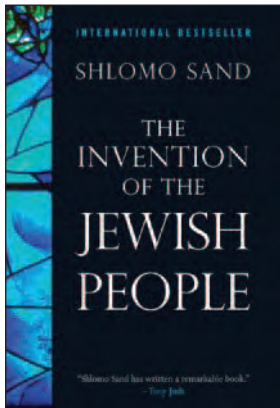


REVIEWS

THE INVENTION OF THE JEWISH PEOPLE

by Shlomo Sand

Verso, London & New York, 2009 (1st published in Hebrew by Resling, 2008) ISBN 978-1-84467-422-0 (335pp hc) Available: www.versobooks.com



The myths and misconceptions that have been part of Jewish, Zionist and Israeli history are exposed in this controversial book by Tel Aviv University contemporary historian Shlomo Sand. (The book was a best-seller when first published in 2008 in Hebrew.) More products of 19th-century historiographers working in response to the rise of European nationalism, these myths have led to the creation of a non-democratic state that regards itself as working for the interests of the "Jewish" people rather than all Israeli citizens, including Arabs. Notions of "God's chosen people", "the ancestral land" and "diaspora" are merely "reconstructions within Israel of the national past"; but questioning them is nothing short of heretical in the eyes of Zionists.

Sand asks if there really was a first-century exile of the Jews, suggests that most Jews are descendants of converts scattered from the Middle East to Eastern Europe, and argues that there never was a Jewish race as such but only a Jewish religion.

He investigates the Old Testament as "mythistory" and the enigmatic origin of Eastern Europe's Jews. He discusses the future of ethnocracy in the age of globalisation and calls on

Israel to develop a policy of democratic multiculturalism that grants Palestino-Israelis genuine equality and autonomy.

Sand's explosive treatise provides an intellectual foundation for a better, more compassionate and inclusive Israel in the future.

THE SECRET SOCIETY OF MOSES

by Flavio Barbiero

Inner Traditions, Rochester, USA, 2010 ISBN 978-1-59477-273-3 (504pp tpb) Available: www.innertraditions.com

Without Moses, there would be no Judaism or Christianity, says Flavio Barbiero in his compelling historical exposé. An archaeology researcher and a retired Italian Navy admiral, Barbiero makes the case for the existence through the ages of a secret high-priest elite descended from Moses. He accounts for the disappearance of Moses' two sons beyond the Book of Exodus and charts the development of the Mosaic priestly line. He explains the Israel-Judah schism and how the priestly families were reconstituted following the Babylonian exile.

These families were engaged in a centuries-long power struggle that culminated in their loss of the Temple of Jerusalem in AD 70 to the Romans. According to Barbiero, the Jewish historian Josephus Flavius, a descendant of Moses, followed conqueror Titus Flavius to Rome and played a major role in creating and controlling a budding Roman Church along the lines of the Mithras cult, eventually fulfilling the elite's plan to take over the Roman Empire.

Barbiero claims that by the second century AD, this Mosaic elite planted the roots—and DNA—of a Judaeo-Christian European aristocracy that, in time, attempted to expand its power base via the Crusades. Vestiges of this secret priesthood can be seen in European mediaeval heraldry. The Mosaic line lives on through modern secret societies such as Freemasonry, says Barbiero in his surprising rewrite of history.

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REVIEWS



DVDs

Compiled by Duncan Roads

THE POWER OF THE PURSE Volume 1: Illusions of the Economic Enslavement Systems Revealed

Avail: www.powerofthepursemovie.com

Throughout human history, the elites have used money to control and manipulate the populace.

Volume 1 of *Power of the Purse* is a four-hour, 50-minute film documentary over two DVDs. It details the history of how money has evolved from ancient times to the 21st century. The coverage includes the Knights Templar and the Rothschilds. The film exposes how those who have controlled money have used this power to fund both sides of wars in order to bankrupt nations and peoples.

It reveals important historical facts and information about the modern-day monetary system that the corporate media and the teachers indoctrinating our youth in the so-called public education system refuse to talk about. An eye-opening doco.



ORGASM INC.

by Liz Conner

Astrea Media Inc., PO Box 665, Hartford, VT 05047, USA

Available: www.orgasminc.org

This DVD takes a powerful look inside the medical industry and the marketing campaigns that are literally and figuratively reshaping our everyday lives around health, illness,

desire—and orgasm.

It all starts when filmmaker Liz Canner takes a job editing erotic videos for a pharmaceutical company drug trial. Her employer is developing what they hope will be the first Viagra drug for women that wins US FDA approval to treat a new "disease": female sexual dysfunction (FSD). After being exposed to the industry from the inside, Liz decided to reveal all in this "must see" film.

WESTALL '66

A Suburban UFO Mystery

Available: www.westall66ufo.com.au

In 1966, in the suburb of Westall in Victoria, Australia, hundreds of students, teachers and residents witnessed a UFO hover overhead for several minutes, land and take off again at incredible speed. Silenced by authorities at the time, and still

angry about not being believed, they revisit the event in this, the first ever documentary about one of Australia's most intriguing cases.

Many of their stories are revealed here for the first time in this doco that took three years to make. Unfolding like a detective story, the film

is driven by the search of investigator Shane Ryan, who has his own, very personal reasons for wanting to uncover the truth.

For the film, Ryan contacted over 200 witnesses as well as numerous government departments, many of which refused to comment. He found that whole boxes of official files were missing, lost or unaccounted for.

This is one of those films I couldn't stop watching. Highly recommended.

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REVIEWS

MUSIC

Reviewed by Richard Giles

THE ROUGH GUIDE TO THE MUSIC OF INDIA

by various artists

Rough Guide/World Music Network, UK, 2010 (70mins, bonus CD 63mins)
Distributors: **Australia**—The Planet Company, tel (02) 9283 8250; **UK**—World Music Network, tel (0)20 7498 5252, website www.worldmusic.net

The music of India is diverse and extraordinary, and this Rough Guide selection includes traditional and modern forms. Artists such as Asha Bhosle, Ravi Shankar, Aruna Sairam, the Wadali Brothers, Shivkumar Sharma and Zakir Hussain, plus L. Subramaniam are here. The range of sounds from ragas to Rajasthani music is fascinating. There's *tabla*, *santoor* and devotional music to Lord Ganesh. The bonus CD features slide-guitarist Debashish Bhattacharya performing live in Calcutta. Stunning collection.

MANY MOODS

by Ben Woolman

Ben Woolman/BMI, 2010 (60mins)
Distributor: **USA**—Ben Woolman/BMI, website www.benwoolman.net

Ben Woolman, from the US Midwest, has become a master of finger-style acoustic steel-string guitar. His solo playing sounds like a duo or trio because of his ability to play all parts of a tune's arrangement simultaneously. This album contains no overdubbing, even though you'd swear it does. His influences are Leo Kottke, Stephen Bennett and Pat Donahue. With acoustic playing, he says, there's something in the strings under his fingers and the wood against his chest that resonates for him. Ben presents a range of styles including blues, jazz, Latin, Celtic and African sounds. He does a cover of The Police's "Invisible Sun" and the theme from the film *Legends of the Fall*. Beautiful, awesome acoustic guitar played like an ensemble.

RISE & SHINE

by Sierra Leone's Refugee All Stars
Cumbancha/BMI, USA, 2010 (56mins)
Distributors: **Australia**—Fuse Music; **UK**—Putumayo Music; **USA**—Cumbancha Music, cumbancha.com

Sierra Leone's Refugee All Stars' new release affirms their roots in reggae. *Rise & Shine* has a lively sound that brings out the warmth of their music. The opening track, "Muloma", has a backbeat feel, and reggae steps to the fore with incisive social commentary in the next song, "Global Threat". A highlight is the roots-reggae number "Living Stone", a very catchy dance track. The Refugee All Stars have a vibrant, original ska tune in "Jah Come Down". They've come a long way, and this album puts them upfront in the public eye. An infectious and celebratory album.



BLUE DREAMING

by Sunsaria

Sunsaria Music, Aust, 2010 (56mins)
Distributor: **Australia**—New World Music, www.newworldmusic.com.au

This is a CD for healing, utilising the sounds of the synthesiser to soothe and settle the body and mind. What Sunsaria (Baz Bardoe) does is use specific frequencies to relax, heal and invigorate the listener. It's a classic sound-healing album useful for practitioners in clinics or just for your own use. With an ocean-blue cover featuring a swimming whale, the CD has that feel of inviting you to recover from daily stresses.



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Military Emergency in the Gulf of Mexico

Continued from page 30

15 July

5:13 PM—Le Terrible is now *en route* to the theatre. Em is moving away to safe perimeter. Unknown second French submarine is still shadowing the culprit after second sabotage attempt was successfully thwarted by French, German and Russian assets. Mistral confirms it has now mirrored the evidence on their data analysing and capture systems from the unknown French submarine and will do a final relay report to HQ. All assets in theatres are now on standby, awaiting orders from central command. Alert level remains at midnight for strategic assets.

16 July

4:51 AM—Second unknown French submarine reporting severe increase[d] downpull at rim.

4:53 AM—2us [second unknown (French) submarine] asking PP to confirm that magnetic testing and not

fake acoustic testing is aggravating organism. Columns are moving in.

5:00 AM—2us reporting frequency of sonic drilling increasing.

5:07 AM—Mistral just ordered 2us to get a firing solution on two of the sonic drilling capsules.

5:37 AM—I think 2us just destroyed one of the sonic drill capsules, a few minutes ago. Captain says EQ damage to intersection is minimal but parallel.

12:25 PM—It all happened 40 minutes ago when a new Israeli submarine showed on DED assets indicator, 68 nautical miles from rim, 11 miles from where 2us destroyed capsule. Halted. There are now two Israeli subs. The new one is very, very new. Its classification is above DED. Mistral indicating a possible hostile classification on Israeli submarine.

12:48 PM—Mistral just approved and issued hostile classification on new Israeli submarine.

1:22 PM—Mistral issuing the immediate raise of strategic level alert

from MidNight to TWILIGHT NOW for the next 72 hours (12 minutes ago).

1:35 PM—Central command confirms Mistral analysis and issuing dedicated SAMPSON classification on new Israeli submarine. DED going crazy again. BEZERK [sic] level 2.

2:06 PM—A quick overview on DED strategic assets, past 30 minutes. 1 Russian submarine, 3 US submarines, 1 German submarine, 1 Canadian submarine, 1 British submarine all responding to our vector alert and converging on Israeli submarine one and new two. Rim halt perimeter increased by 5 nautical miles for possible friendly fire complications. ∞

Editor's Note:

As we go to press, the Original Poster continues to add to the Godlike Productions thread.

To keep track of any new developments, go to the original posting at <http://tinyurl.com/2fcde9y> or search the forums at godlikeproductions.com.

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Living with Phytic Acid in our Diets

Continued from page 38

were partially germinated in stacks left for a period in the field, were not heat-treated and were hand-rolled immediately prior to preparation. Some Scottish and Gaelic recipes call for a long fermentation of oats before and even after they are cooked.

Unprocessed Irish or Scottish oats, which have not been heated to high temperatures, are available in some health food stores and on the Internet. According to one study, unheated oats have the same phytase activity as wheat.⁶⁵

Oats should be soaked in acidulated water for as long as 24 hours on top of a hot plate to keep them at about 100°F [~38°C]. This reduces part of the phytic acid as well as the levels of other anti-nutrients and results in a more digestible product. Overnight fermenting of rolled oats using a rye starter—or even with the addition of a small amount of fresh rye flour—may result

in a fairly decent reduction of phytate levels. It is unclear whether heat-treated oats are healthy to eat regularly.

Seeds

Seeds, such as pumpkin seeds, are extremely high in phytic acid and require thorough processing to remove it. Some may be removed by soaking and roasting. It is best to avoid consuming raw seeds. By the way, cacao is a seed. It contains irritating tannins and is said to be extremely high in phytic acid, although studies verifying this could not be located. Some brands of raw cocoa and cocoa powder may be fermented, but others may not be. Check with the manufacturer before indulging!

Corn

Corn is high in phytic acid and low in phytase. The Native Americans fermented cooked corn meal, wrapped in corn husks, for two weeks

before preparing it as a flat bread or tortilla. In Africa, corn is fermented for long periods of time using a lactobacillus culture to produce foods like *kishk*, *banku* and *mawe*. No such care is given to corn products in the western world! But you can prepare healthy corn products at home.

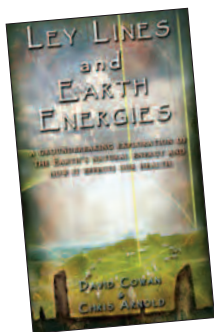
As with oatmeal, the addition of a rye starter or rye flour to the soaking water may be particularly helpful in reducing phytate content: think of the colonial "rye 'n' injun" bread made from rye and corn. In one research project, soaking ground corn with 10 per cent whole rye flour resulted in a complete reduction of phytate in six hours.⁶⁶ Again, more research—and more experimenting in the kitchen—is needed!

Rye to the Rescue

For those suffering from tooth decay, bone loss and nutrient

Continued on page 82

LEY LINES



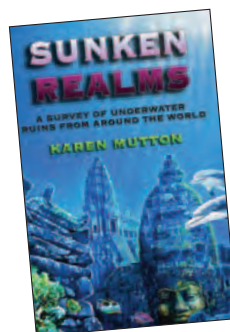
LEY LINES AND EARTH ENERGIES

by David Cowan and Chris Arnold

The mysterious standing stones, burial grounds and stone circles that lace Europe, the British Isles and other areas have intrigued scientists, writers, artists and travelers through the centuries. They pose so many questions: Why do some places feel special? How do Ley lines work? How did our ancestors use Earth energy to map their sacred sites and burial grounds? How do ghosts and poltergeists interact with Earth energy? How can Earth spirals and black spots affect our health? This exploration shows how natural forces affect our behavior, how they can be used to enhance our health and well being, and ultimately, how they bring us closer to penetrating one of the deepest mysteries being explored.

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*NEW: Sunken Realms



SUNKEN REALMS A survey of underwater ruins from around the world

by Karen Mutton

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Living with Phytic Acid in our Diets

Continued from page 81

deficiencies who need to reduce phytic acid to minimum levels, the magic ingredient is rye.

To bring the phytate content of your diet to the absolute minimum, add freshly ground rye flour or a sourdough rye culture to rolled or cut oats, cornmeal, rice and other low-phytase grains, then soak in an acidic medium—preferably water with whey, yoghurt or sour milk added—on a hot plate to bring the temperature up to about 100°F.

This is a better solution than consuming white rice and white flour, which are relatively low in phytate but have a greatly reduced mineral content.

The intention of this article is not to impose a decision about whether or not to consume grains, nuts, seeds and legumes; rather, it is to clarify how to consume them with awareness. This way you can

maximise your health by making grain-based foods more digestible and absorbable. Now it is very clear which foods contain phytic acid and how much they contain, what the health effects of phytic acid are, and how to mitigate phytic acid in your diet with complementary foods rich in vitamin C, vitamin D and calcium.

Methods for preparation of grains, seeds and legumes have been clarified so that you can estimate how much phytic acid you are consuming. One meal high in phytic acid won't cause a healthy person any harm, but high phytic acid levels over weeks and months can be very problematic.

Fortunately, not only are properly prepared foods better for you, they also taste great. Now you can enjoy some well-fermented sourdough bread together with a piece of raw-milk cheese, lots of butter and a slice of meat of your choice, and taste the essence of life. ∞

About the Author:

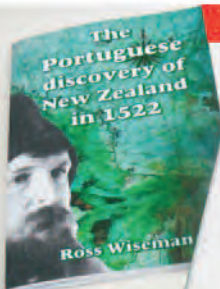
Ramiel Nagel is the author of *Cure Tooth Decay* (reviewed in NEXUS 15/03), which teaches how to remineralise and repair tooth cavities with real food (see <http://www.curetoothdecay.com>), and *Healing Our Children* (see <http://www.healingourchildren.net>). His previous contributions to NEXUS are "Healing Tooth Decay with Natural Nutrition" (15/03) and "The Health Risks from Corn and Agave Sweeteners" (co-written with Sally Fallon Morell; 17/03). He can be contacted via his website <http://www.curetoothdecay.com>.

Editor's Note:

Ramiel Nagel's article was first published in the Spring 2010 edition of *Wise Traditions*, the journal of the Weston A. Price Foundation. Due to space constraints, we are unable to publish the accompanying endnotes, figures and sidebars with our edited version; to view these, go to <http://tinyurl.com/33wkbfw>.

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Cold War Allied Legend

by Joseph P. Farrell

Why were the Allies worried about an atom bomb attack by the Germans in 1944? Why did Hitler in 1945 insist that holding Prague could win the war for the Third Reich? Why did US General George Patton's Third Army race for the Skoda works at Pilsen in Czechoslovakia instead of Berlin? Why did the US Army not test the uranium atom bomb it dropped on Hiroshima? Why did the Luftwaffe fly a non-stop round trip mission to within twenty miles of New York City in 1944? Arguing that Nazi Germany actually won the race for the atom bomb in late 1944, this book explores the even more secretive research the Nazis were conducting into the occult, alternative physics and new energy sources.

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Amicizia: Alien Encounters in Italy

Continued from page 66

About the Author:

Warren Aston has been an independent UFO researcher and writer for over 30 years. Based in Brisbane, Australia, he travels widely overseas in pursuing cases. He has spoken at UFO symposia in Australia and the USA. He can be contacted by email at astonwarren@hotmail.com.

Endnotes

1. Italy seems to have been the focus of this initial contact phase, but the W56 were also very active in Germany especially and also in Switzerland, France and Austria. Other countries and perhaps other continents are also possible.

2. Fifteen stars of various spectral types are listed in the Breccia book as origins for the Akrij Confederation but there are apparently others.

3. See Stefano Breccia, *Mass Contacts* (AuthorHouse, 2009, 383pp; available through Amazon.com). The book contains excellent information about

early European cases plus, unfortunately in my view, a long section on the controversial Ummo case—not only the Spanish-based story which most researchers would know of, but an account of the activities of an Italian group active for many years. Breccia refers to this group as "Italian Ummites", but notes that they were likely nothing of the sort. In personal correspondence, he has confirmed that they are in fact the CTRs, who had adopted the Ummitite name to encourage their acceptance.

4. Paolo di Girolamo's book has been published in Italian and will shortly be released in English.

5. See Nikola Duper's web pages <http://www.openminds.tv/the-sensational-case-of-friendship> and <http://www.openminds.tv/friendship-part-2-a-sworn-one-speaks/> to follow the release of the Padova professor's book.

6. See <http://www.exopolitics.org/Study-paper-8.htm>.

7. See http://www.space.com/*scienceastronomy/nemesis-comets-earth-am-100311.html.

8. The primary analysis of the picture was undertaken in 2009 by researcher Teresa Barbatelli; see posting at <http://www.paolaharris.com/masscontactinterview.html>. This posting includes a short interview with Breccia.

9. See Breccia, *Mass Contacts*, p. 182.

10. In addition to the W56 races and the CTRs, there are the Elta V, the UTI, the Wan people with almost transparent skins, the purple-skinned "Red" race supportive of the W56, and another unnamed race described as somewhat apelike in appearance. Most of these are listed in *Mass Contacts*, p. 240.

11. Ghibaudi's story is summarised in Timothy Good's book *Alien Base* (Century, London, 1998, pp. 215-217), and includes the 1961 photograph for which he is best known. Ghibaudi is still alive and lives in Rome.

12. Extracted from "Martians among us?", *Le Ore*, 24 January 1963; transcript in possession of author.

13. Email received from Stefano Breccia, 23 January 2010.

14. See Breccia, *Mass Contacts*, p. 226.

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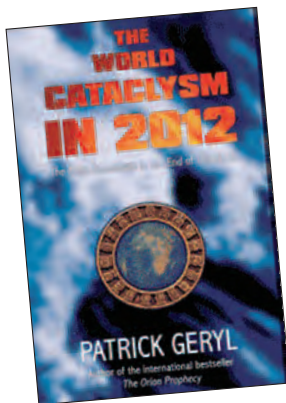
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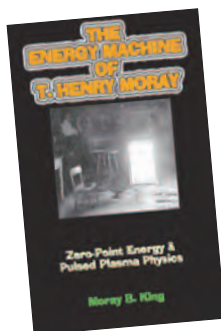
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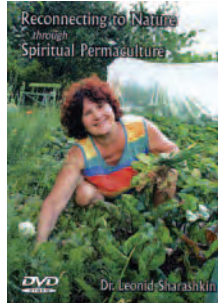
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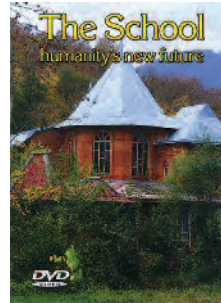
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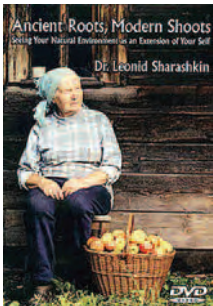
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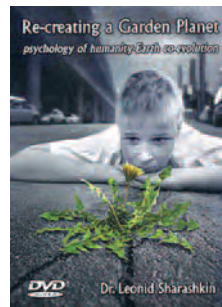
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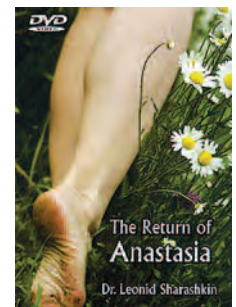
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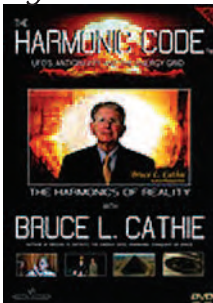
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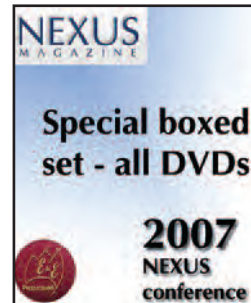
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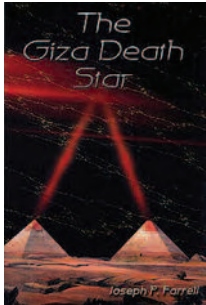


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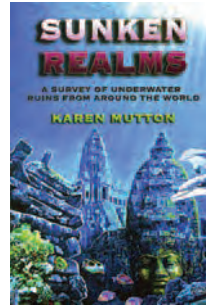
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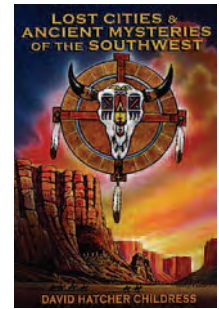
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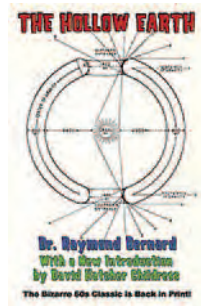
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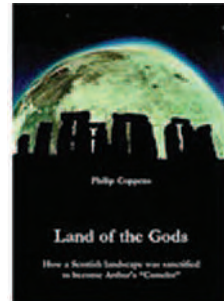
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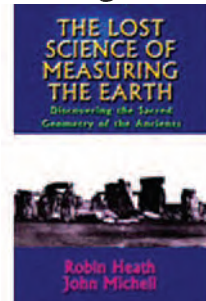
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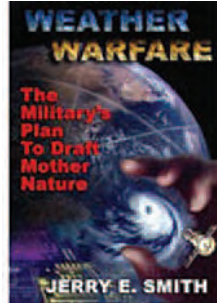
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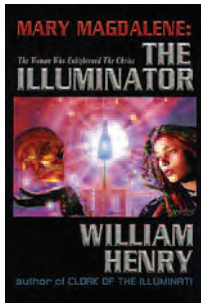
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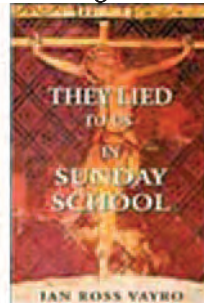
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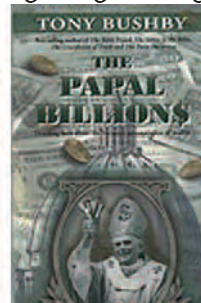
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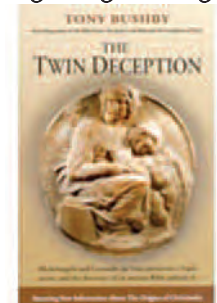
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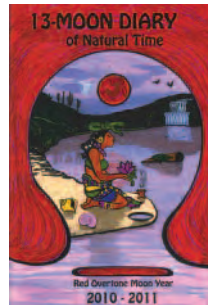
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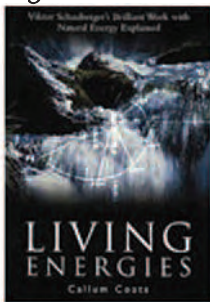
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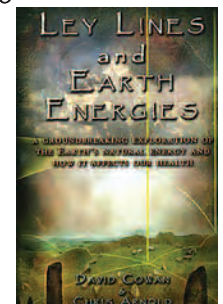
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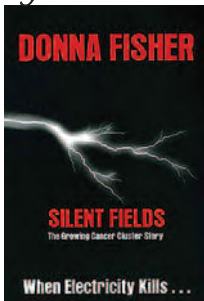
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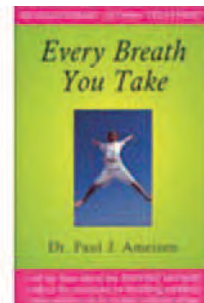
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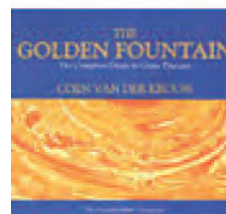
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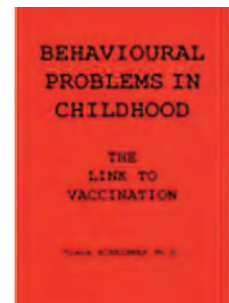
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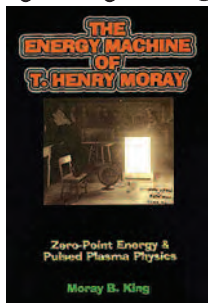


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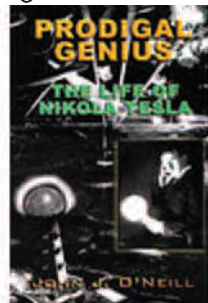
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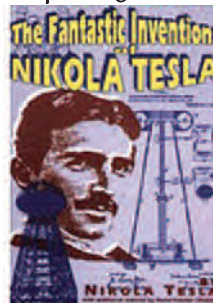
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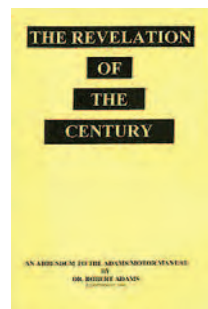
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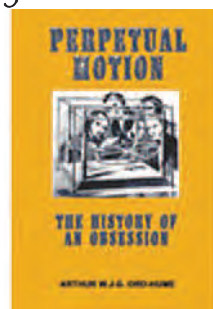
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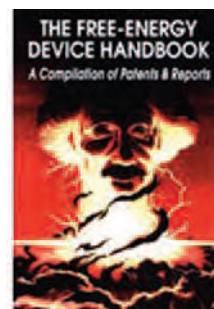
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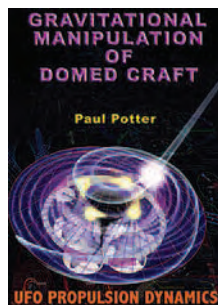
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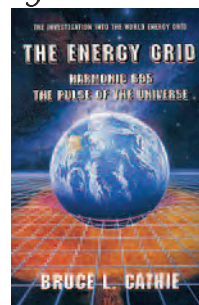
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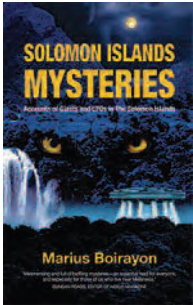


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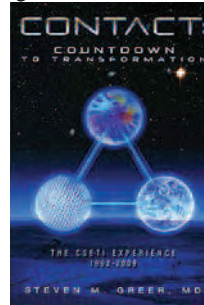
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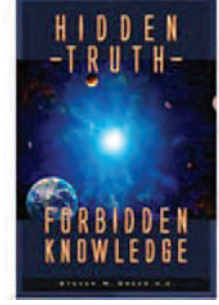
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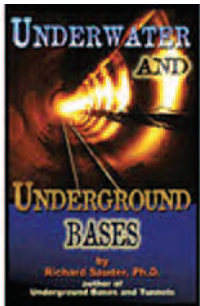
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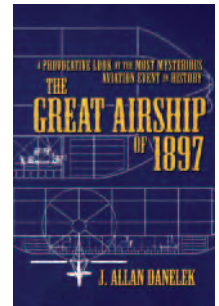
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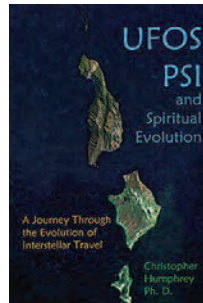
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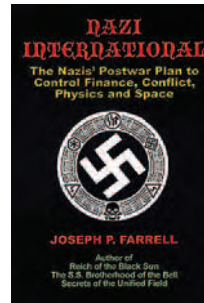
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