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# NEXUS

February–March 2012

NEW TIMES

Vol. 19, No. 2

**The globalist agenda  
behind the Arab uprisings**

**Solar flares: nuclear reactors at risk**

**Light-encoding DNA: a fractal antenna**

**Toxic effects of sunscreen chemicals**

**Mast cell disease and chronic illnesses**

**Photographing the aetheric force**

**People from a parallel Earth**

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# NEXUS

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# NEXUS MAGAZINE

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## 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

Well, it's finally happened: the complete takeover of America. On 31 December, President Obama signed into law the National Defense Authorization Act (NDAA). What is just as astounding is that most Americans don't even know that this has happened. As long as they have their TV, Internet and social media, they couldn't give a damn. Sadly, the UK and many other western nations are not far behind in terms of dumbed-down, disinterested populations facing semi-dictatorship legislation. The scary part of all this is that the NDAA gives the American military, via the US President, the power to kidnap and detain indefinitely *anyone, anywhere*, for whatever reason they want to manufacture, and they don't have to answer to *any* elected or legally representative body. Even people who criticise America's foreign policy and actions overseas can now be considered enemies of the state and subject to this law.

On that note, I move on to discuss some of our other articles in this edition. Most people in the West still believe that the so-called "Arab Spring" was a series of genuine, spontaneous, uprisings of oppressed people against evil dictators. Nothing could be further from the truth. Last year, 2011, was testament to just how successful modern media disinformation campaigns have become in twisting our beliefs towards this perception, as shown in the first article in this issue.

Another topic of concern is that our Sun is becoming very active now. In this age of modern electronics, we are especially at the Sun's mercy should it suddenly release a large flare or coronal mass ejection that hits the Earth and fries our electrical generation and distribution systems. It is now being realised that, apart from causing massive personal and social inconvenience by having zero electricity for maybe days, weeks, months or more, a massive strike could trigger a global catastrophe as hundreds of nuclear reactor cores go into meltdown. We could be facing 400+ Fukushimas!

Speaking of sunshine, we have an astonishing article linking sunscreen chemicals to major adverse effects on our health and the environment. There a good case linking some sunscreen chemicals to autism as well as to coral reef bleaching. Who'd have thought?

We have a fantastic article titled "Morphic Resonance and Quantum Biology", which will thrill anyone who has felt that humans have vast, untapped abilities hidden within our very DNA. This article highlights a line of research that is starting to show that human DNA can be altered from within and/or from without.

This issue also sees the publication of information that I've contemplated putting into the magazine for over a decade, but the timing has never felt right. Maybe I'm putting it into NEXUS now, in case 2012 does turn out to be as life-changing as predicted. It's about something termed "Loosh". It comes from a book by Robert Monroe, who pioneered out-of-body travel and research. It is the equivalent of a travel brochure description of the origin of planet Earth and its purpose for nonphysical beings who pass by. It is the most logical explanation I've found to date about the history of this planet up to the time when mankind became consciously aware.

In other news, over the last few months I've been recovering from a severe case of pleurisy and pneumonia, and I wish to acknowledge in particular the role of Elanra negative (oxygen) ion generators in my healing process. They kept my blood oxygen level up and thus helped me avoid hospitalisation. I highly recommend having these Elanra units in your bedroom and office.

I'm working towards organising another NEXUS Conference, most likely to be held in late July on the Sunshine Coast, Queensland. Please visit our website for more information, or check the next issue of NEXUS for a full program and booking form.

Duncan

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## CoEvolution

One Monday in mid-February 1989, Alec Newald set off on what should have been a three-hour drive from Rotorua to Auckland in New Zealand.

He arrived in Auckland feeling tired and confused, but was even more confused to learn that Monday was now Thursday ten days later, and that he had no idea of what had happened in the meantime!

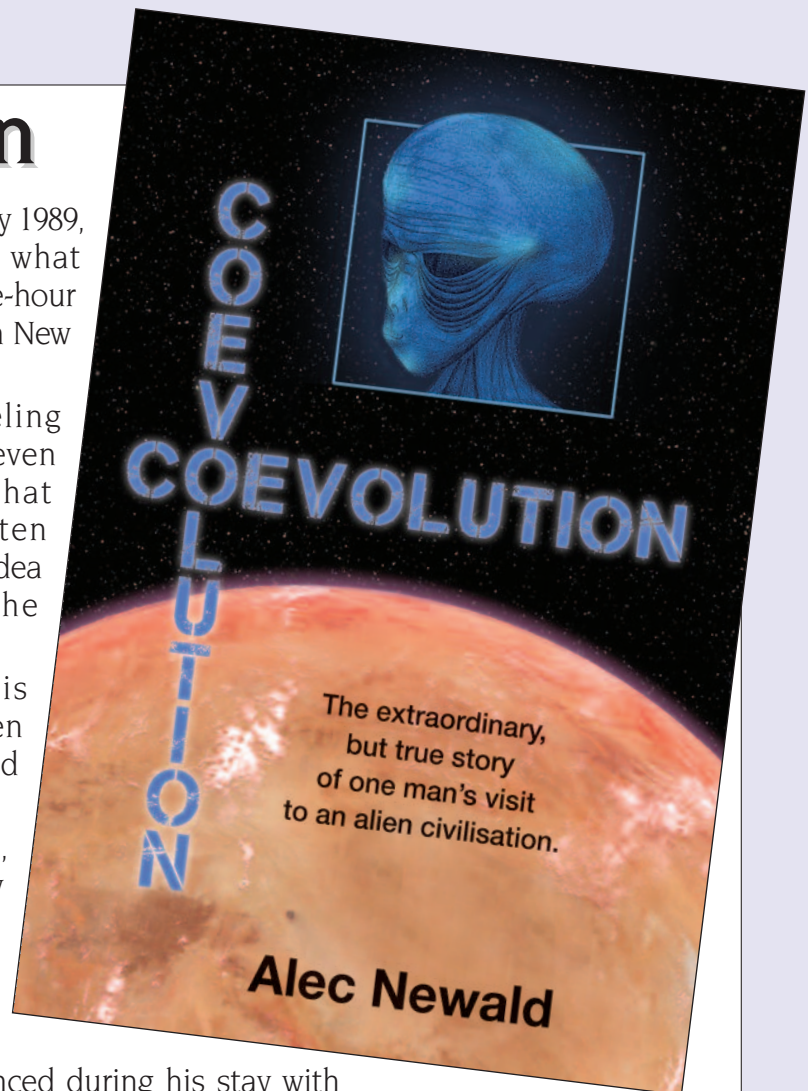
When Alec did retrieve his memories of those missing ten days, he realised his life had changed forever.

Early on in that fateful trip, while driving through a foggy mountain pass, Alec was whisked from the road by beings from an extraterrestrial civilisation.

What he learned and experienced during his stay with these friendly beings has profound implications for all of us here on Earth.

Soon after his 'return', Alec received strange visits from 'government scientists' wanting to know about his experience. Among other things, they were keen to learn what he had noticed about the capabilities of this alien race. Alec was uncooperative and soon found himself in 'hot water'.

It was obvious that these 'scientists' knew all about Alec's 'abductors' and expected they would return to Earth one day—soon.



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# Letters to the Editor ...

## Technocracy Hijacked

Dear Duncan: I have been a member of Technocracy and have been associated with it since the early 1950s in Winnipeg, Canada.

I was born in May 1929, and I'm now 82.5 years young. I can remember the poverty in the midst of plenty in the dirty 1930s, forced on many tens of millions of individuals in the USA and Canada by the deliberate policies of the corporate capitalist economic and political systems.

So this is the background that helped give rise to Technocracy in the early 1930s, which caused a sensation at the time.

Technocracy has always been an educational organisation, not a set of conspirators plotting to seize power. I should know: I was with them till 1960 when I chose to migrate to Australia.

Since 1960, I have been in contact first by letters, now by email and phone calls monthly. George Wright, a friend in Technocracy (address details available on request), will put you straight.

What has really happened is that the basic ideas and blueprint of Technocracy have been hijacked by the so-called technocrats described in your article.

George Wright visited me in March 2007; he stayed at a tourist resort in Yorkeys Knob for nearly a month. We showed him around the tropical delights of the

Cairns region. George is a very knowledgeable person regarding Technocracy and will correct the wrong assumptions in the article.

Again, I can only state that we are an educational group—not conspirators—and that Technocracy's ideas (some of them) have been hijacked by these so-called technocrats for their own hidden agendas.

Yours,  
Roy L. T., Queensland, Australia

*[Thanks for your letter, Roy. Your comments do not surprise me. Technocracy would certainly not be the first ideology or movement to be hijacked by those with the relevant resources and agendas. Ed.]*

## Detainment by Decree

Dear Editor: Bankers' calls for European nations to yield substantial fiscal sovereignty, and their veto of the proposed Greek referendum on the sale of Greek public assets, stink!

In 1999, the US scrapped basic legislative separation of merchant or speculative banks and general savings banks, promoting bust cycles in which lenders and speculators are rescued as they're "just too big". Why do banks get private profits but public subsidy of losses?

Also, I am deeply cynical about the new National Defense Authorization Act in the US, allowing anyone across the globe to be seized on presidential decree and detained indefinitely without trial as a "terrorist". The US will gain nothing in the long

run by flouting international law.

Kind regards, and happy new year,

Linda V., NSW, Australia

## Indigestible NZ Food Bill

Dear Editor: Have you been aware of the new legislation that New Zealand is trying to pass? It is the Food Act 160-2/1301. It comes under an international rule called Codex and cannot be changed by New Zealand in the future if passed. Codex was developed by megacorporations.

Australian powers will be watching in the hope that they will be able to do the same if the bill is passed. Hope this is of interest.

Our family enjoys your magazine.

Many thanks,  
M. D., Qld, Australia

*[Thanks for your email, and, yes, we are well aware of this legislation. In case our overseas readers are not aware, over the last decade Australians and New Zealanders have seen the rise of "farmers' markets". These are usually weekly markets where farmers and families alike bring their produce to some central location, and people come from far and wide to buy their weekly fruit and vegetables. The produce is usually grown locally and without chemicals, and it is often the same price or cheaper than produce sold in supermarkets. Above all, it is generally much fresher.*

*The powers that be in government and big agribusiness are missing out on the action and, more importantly, food corporations and the supermarkets are*

*missing out on money as these farmers' markets increasingly cut into their market share. So they are looking for ways and means to curtail this anarchic free-for-all marketplace.*

*Soon you will see all sorts of attempts via local, state and federal legislation to deter or even prevent these markets from happening. Importantly, the strategy they intend to adopt is to scare as many consumers as possible away from buying fresh produce from these markets—via manufactured health scares.*

*In the near future, watch for a rise in the tabloid media and on "tabloid" TV current affairs shows of stories where someone has become sick or has died from eating unwashed or tainted produce from one of these markets. My money is on a massive E. coli scare campaign, with a simultaneous push for food irradiation. And as usual, this will all be preceded by the release of some respectable report (released by government, but funded and written by agribusinesses like Monsanto) on "respectable" media outlets like the ABC or SBS.*

*Make no mistake: they cannot stop us from producing and consuming our OWN fruit or veges or raw milk—but they will DEFINITELY keep trying to deter and stop people from selling or bartering it without government permission in the future. Ed.]*

## Big Cats in Australia

Dear Duncan: I am a long-time reader and enjoy NEXUS.

We had a large cat in our little paddock a few weeks back. Around 3.00 am, our old dog woke us up, so with a super-torch we

## ... more Letters to the Editor

looked around and saw a huge cat near our cattle. Its eyes' spacing was the same as a fully grown cow, only the eyes were much brighter.

The light upset it and it milled about, then ran along our dingo fence which brought it within 75 metres of us—so we got a good look at it. It turned and ran back along our road fence and jumped the front gate, all the time making a "cougar cough" which is what they do when upset, so I'm told (Google "cougar"). It was peppery grey, and I have a hair sample off a dividing fence. Its total body length would have been about 1.5 metres from head to tail. Its running speed, at a guess, would have been 40 kph.

We have lost geese, and many house cats are missing in our area. Also, local hares are not around here any more.

Robert W., Sunshine Coast hinterland, Qld, Australia

[Dear Robert: Thanks for passing on your report. Over the years, there have been many sightings of big cats in the Sunshine Coast region, so be on the lookout and be careful! Ed.]

### **MK-ULTRA Mind Control**

Dear Editor: Dr Michael Mosley's TV program *Into the Mind* (2010) on BBC Knowledge seems to underestimate greatly the power of the CIA's Project MK-ULTRA techniques. Mosley's statement, "Our personalities are too resilient...too hard to control", lacks a thorough

analysis of the subject and may reflect a naïve belief in the ethics of medical practitioners.

In my recently published book *Letters My Grandfather Wrote Me: Family Origins*, I explained that MK-ULTRA is still being used by the medical fraternity and the church in New Zealand and the UK.

My awareness of the subject was triggered by being able to hear private conversations from long distances while attending Freyberg High School in New Zealand.

This school was named after General Freyberg, VC, whose interpretations of ULTRA messages in World War II cast a shadow over his career.

I later read about MK-ULTRA in NEXUS and began to understand some of the things to which I had been exposed.

The unethical use of subliminal sound continues with the public in New Zealand and other countries, its use having been hinted at through sub-themes in numerous famous Hollywood movies over the past four decades.

Bryan Crawford, MA (Clinical Psychology), Wellington, New Zealand

### **The Thrive Movement**

Hi Duncan: I'm a Big Fan! Your magazine has kept me sane over the years by confirming my own suspicions and research. I've also appreciated other enquiring and intelligent thought.

I've not had the resources

nor university degrees to have my many findings published—but someone else has, and has produced an informative, global-watch movie called *Thrive*. They have already paid a very high price for exposing the Truth. Let their sacrifice not be in vain. We are One!

Please check out [www.thrivemovement.com](http://www.thrivemovement.com).

Ann E., NSW, Australia

### **Conspiracies Impossible**

I have been reading NEXUS magazine for a number of years now and generally appreciate most articles; in this current issue [18/06], particularly "A Cosmological Journey".

However, I think that your article "Atlantic Council: Is Libya a 'Global Con'?" leaves a lot to be desired.

I think that articles on cosmology, crop circles, science news, global news, etc. are really good and appropriate.

However, when you delve into politics, I feel that you may be going a little over the top.

As for conspiracy theories, I tend to believe that the simplest answer (Ockham's razor) is often the truest one. I don't think that we humans are organised or intelligent enough to be in any way successful at organising a good conspiracy. We tend to muddle through. Just look at politicians and dictators.

There is no worldwide conspiracy to dominate the world. We are too disorganised as a human

species for that, and that includes political conspiracies.

If you just stuck to esoteric stuff and health and science, I think it would be a much better magazine. Leave the politics to others.

All the best,

David C., NSW, Australia

[Dear David: Thanks for your feedback; but after publishing factual geopolitical information for over 20 years, I am hardly likely to stop now.

That article about Libya attracted several outraged letters—all from people who, like yourself, simply cannot believe that the mainstream media are so compromised.

However, the facts about Libya remain. Gaddafi was NOT a ruthless dictator, and there was NO popular uprising. It was an outside invasion, organised by the West, which used a couple of corrupt tribes inside Libya as "evidence" of a civil war. I reiterate this because the West is using the exact same pattern now against Syria.

I recall similar letters of outrage when we said there were no weapons of mass destruction in Iraq.

Also, I would like to point out that I have been to Libya several times and I saw for myself what the conditions were like.

I truly understand your reluctance to accept just how much you have fallen for the mainstream propaganda when it comes to countries like Libya and Syria, though. But remember, a continuous repetition of lies does not suddenly create the truth. Lies are still lies, and we have been lied to on a scale that defies belief. Ed.]

**ASTHMA DRUGS KILL MORE PEOPLE THAN ASTHMA ITSELF**

Big Pharma has been accused of selling drugs that are so dangerous they cause death, and drugs that cause the exact conditions they're supposed to treat.

The US FDA has known for years that formoterol fumarate, found in Symbicort, Dulera and Foradil, and salmeterol, found in Advair Diskus and Serevent Diskus, can cause asthma deaths, especially in children and African-Americans.

The FDA has heightened the warnings on the labels several times, but the drugs, called long-acting beta-agonists, or LABAs, are so lucrative (Advair was the fourth-best-selling drug in the US last year, making almost \$5 billion) that they remain on the market—despite their estimated US death toll of 4,000 a year. That's equal to, or even more than, the number who die from asthma!

(Source: *AlterNet.org*, 3 November 2011, <http://tinyurl.com/7gpxvy8>)



**BEING TOLD PAINTING IS FAKE CHANGES BRAIN'S RESPONSE**

Being told that a work of art is authentic or fake alters the brain's response to the visual content of artwork, Oxford University academics have found.

Fourteen participants were placed in a brain scanner and shown images of works by Rembrandt; some were genuine, others were convincing imitations painted by different artists. Neither the

participants nor their brain signals could distinguish between genuine and fake paintings.

However, advice about whether or not an artwork is authentic alters the brain's response; this advice is equally effective, regardless of whether the artwork is genuine or not.

Participants reported that when viewing a supposed fake, they tried to work out why the experts regarded it not to be genuine.

Professor Martin Kemp, Emeritus Professor of the History of Art at Oxford University, said: "Our findings support what art

historians, critics and the general public have long believed: that it is always better to think we are seeing the genuine article.

"Our study shows that the way we view art is not rational; that even when we cannot distinguish between two works, the knowledge that one was painted by a renowned artist makes us respond to it very differently."

(Source: *ScienceDaily.com*, 20 December 2011, <http://tinyurl.com/7ugsz4h>)



*"Our decade-long study of the Sun has revealed an unsettling secret. It's actually made up of 50 gazillion LEDs."*

**14,000 US DEATHS LINKED TO FUKUSHIMA FALLOUT**

An estimated 14,000 excess deaths in the USA are linked to the radioactive fallout from the disaster at the Fukushima nuclear reactors in Japan, according to a major new article in the December 2011 edition of the *International Journal of Health Services*.

Authors Joseph Mangano and Janette Sherman note that their estimate of 14,000 excess US deaths in the 14 weeks after the Fukushima meltdowns is comparable to the 16,500 excess deaths in the 17 weeks after the 1986 Chernobyl meltdown.

Just six days after the first of the disastrous meltdowns struck the Fukushima Daiichi reactors on 11

# ... GLOBAL NEWS ...

March 2011, scientists detected that the plume of toxic fallout had arrived over American shores (see map at <http://tinyurl.com/6uwb4pc>).

Subsequent measurements by the US Environmental Protection Agency found levels of radiation in air, water and milk hundreds of times above normal across the US.

Epidemiologist Joseph Mangano, MPH, MBA, said: "This study of Fukushima health hazards is the first to be published in a scientific journal. It raises concerns and strongly suggests that health studies continue, to understand the true impact of Fukushima in Japan and around the world. Findings are important to the current debate of whether to build new reactors, and how long to keep ageing ones in operation."

Mangano is Executive Director of the Radiation and Public Health Project and the author of 27 peer-reviewed medical journal articles and letters.

Toxicologist Janette Sherman, MD, said: "Based on our continuing research, the actual death count here may be as high as 18,000, with influenza and pneumonia, which were up five-fold in the period in question as a cause of death. Deaths are seen across all ages, but we continue to find that infants are hardest hit because their tissues are rapidly multiplying, they have undeveloped immune systems, and the doses of radioisotopes are proportionally greater than for adults."

Dr Sherman is an adjunct professor at Western Michigan University, a consulting editor of *Chernobyl: Consequences of the Catastrophe for People and the Environment*, published by the New York Academy of Sciences in 2009, and author of *Chemical Exposure and Disease: Diagnostic and Investigative Techniques* and *Life's Delicate Balance: Causes and Prevention of Breast Cancer*.

(Source: *PRNewswire.com*, 19 December 2011, <http://tinyurl.com/7h92r37>; also see <http://www.radiation.org>)

## INDEFINITE DETENTION ACT STRIPS CIVIL RIGHTS

A bill that provides for indefinite detention of Americans within the USA, and determines that the entire world is a battlefield on which the "war on terror" is being waged, has now become law.

The National Defense Authorization Act of 2012 (NDAA), sponsored by Democrat Carl Levin and Republican John McCain, enables US military forces to collect and imprison anyone anywhere in the world and keep them confined within the US military system without access to civilian courts. The provisions form part of a US\$662-billion defence appropriation for 2012. The NDAA was signed into law by President Obama on 31 December 2011.

In addition to funding America's ongoing wars and the 900 military bases it maintains in 130 countries, the Act provides for the US President to have draconian worldwide authority to have the military seize anyone suspected of "terrorism" or providing aid to terrorists or "associated forces" anywhere in the world, including US citizens on American soil, and detain them without charge or trial indefinitely.

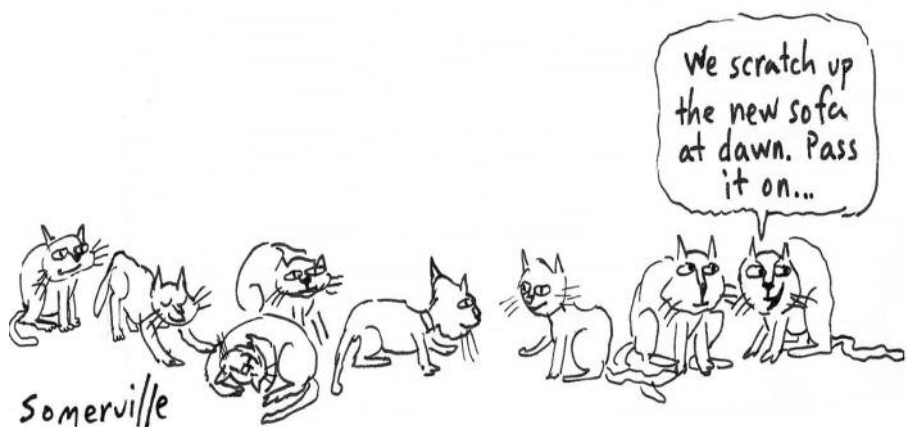
The NDAA represents the complete destruction of everything

that America is supposed to stand for, as the most essential of rights have been stripped away.

State and local police, the Justice Department and FBI are no longer responsible on matters relating to alleged national security concerns. Henceforth, the US military may arrest and indefinitely detain anyone anywhere, including American citizens, based on suspicions, spurious allegations or none at all if the President so orders.

Michel Chossudovsky wrote on *Global Research* that the NDAA "...repeals the US Constitution. While the façade of democracy prevails, supported by media propaganda, the American republic is fractured. The tendency is towards the establishment of a totalitarian state, a military government dressed in civilian clothes." Chossudovsky compared provisions of the NDAA to Germany's "Reichstag Fire Decree" of 27 February 1933, which was used to repeal civil liberties including the right of habeas corpus.

(Sources: *Crikey.com.au*, 16 December 2011, <http://tinyurl.com/84k6tfz>; *Indian Country Today*, 8 Dec, <http://tinyurl.com/838hk9f>; *BlackListedNews.com*, 16 December 2011, <http://tinyurl.com/77ssptc>; *Global Research*, 1 January 2012, <http://tinyurl.com/88v7x3>)



# ... GLOBAL NEWS ...

## INDIA'S BIOMETRIC ID SYSTEM AND A CASHLESS SOCIETY

On 29 September 2010 in the village of Shahada in Maharashtra State, the Unique Identification Authority of India (UIDAI) launched its nationwide program to allocate a unique identification number (UID) to every single one of India's 1.2 billion residents.

Each number is stored in a centralised database and linked to the basic demographic and biometric information—i.e., a photograph, 10 fingerprints and both iris scans—of each individual.

Although the justification for the billion-person database is the increased ability to disperse social welfare benefits accurately, it will not be just the Indian government's social welfare programs that have access to and utilise the UID.

Indeed, even before the program has been completed, major banks, state and local governments and other institutions are planning to use the UID for identification verification purposes and, of course, for payment and accessibility.

Indian government officials have already stated that the database will be used by intelligence agencies to

monitor banking transactions, cellphone purchases and the movements of individuals and groups suspected of fomenting terrorism. This will be very easy to do, since the UID number will be entered any time an individual accesses services from government departments, driver's licence offices and hospitals as well as insurance, telecom and banking companies.

At this point, the UID program is optional—but obviously not for long.

The CEO of MindTree's IT Services, the company that was awarded the Indian government's contract for development and maintenance of the UID, explained in an interview with ComputerWeekly.com that the "ID scheme will support a cashless society". He said that all vendors will have a biometric reader, and citizens can pay for things—even a bag of rice—with a fingerprint scan.

No doubt, even after such an admission by a man who was instrumental in the development of the program, many who read this article will still dismiss it as a "conspiracy theory".

(Sources: *Activist Post*, 12 January 2012, <http://tinyurl.com/76zmml4>; *ComputerWeekly.com*, 23 June 2011, <http://tinyurl.com/7po4cry>; Wikipedia)

## CLIMATEGATE 2.0: NEW EMAILS REIGNITE SCANDAL

A new batch of emails sent between scientists central to the assertion that humans are causing a global warming crisis was anonymously released to the public yesterday [22 November 2011], igniting another firestorm of controversy nearly two years to the day after similar emails ignited the Climategate scandal.

Three themes are emerging from these 5,000 emails: (1) prominent scientists central to the global warming debate are taking measures to conceal rather than disseminate underlying data and discussions; (2) these scientists view global warming research as a political "cause" rather than a balanced scientific inquiry; and (3) many of these scientists frankly admit to each other that much of the science is weak and is dependent on the deliberate manipulation of facts and data.

These emails add weight to the "Climategate 1.0" emails, revealing efforts to politicise the scientific debate and advance predetermined outcomes. As well as exposing misconduct and improper motives, the emails include frank admissions of the scientific shortcomings of global warming assertions.

"Observations do not show rising temperatures throughout the tropical troposphere unless you accept one single study and approach and discount a wealth of others. This is just downright dangerous. We need to communicate the uncertainty and be honest," writes Peter Thorne of the UK Met Office. "I also think the science is being manipulated to put a political spin on it which for all our sakes might not be too clever in the long run," Thorne adds.

More damaging emails will likely be uncovered as observers pour through the 5,000 emails.

(Source: *Forbes.com*, 23 November 2011, <http://tinyurl.com/7ltuhox>)



## ATMOSPHERIC RIVERS

Atmospheric rivers (ARs) are giant ribbons of moist air, at least 2,000 kilometres long and several hundred kilometres across, which move water across the middle latitudes. They flow in the lower troposphere, where winds with speeds in excess of 12.5 metres per second can carry as much water as the Amazon River. At any given time, four or five ARs carry nearly 90 per cent of the moisture that is moving towards the poles.

University of Reading researchers have linked ARs to the 10 most extreme winter floods recorded in the UK since the 1970s.

(Source: *NewScientist.com*, 11 November 2011, <http://tinyurl.com/6tg6zlx>)

## NIGERIA: THE NEXT FRONT FOR AFRICOM

At an AFRICOM conference held at Fort McNair on 18 February 2008, US Vice Admiral Robert T. Moeller openly declared that a guiding principle of AFRICOM is to protect "the free flow of natural resources from Africa to the global market", before citing China's increasing presence in the region as challenging to American interests.

After the unwarranted snatch-and-grab regime change conducted in Libya, nurturing economic destabilisation, civil unrest and sectarian conflict in Nigeria is an ultimately tangible effort to secure Africa's second-largest oil reserves.

Libya's sovereign wealth fund accounts, worth over US\$1.2 billion, were frozen during the pillage and essentially absorbed by Franco-Anglo-American powers. It would be realistic to assume that much the same would occur if Nigeria failed to comply with western interests. While agents of foreign capital have already infiltrated its government, there is little doubt that Nigeria will be next.

(Source: *BlackListedNews.com*, 6 January 2012, <http://tinyurl.com/6pgltfk>)

## COMMUNAL FOOD-GROWING MAKES TOWN SELF-SUFFICIENT

Carrots in the car park. Radishes on the roundabout. This is the deliciously eccentric story of the town growing *all* of its own vegetables.

Outside the police station in the small Victorian mill town of Todmorden, West Yorkshire, UK, there are three large raised flower beds. If you'd visited a few months ago, you'd have found them overflowing with curly kale, carrot plants, lettuces, spring onions—all manner of vegetables and salad leaves.

Today the beds are bare. Why? Because people have been wandering up to the police station forecourt in broad daylight and digging up the vegetables.

But the vegetable-swipers are not thieves. The police station carrots, and thousands of vegetables in 70 large beds around the town, are there for the taking. Free.

So there are (or were) raspberries, apricots and apples on the canal towpath; blackcurrants, redcurrants and strawberries beside the doctor's surgery; beans and peas outside the college; cherries in the supermarket car park; and mint, rosemary, thyme and fennel by the health centre.

The vegetable plots are the most visible sign of an amazing plan: to make Todmorden the first town in the country that is self-sufficient in food.

"This is a revolution," says Mary Clear, 56, a grandmother of 10 and co-founder of Incredible Edible, as the scheme is called. "But we are gentle revolutionaries. Everything we do is underpinned by kindness."

Incredible Edible is about more than plots of vegetables. It's about educating people about food and stimulating the local economy.

The idea came about in 2008, after Mary and co-founder Pam Warhurst, the former owner of the town's Bear Café, began fretting about the state of the world and wondered what they could do. They reasoned that all they could do is start locally, so they got a group of people, mostly women, together in the café.

"Wars come about by men having drinks in bars; good things come about when women drink coffee together," says Mary. "Our thinking was: there's so much blame in the world—blame local government, blame politicians, blame bankers, blame technology...let's just do something positive instead."

Today, hundreds of townspeople who began by helping themselves to the communal vegetables are now well on the way to self-sufficiency.

Crucially, the scheme is also about helping local businesses. The Bear, a wonderful shop and café with a magnificent original Victorian frontage, sources all its ingredients from farmers within a 30-mile [~48-kilometre] radius. There's a brilliant daily market. People here can eat well on local produce, and thousands now do.

So what sort of place is Todmorden (known locally, without exception, as "Tod")? If you're assuming it's largely peopled by middle-class grandmothers, think again. Nor is this place a mecca for the gin-and-jag golf club set. Located in a Pennine valley—once, the road through the town served as the border between Yorkshire and Lancashire—it is a vibrant mix of age, class and ethnicity. A third of households does not own a car; a fifth does not have central heating. You can snap up a terrace house for £50,000, or spend close to £1 million on a handsome stone villa with seven bedrooms.

Similar schemes are being piloted in 21 other towns in the United Kingdom, and there's been interest shown from as far afield as Spain, Germany, Hong Kong and Canada.

(Source: *Daily Mail, UK*, 10 December 2011, <http://tinyurl.com/6sdnkqd>)

The logo for Nexus Conference 2011, featuring the word "NEXUS" in a large, stylized, orange-red font with a glowing effect. Below it, "CONFERENCE 2011" is written in a smaller, white font. The background is a dark blue space scene with stars and a glowing planet.

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# THE “ARAB SPRING” AND US GLOBAL HEGEMONY

*Wall Street and London corporate-financier-funded NGOs and proxies along with NATO forces engineered the 2011 uprisings in the Middle East and have installed puppet leaders open to their agendas for economic and political control.*

by Tony Cartalucci ©  
24 December 2011

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Article available at:  
<http://tinyurl.com/7e6elnj>

In January 2011, we were told that "spontaneous", "indigenous" uprising had begun sweeping North Africa and the Middle East in what was being hailed as the "Arab Spring". It would be almost four months before the corporate media would admit that the US had been behind the uprisings and that they were anything but "spontaneous" or "indigenous". In a 14 April 2011 *New York Times* article titled "US Groups Helped Nurture Arab Uprisings", it was stated:

"A number of the groups and individuals directly involved in the revolts and reforms sweeping the region, including the April 6 Youth Movement in Egypt, the Bahrain Center for Human Rights and grass-roots activists like Entsar Qadhi, a youth leader in Yemen, received training and financing from groups like the International Republican Institute, the National Democratic Institute and Freedom House, a nonprofit human rights organization based in Washington..."

Regarding the US National Endowment for Democracy (NED), the article added:

"The Republican and Democratic institutes are loosely affiliated with the Republican and Democratic Parties. They were created by Congress and are financed through the National Endowment for Democracy, which was set up in 1983 to channel grants for promoting democracy in developing nations. The National Endowment receives about \$100 million annually from Congress. Freedom House also gets the bulk of its money from the American government, mainly from the State Department."

It is hardly a speculative theory, then, that the uprisings were part of an immense geopolitical campaign conceived in the West and carried out through proxies with the assistance of disingenuous foundations, organisations and the stable of NGOs maintained throughout the world. As we will see, preparations for the "Arab Spring" and the global campaign that is now encroaching on both Russia and China, as predicted in February 2011's "The Middle East & then the World", began not then, as unrest had already begun, but years before the first "fist" was raised and within seminar rooms in Washington, DC, and New York, US-funded training facilities in Serbia and camps held in neighbouring countries, not within the Arab world itself.

## **The Timeline: 2008–2010 – Preparing the Battlefield**

**3–5 December 2008:** Egyptian activists from the now infamous "April 6" Youth Movement were in New York City for the inaugural Alliance of Youth Movements (AYM) Summit, also known as Movements.org. There, they received training, networking opportunities and support from AYM's various corporate and US governmental sponsors, including the US Department of State itself. The AYM 2008 Summit report states that James Glassman, the then Under Secretary of State for Public Diplomacy and Public Affairs, attended, as did Jared Cohen, who sits on the policy planning staff of the

Office of the Secretary of State. Six other State Department staff members and advisers also attended the summit, along with an immense list of corporate, media and institutional representatives.

Shortly afterwards, the April 6 Movement travelled to Serbia to train under the US-funded CANVAS [Centre for Applied NonViolent Action and Strategies], formerly the US-funded NGO Otpor! which in 2000 helped overthrow the government of Serbia. Otpor!, the *New York Times* reported, was a "well-oiled movement backed by several million dollars from the United States". After its success, it changed its name to CANVAS and began training activists to be used in other US-backed regime-change operations.

*Foreign Policy* magazine reported in its article "Revolution U" that CANVAS assisted protesters in the Rose Revolution of Georgia and the Orange Revolution of the Ukraine and is currently working with networks from Belarus, Myanmar (Burma) and all across the Middle East and North Africa as well as with activists from North Korea and 50 other countries.

**2009:** In a US Department of State-funded Radio Free Europe-Radio Liberty (RFE-RL) article titled "Exporting Nonviolent Revolution, from Eastern Europe to the Middle East", it was stated:

"[Srdja] Popovic then exported his nonviolent methods, helping train the activists who spearheaded Georgia's Rose Revolution in 2003 and Ukraine's Orange Revolution in 2004.

"And now, Popovic is deploying his new organization, called Canvas, even farther afield—assisting the pro-democracy activists who recently brought down despotic regimes in Egypt and Tunisia."

Activists from Iran, Belarus and North Korea were also confirmed by RFE-RL as having received training from CANVAS. The RFE-RL article places the activists' meeting with CANVAS at some time during 2009.

**February 2010:** The April 6 Movement, after training with CANVAS, returned to Egypt in 2010 along with United Nations International Atomic Energy Agency (IAEA) chief Dr Mohamed ElBaradei. April 6 members were even arrested while waiting for ElBaradei's arrival at Cairo's airport in mid-February. Already, ElBaradei, as early as 2010, had announced his intention of running for President in the 2011 elections. Together with April 6, Wael Ghonim of Google and a coalition of other opposition parties, ElBaradei assembled his National Front for Change and began preparing for the coming "Arab Spring".

Clearly, then, unrest was long planned, with activists

from Tunisia and Egypt on record as receiving training and support from abroad so that they could return to their home nations and sow unrest in a region-wide coordinated campaign.

An April 2011 Agence France-Presse report confirmed this when the US State Department's Michael Posner stated that the US government "has budgeted \$50 million in the last two years to develop new technologies to help activists protect themselves from arrest and prosecution by authoritarian governments". The report went on to explain that the US "...has organized training sessions for 5,000 activists in different parts of the world. A session held in the Middle East about six weeks ago gathered activists from Tunisia, Egypt, Syria and Lebanon who returned to their countries with the aim of training their colleagues there." Posner added: "They went back and there's a ripple effect." That ripple effect, of course, is the "Arab Spring".

**...the WikiLeaks cables were merely used as a planned rhetorical justification for long ago premeditated foreign-funded sedition.**

### **2011 – Year of the Dupe**

**16 January 2011:** Al Arabiya News reported in its article "Tunisian exiled reformist to head back home" that Moncef Marzouki was returning to Tunisia from Paris amidst the chaos sown by US State Department trained, supported and equipped mobs who were "triggered" by the convenient release of US State Department cables via WikiLeaks. Quite

clearly, considering the training Tunisian opposition groups received long before the cables were released, the WikiLeaks cables were merely used as a planned rhetorical justification for long ago premeditated foreign-funded sedition. Since then, WikiLeaks has been employed in an identical manner everywhere from Egypt to Libya and even as far flung as Thailand.

Moncef Marzouki, it turns out, was the head [and is now an Executive Board member] of the Arab Commission for Human Rights, a collaborating institution with the US NED World Movement for Democracy (WMD), including a Conference on Human Rights Activists in Exile, and a participant in the WMD Third Assembly alongside Marzouki's Tunisian League for Human Rights, sponsored by NED, George Soros's Open Society and USAID.

A "call for solidarity" by the International Federation for Human Rights (FIDH) mentions by name each and every group constituting the Tunisian opposition during the "uprising" in January 2011 as "FIDH member organisations". These include Marzouki's Tunisian League for Human Rights, the Tunisian Association of Democratic Women and the National Council for Liberties in Tunisia (CNLT). FIDH, acting as an

international nexus for various foreign-funded organisations carrying out sedition worldwide under the guise of "human rights", is itself fully funded by the US government through the National Endowment for Democracy, Soros's Open Society and many others with clearly compromised affiliations.

**28 January 2011:** After a warning by journalist/activist Dr Webster G. Tarpley of World Crisis Radio, the alternative media began looking closer at the unrest in Egypt which began shortly after Tunisia's growing crisis. In "All is not what it seems in Egyptian Clashes" it was noted that protest leader Mohamed ElBaradei was in fact a devoted agent of the West, with a longstanding membership within the Wall Street-London-funded International Crisis Group (ICG) alongside "senior Israeli officials" including the current President of Israel, Shimon Peres, the current Governor of the Bank of Israel, Stanley Fischer, and the former Foreign Minister of Israel, Shlomo Ben-Ami. The ICG also includes senior American bankers and geopolitical manipulators including George Soros, Zbigniew Brzezinski, Richard Armitage, Samuel Berger and Wesley Clark.



Mohamed ElBaradei's ties to the West go much deeper than merely play-acting within the ineffectual, genocide-enabling United Nations. ElBaradei is also a member of the corporate-financier-funded International Crisis Group.

Ironically, western media outlets insisted that ElBaradei was both anti-American and strongly anti-Israeli in a ruse best described in March 2010 in the Council on Foreign Relations' *Foreign Affairs* article "Is ElBaradei Egypt's Hero?":

"Further, Egypt's close relationship with the United States has become a critical and negative factor in Egyptian politics. The opposition has used these ties to delegitimize the regime, while the government has engaged in its own displays of anti-Americanism to insulate itself from such charges. If ElBaradei actually has a reasonable chance of fostering political reform in Egypt, then US policymakers would best serve his cause by not acting strongly. Somewhat paradoxically,

ElBaradei's chilly relationship with the United States as IAEA chief only advances US interests now."

The most recent manifestation of this came when Israel farcically called ElBaradei an "Iranian agent". This further illustrates the immense level of duplicity with which world events are being manipulated.

**17 February 2011:** The London-based National Front for the Salvation of Libya (NFSL) called for a Libyan "Day of Rage" to be held on 17 February, to match the US destabilisation rhetoric used in Tunisia and Egypt. The NFSL has been backed by the CIA and MI6 since the 1980s and made multiple attempts to overthrow Qaddafi's government with both terrorist attacks and armed insurrection.



Note the EnoughGaddafi.com signs. EnoughGaddafi.com's webmaster is listed on the US State Department's Movements.org as the Twitter to follow.

**18 February 2011:** In the wake of Hosni Mubarak's ousting, Soros's Open Society Institute was found to be behind the NGOs involved in drafting Egypt's new constitution. These "civil society" groups include the Arabic Network for Human Rights Information, openly funded by the Open Society Institute and the neocon-lined, NED-funded Egyptian Organization for Human Rights. It appears that while the International Crisis Group was turning out the strategy and its trustee ElBaradei was leading the mobs into the streets, it was the vast array of US-supported NGOs that were working out and implementing the details on the ground.

**21 February 2011:** An interview with Ibrahim Sahad of NFSL, on ABC Australia's *Lateline* TV program featured every talking point covered by the mainstream corporate media from previous weeks regarding Libya, all with the White House and Washington Monument looming over him in the background. He made calls for a no-fly zone in reaction to unsubstantiated accusations that Qaddafi was strafing "unarmed protesters" with warplanes.

March 2011's "US Libyan Policy: Zero Legitimacy" noted the clearly heavily armed, western-backed insurgency that was still being disingenuously portrayed by western media as "peaceful protest".

**28 February 2011:** "Destroying Libya" stated:

"While Libyan opposition leader Ibrahim Sahad leads the rhetorical charge from Washington, DC, his National Front for the Salvation of Libya (NFSL) on the ground is armed to the teeth, as it has been throughout its 20-year history of attempted CIA-backed rebellions against Qaddafi. In 1984, the NFSL tried to overthrow Qaddafi in a failed armed coup. The *Daily Globe and Mail* also recently confirmed that the NFSL along with the Libyan National Army, both under Sahad's new National Conference [for the] Libyan Opposition (NCLC), had both 'attempted coups and assassinations against Col. Gadhafi in the 1980s'."

Already at this point, both British and US representatives were admitting that Libyan rebels were indeed heavily armed. Instead of condemning the violence, they openly called for additional weapons and military support to be provided.

**17 March 2011:** The United Nations decided to enforce a no-fly zone over Libya to save the globalist-backed rebellion from sputtering in failure and bordering on a "Bay of Pigs" disaster. Canadian, American, French, Arab and British jets were already reported to be preparing for the operation.

**24 March 2011:** Unrest had already begun in Syria as NATO began bombing Libya, while Egypt and Tunisia had already fallen into political and economic chaos. In "Globalists Hit in Syria", the opposition is closely examined and documented once again to be a creation of western-backed opposition groups.

Much of the "evidence" of Syria's unrest was being filtered through organisations such as the London-based Syrian Human Rights Committee, whose hearsay statements posted on its website were cited by corporate news media in outlandish reports of violence that also include "activists say" after each allegation. The Syrian Observatory for Human Rights, also London based, is now the exclusive source cited by corporate media reports regarding Syria.

**26 March 2011:** In Egypt, signs of a counter-revolution and the first signs of weakness in ElBaradei's chances to be installed as President began to show. Mobs pelted ElBaradei with rocks, calling him "an American agent". WikiLeaks again came to the aid of US interests by trying to reintroduce the "anti-western" image that ElBaradei had been ham-fisted in portraying.

**28 March 2011:** A report on the *Fortune* 500-funded



Red = US-backed destabilisation, Blue = US occupied or stationed. China's oil and sea accesses to the Middle East and Africa are being or have already been cut. A similar strategy of isolation was used on Japan just before World War II.

Brookings Institution's "Libya's Test of the New International Order" exposed the war as not one of a "humanitarian" nature but aimed explicitly at establishing an international order and the primacy of international law.

**17 April 2011:** Syria's unrest has yielded widespread arson as well as reports of gunmen targeting both protesters and state security forces in a bid to escalate violence. According to "Globalist War Machine Fixates on Syria", the "Libya precedent" has already been cited by US and French politicians as justification to use force against Syria. A later article, "Color Revolution's Mystery Gunmen", would establish a historical context within which to view the current violence in Syria and the fact that it is provocateurs who are sowing much of the violence.

**The United Nations decided to enforce a no-fly zone over Libya to save the globalist-backed rebellion from sputtering in failure...**

**20 April 2011:** Belarus President Alexander Lukashenko announced that his nation was now also under covert attack by western forces to foster an "Arab Spring-style" insurrection. "Besieging Belarus" documented ties between Belarus opposition members and the same western organisations and institutions fuelling the Arab Spring.

**22 April 2011:** US Senator John McCain touched down in Benghazi, Libya, and consorted with verified terrorists who were fresh back from Iraq and Afghanistan where they were killing US troops. A West Point report would later confirm with absolute certainty that the region from which the Libyan rebellion began was also the Libyan Islamic Fighting Group's centre of operations. It would also expose the fact that the LIFG was in fact a long-time affiliate of Al Qaeda, with LIFG members occupying the highest levels of leadership within the terrorist organisation.

**May 2011:** In "Libya at any Cost", the conflict in Libya was reported to be escalating, with NATO attempts to assassinate Qaddafi and the targeted killings of several of his family members including several of his grandchildren.

"America's Arab Deception" attempted to review the past several months of engineered chaos blowing through North Africa and the Middle East.

**June 2011:** It was noted in "You Can't Make This Stuff Up" that the National Endowment for Democracy had already begun its first round of self-aggrandising, passing out awards to several of the dupes and collaborators who made its campaign of carnage throughout the Arab world a reality.

In "Arab Spring brings Corporate Locusts", the true agenda behind Egypt's and indeed the entire Arab Spring's unrest became apparent as US representatives gave *Fortune* 500 executives a tour of destabilised Egypt and Tunisia in an effort to promote economic liberalisation and privatisation. Senators John McCain and John Kerry led the tour and had co-sponsored bills to promote what would essentially be the meshing of Egypt and Tunisia's economies into the Wall Street–London international order.

In late June, France admitted to violating the terms of UN Security Council Resolution 1973 and arming Libyan rebels.

**July 2011:** The African Union wholly rejected the mandate of the International Criminal Court (ICC) against Libya, exposing the severe illegitimacy with which the Court operates. Ties to corporate–financier-funded organisations as well as the tenuous nature of the ICC's claims against Libya's Qaddafi are revealed in "It's Official: International Criminal Court has Zero Mandate". It would later be confirmed by

members of Libya's "human rights" community that indeed they, in collaboration with the rebel leaders, had fabricated the numbers supplied to both the UN and the ICC and that no verified or documented evidence of Qaddafi's "atrocities" were produced.



Thaksin Shinawatra (left), a long time servant of the global elite since before even becoming Thailand's Prime Minister in 2001, reports to the CFR in New York City on the eve of the 2006 military coup that ousted him from power. He has now returned to power in Thailand via a proxy political party led by his own sister, Yingluck Shinawatra. Securing the votes of only 35 per cent of eligible voters puts on full display how tenuous his support really is within a nation which he claims stands entirely behind him.

In Thailand, another long-running US-backed colour revolution finally yielded results and saw the return of Wall Street proxy Thaksin Shinawatra's political party to power. Various mouthpieces of the global elite, including the Council on Foreign Relations itself, gave stern warnings to Thailand's establishment to accept the tenuous results of the July elections or face isolation and other consequences.

Another Southeast Asian country, Malaysia, also saw colour revolution take to the streets: this time, the yellow-clad, NED-funded Bersih movement.

**August 2011:** By August, even the corporate media had begun admitting that Syria's opposition was "mostly unarmed"—or, in other words, armed. The opposition was starting to



Libya's rebels are far from motivated by democratic aspirations. Their grievances lie along ethnic, not political, divides. "Gaddafi supporters" is the euphemism being used by the global corporate media in describing the generally darker skinned and African tribes that form the majority of western Libya's demographics and who are bearing the brunt of NATO-backed rebel atrocities.

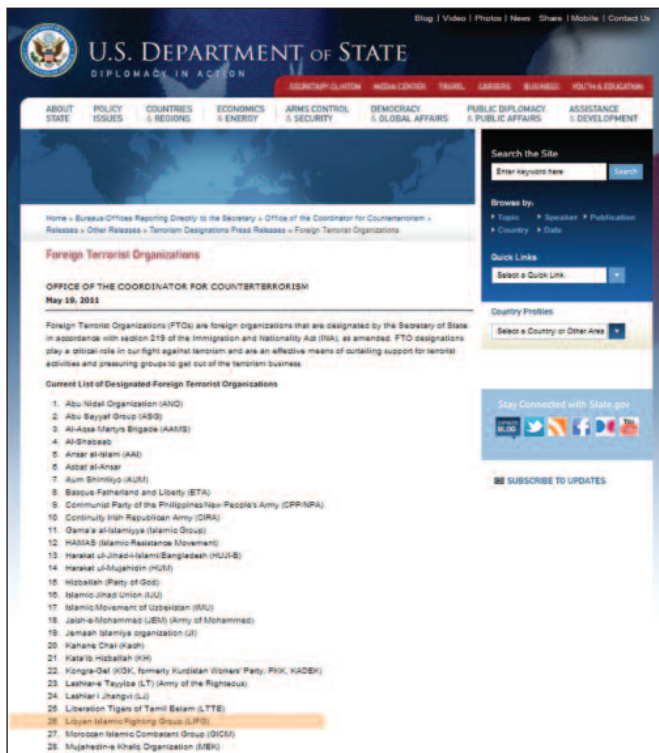
be more clearly defined as armed ethnic groups and armed militants of the Muslim Brotherhood.

By late August, NATO had begun a coordinated attack on Tripoli, Libya, involving an elaborate psychological operation with claims that it had eliminated or captured the entire Qaddafi family in a single day. The following day, Saif al-Islam Qaddafi turned up alive and well, and free, while leading fierce fighting that would carry on until October and result in NATO's levelling the cities of Bani Walid and

Sirte in particular into piles of rubble. It had become entirely clear that NATO was providing air support not for democracy-loving freedom fighters but for hardcore terrorists who were carrying out a systematic campaign of genocide and reprisals throughout the country.

**September 2011:** Sensing victory in Libya, corporate-financier-funded think-tanks began preparing for the rebuilding and despoiling of the Libyan economy. "Globalists to Rebuild Libya" commented on NATO's Atlantic Council's report detailing just how they would go about doing this.

Also, as violence in Libya spiralled out of control and atrocities carried out by the rebels and their NATO backers became more obscene, the fraudulent nature of the "War on Terror" became clear. "Libyan Rebels Listed by US State Department as Terrorists" illustrated how NATO members are guilty of violating anti-terrorist laws by providing material support for listed terrorist organisations.



A screenshot taken directly from the US Department of State website showing the Libyan Islamic Fighting Group (LIFG) clearly listed as a foreign terrorist organisation. This is important, as US Code prohibits providing material support to listed terrorist organisations. Listed below LIFG is MEK, an Iraqi-Iranian group also being armed and supported by the US. (Source: <http://www.state.gov/s/ct/rls/other/des/123085.htm>)

Senator John McCain landed in Libya, this time in Tripoli to celebrate the destruction of the country and shake hands once again with members of the Libyan Islamic Fighting Group that delivered Qaddafi's Libya into the hands of the Wall Street-London elite.

**October 2011:** While Tunisia and Egypt had fallen and Libya, too, was being seized by proxy forces fuelled by the West, the Obama administration began withdrawing troops from Iraq. This suspicious withdrawal, when otherwise the rest of the Middle East was under US

proxy assault, raised serious suspicions that an escalation, not a retreat, was to follow.

Rhetoric for war with Iran had been steadily increasing and the beginning of what looked like a covert war was being fought inside and along Iran's borders. A disastrous ploy of framing Iran for the alleged planned assassination of the Saudi ambassador in Washington, DC, fell apart when Iranians linked the plot to the US-backed terrorist organisation Mujahedin-e Khalq (MEK).

It is more than likely that the withdrawal of troops from Iraq would simply provide the US "plausible deniability" for an Israeli airstrike on Iran.

**November 2011:** Syria's "peaceful protesters", who all along had been fully armed and attempting to stoke a Libyan-style civil war, were finally acknowledged as such by the corporate media and more importantly by the corporate-funded think-tanks that supply them with their talking points. In "IISS: Syria's Opposition is Armed", it is stated that a report out of the International Institute for Strategic Studies (IISS) by Emile Hokayem, Senior Fellow for Regional Security at IISS-Middle East, openly admitted that Syria's opposition is armed and prepared to drag Syria's violence into even bloodier depths.

Also in November, Wall Street and London's assault on Libya came full circle with the installation of Abdurrahim El-Keib as Prime Minister. El-Keib, who spent decades in exile in the US, was previously employed by The Petroleum Institute, based in Abu Dhabi, UAE, and sponsored by British Petroleum (BP), Shell, France's Total, the Japan Oil Development Company and the Abu Dhabi National Oil Company.

Joining El-Keib was US-funded activist Moncef Marzouki, named as President of Tunisia. Marzouki spent two decades in exile in Paris, France, and as noted previously [16 January 2011] was the head [and is now on



The farce that is western "democracy": one corporate-fascist puppet, Mahmoud Jibril, steps down and another, Abdurrahim El-Keib, takes his place. In reality, it is NATO states and their corporate sponsors that now determine Libya's fate. Pictured above, El-Keib (left) poses with Mustafa Abdul-Jalil, Chairman of the unelected NATO-backed National Transitional Council of Libya.

the Executive Board] of the Arab Commission for Human Rights, a collaborating institution with the US NED World Movement for Democracy.



US NED-funded activist leader Moncef Marzouki, after spending two decades in exile in Paris, helps foist the facade of “democracy” onto the Tunisian people.

In Egypt in late November, a second “revolution” began unfolding on the streets. In reality, it was the same western-backed forces led by ElBaradei and the emerging Mamdouh Hamza [of ElBaradei’s National Front for Change] against Egyptian military forces that seemed to have gone back on whatever arrangements they made with the West after the fall of Mubarak.

The United Nations, in another attempt to escalate foreign intervention in Syria, released a UN Human Rights Council report regarding Syrian “crimes against humanity”. It was actually co-authored by Karen Koning AbuZayd, a director of the Washington-based corporate think-tank Middle East Policy Council, which includes Exxon men, CIA agents, US military and government representatives and even the President of the US–Qatar Business Council, whose members include Al Jazeera, Chevron, Exxon, munitions manufacturer Raytheon (which supplied the opening salvos during NATO’s operations against Libya) and Boeing. The report itself contained no verifiable evidence but rather hearsay accounts recorded in Geneva by alleged “victims”, “witnesses” and “defectors”, put forth by “all interested persons and organizations”. In other words, it was an open invitation for Syria’s enemies to paint whatever image of the ruling government they pleased.

**December 2011:** With Tunisia and Libya fully run by western proxies, with Egypt and Syria still mired in chaos and with globalists calling for war on Iran, the “Arab Spring” was nearly complete. However, the “Arab Spring” was only the first leg of a grander strategy to encircle Russia and China. In December, the campaigns to move in on Russia and China began in earnest.

Hillary Clinton, for the November 2011 edition of *Foreign Policy Magazine*, penned “America’s Pacific Century”, a declaration of imperial intent for American “leadership” in Asia for the next 100 years. The article



The “String of Pearls”: China’s oil lifeline is to be cut by the destabilisation and regime changes being made throughout Africa and the Middle East. Along the “String”, the US has been destabilising nations from Pakistan to Myanmar, from Malaysia to Thailand, to disrupt and contain China’s emergence as a regional power.

“Hillary Clinton and the New American (Pacific) Century” [16 November 2011] commented:

“Upon reading Clinton’s declaration of intent for American leadership into the next century, readers may recall the similarly named, ranting Project for a New American Century, signed off on by some of America’s most notorious neo-conservatives, which almost verbatim made the same case now made by Clinton. In fact, America’s evolving confrontation with China, marked acutely by Obama’s announcement of a permanent US military presence in Australia just this week, is torn directly from the pages of decades-old blueprints drawn up by corporate-financier-funded think-tanks that truly rule America and its destiny.

“As reported in June 2011’s ‘Collapsing China’, as far back as 1997 there was talk about developing an effective containment strategy coupled with the baited hook of luring China into its place amongst the ‘international order’. Just as in these 1997 talking-points where author and notorious neo-con policymaker Robert Kagan described the necessity of using America’s Asian ‘allies’ as part of this containment strategy, Clinton goes through a list of regional relationships the US is trying to cultivate to maintain ‘American leadership’ in Asia.

“For example, the recently reinstated Wall Street proxy regime in Thailand, led by Thaksin Shinawatra and his sister Yingluck, has received reassurances by Clinton herself just this week, stating that ‘it is in the national security and political interest of the United States to have this government succeed’. As reported in depth in ‘Confirmed: Thailand’s “Pro-Democracy” Movement Working for US’, Thaksin Shinawatra and his political regime have had longstanding, well-documented ties to Wall Street and London. The US backing of puppet regimes like Thaksin, installing them into power and keeping them there, is central to projecting power

throughout Asia and keeping China subordinate—or, as Kagan put it in his 1997 report, these proxy regimes will have China 'play Gulliver to Southeast Asia's Lilliputians, with the United States supplying the rope and stakes'."

In Myanmar (Burma), "democracy icon" Aung San Suu Kyi, whose entire movement is a creation of Wall Street and London, received Hillary Clinton as well as Thailand's proxy PM Yingluck Shinawatra in a globalist show of support designating her as the de facto leader and point of contact within the Southeast Asian country. Clinton's visit coincided with a successful campaign, led by US NGOs to oust Chinese interests in the nation, that resulted in the halting of a dam that was to provide electricity, revenue, flood control and irrigation for the people of Myanmar.

Meanwhile in Russia, Wall Street and London attacked more directly, attempting to interfere with Russian elections in December and resulting in several street protests led by overtly linked NED, Soros and Rothschild operatives. NED-funded NGO Golos played a key role in portraying the elections as "rigged" and constituting America's extraterritorial meddling in Russia's sovereign affairs.



NATO's creeping encirclement of Russia has now been combined with another round of "colour revolution" destabilisations in Belarus and now in Russia itself.

A concerted effort by the corporate media to misrepresent the unrest in Russia was pointed out in "Russian Protests: Western Media Lies", illustrating just how coordinated the overarching global destabilisation being carried out actually is.

In "Wall Street Vs. Russia", it was concluded:

"It is quite clear that the National Endowment for Democracy, Freedom House, The Foreign Policy Initiative and even the US State Department, whose new

Foreign [Policy] Advisory Board is full of think-tanks representing overt corporate-financier interests, are not interested in 'democracy', 'human rights' or 'freedom' in Russia but, rather, [in] removing the Kremlin out of the way and re-establishing the parasitic feeding on the Russian people and its economy [that] they enjoyed after the fall of the Soviet Union."

In late December, it was confirmed that the same Al Qaeda militants who ravaged Libya with NATO's aid were on their way to Syria to help overthrow the Assad government. LIFG leader Abdelhakim Belhadj was confirmed to be on the Syrian border preparing troops of the so-called Free Syrian Army.

This wasn't the only recent example of the West operating in tandem with listed terrorist groups. It was also reported in "Exposed: US Troops Guarded Terrorist Camp in Iraq" that the US has been guarding a terrorist MEK training camp inside Iraq and is planning to relocate it, possibly to a freshly abandoned US military base in Iraq, while DC lobbyists work feverishly to have the group de-listed, armed and sent to conduct terrorist operations in Iran. Shocking comments had already been made in the Brookings Institution's 2009 report, "Which Path to Persia?", that US policy experts conspired to use the MEK against the government of Iran. In essence, corporate-funded policymakers have transformed the US into a state sponsor of terror.

### Conclusion: What Next for the Globalists?

The year 2011 was surely the Year of the Dupe. Youth enamoured with lofty naive notions of "freedom" sold to them by corporate-fascist-funded NGOs were brought into the streets to create chaos and division which was then capitalised on by covert political and even military manoeuvring by the West and its proxy forces.

In Egypt, the nation is teetering on the edge of being fully integrated into the Wall Street-London international order, while a Big Oil representative is enjoying his new position as Prime Minister of Libya. In Tunisia, a lifelong stooge of western machinations is now President, and an alarming campaign of NATO-backed violence and terrorism is gripping Syria.

With the encirclement of Russia and China, these dupes have witlessly brought the world to the edge of World War III and have clearly done nothing at all to improve their own state of being. As their nations fall under the control of increasing western influence, the resources once used to placate them and defend their nationalism will now be diverted into the bottomless maw of the parasitic banking combines that are currently destroying both North America and Europe.

February's "The Middle East & then the World" is well worth reading again—to see how far we've come over the last year since it was written and what is left for the globalists to do. As the globalists come ever closer to

**Continued on page 79**

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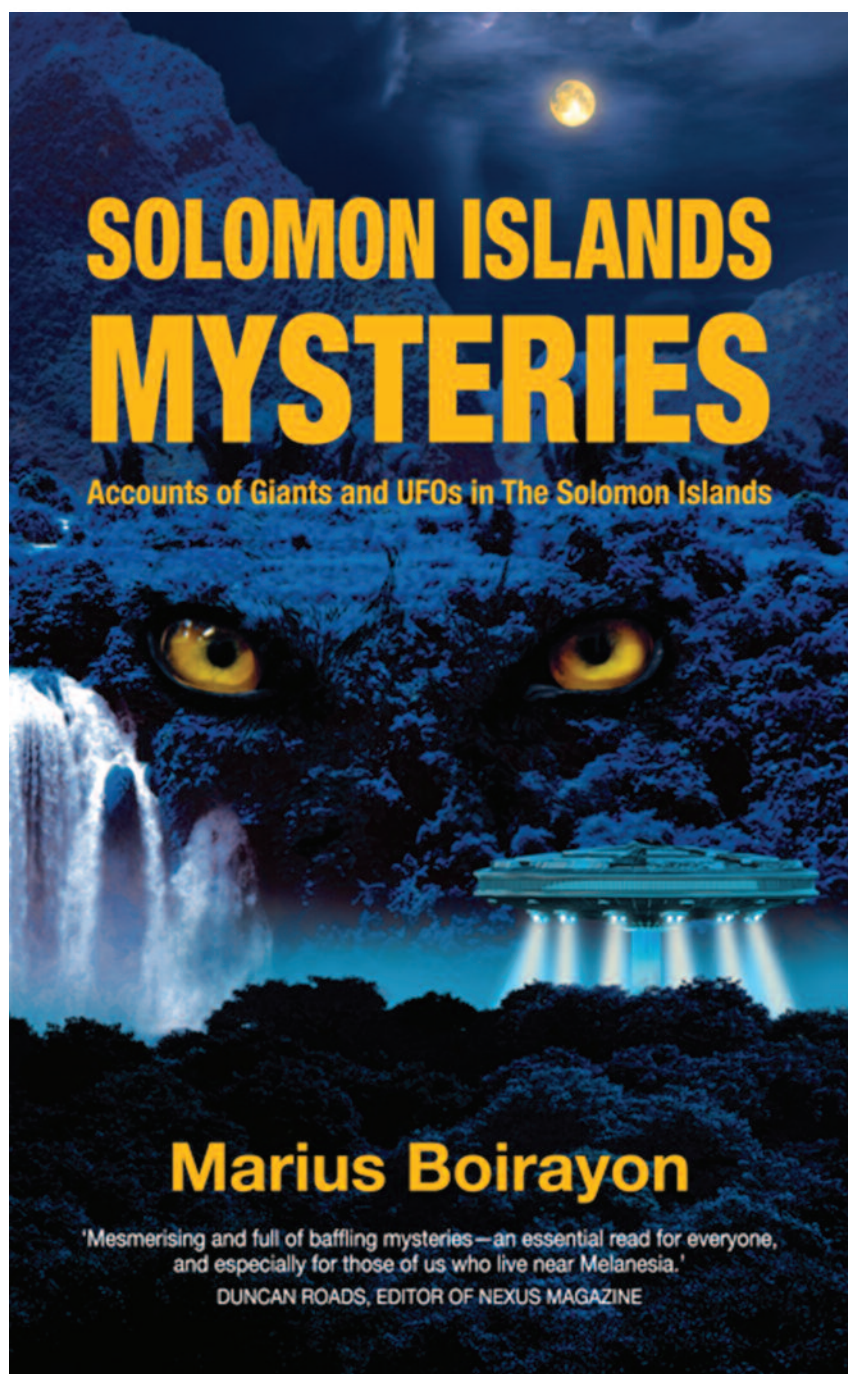


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# GEOMAGNETIC STORMS, EMP AND NUCLEAR ARMAGEDDON

*An extreme geomagnetic disturbance is likely to shut down electricity grids for months or years and trigger nuclear disasters at reactors worldwide.*

*Protective measures could be implemented now to avert the end of civilisation as we know it.*

by Matthew Stein, PE © 2012

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There are nearly 450 nuclear reactors in the world, with hundreds more either under construction or in the planning stages. There are 104 of these reactors in the USA and 195 in Europe. Imagine what havoc would be wreaked on our civilisation and the planet's ecosystems if we had not just one or two nuclear meltdowns but 400 or more! How likely is it that our world might experience an event that could ultimately cause hundreds of reactors to fail and melt down at approximately the same time? I venture to say that, unless we take significant protective measures, this apocalyptic scenario is not only possible but probable.

Consider the ongoing problems caused by three reactor core meltdowns, explosions and breached containment vessels at Japan's Fukushima Daiichi facility and the subsequent health and environmental issues. Consider the millions of innocent victims who have died or continue to suffer from horrific radiation-related health problems ("Chernobyl AIDS", epidemic cancers, chronic fatigue, etc.) resulting from the Chernobyl reactor explosions, fires and fallout. If just two serious nuclear disasters, spaced 25 years apart, can cause such horrendous environmental catastrophes, how we could ever hope to recover from hundreds of similar nuclear incidents occurring simultaneously across the planet?

In the past 152 years, Earth has been struck by two extreme geomagnetic disturbances (GMDs) caused by solar superstorms. If a GMD of such magnitude were to occur today, in all likelihood it would initiate a chain of events leading to catastrophic failures at the vast majority of our world's nuclear reactors, quite similar to the disasters at Chernobyl and Fukushima but multiplied over 100 times. When our Sun ejects a huge mass of highly charged plasma (a coronal mass ejection, or CME) directly towards Earth, colliding with the planet's magnetosphere and outer atmosphere, the result is an extreme geomagnetic disturbance.

Since a GMD of such a potentially disruptive magnitude last occurred in May 1921, long before the advent of modern electronics and nuclear power plants, we are for the most part blissfully unaware of this threat and totally unprepared for its consequences. The good news is that there are some relatively affordable processes and protective measures which could be implemented to protect our civilisation from this "end of the world as we know it" scenario. The bad news is that, as of now, even though panels of scientists and engineers have studied the problem and the US Congress has voted a few times on bills related to electromagnetic pulse (EMP) strikes, our leaders have yet to approve and implement a single preventive measure.

Most of us believe that something like this could never happen, and, if it could, certainly our "authorities" would do everything in their power to prevent such an apocalypse from ever taking place. Unfortunately, the opposite is true. "How could this happen?" you might ask. "Is this truly possible?" Read and weep, for you will soon know the answer.

## Nuclear Power Plants and the Electricity Grid

Our global system of electrical power generation and distribution ("the grid"), upon which every facet of our modern life is utterly dependent, in its current form is extremely vulnerable to extreme geomagnetic storms that tend to strike our planet on average about once every 70 years.

We depend on this grid to maintain food production and distribution, telecommunications, Internet services, medical services, military defence, transportation, government, water treatment, sewage and garbage removal, refrigeration, oil refining and gas pumping, and to conduct all forms of commerce.

Unfortunately, the world's nuclear power plants, as they are currently designed, are critically dependent upon maintaining connection to a functioning electrical grid for all but relatively short periods of electrical blackouts in order to keep their reactor cores continuously cooled so as to avoid catastrophic reactor core meltdowns and spent fuel rod storage-pond fires.

If an extreme GMD causes widespread grid collapse (which it most certainly will), in as little as one or two hours after each nuclear reactor facility's back-up generators either fail to start or run out of fuel, the reactor cores will start to melt down. After a few days without electricity to run the cooling system pumps, the water bath covering the spent fuel rods stored in spent fuel ponds will boil away, allowing the stored fuel rods to melt down and burn.<sup>1</sup>

Since the Nuclear Regulatory Commission (NRC) currently mandates that only one week's supply of back-up generator fuel needs to be stored at each reactor site, it is likely that after we witness the spectacular night-time celestial light show from the next extreme geomagnetic disturbance we will have about one week in which to prepare ourselves for Armageddon.

To do nothing is to behave like ostriches with our heads in the sand, blindly believing that "everything will be okay" as our world inexorably drifts towards the next naturally recurring, 100-per-cent inevitable, solar superstorm and resultant extreme GMD—which, in short order, will end the industrialised world as we know it, incurring almost incalculable suffering, death and environmental destruction on a scale not seen since the extinction of the dinosaurs some 65 million years ago.

## The End of the Grid As We Know It

There are records from the 1850s to today of roughly 100 significant geomagnetic storms, two of which in the last 25 years were strong enough to cause millions of dollars' worth of damage to key components that keep our modern grid powered. In March 1989, a severe GMD induced powerful electric currents in grid wiring that fried a main power transformer in the Hydro-Québec system in Canada, causing a cascading grid failure that knocked out power to six million customers for nine hours. The GMD also damaged similar transformers in New Jersey and the United Kingdom. More recently, in October 2003, a GMD of lesser intensity but greater duration caused a blackout in Sweden and induced powerful currents in the South African grid that badly damaged or destroyed 14 major power transformers, severely impairing commerce and comfort over large

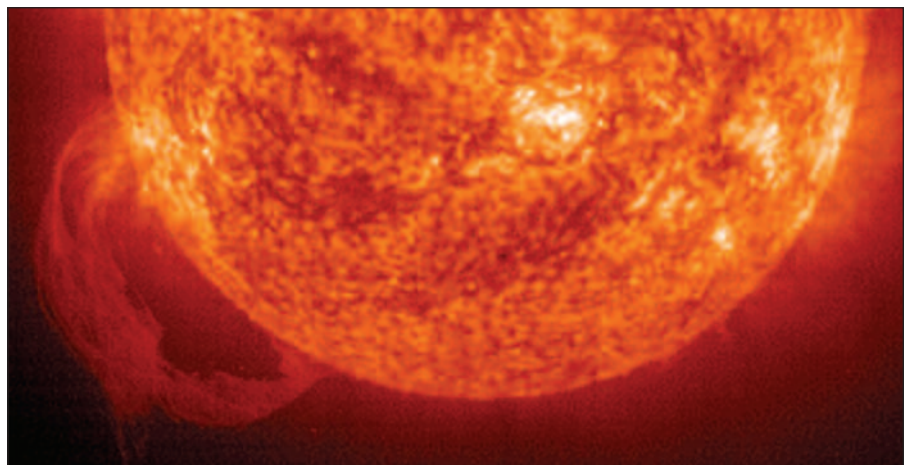
portions of that country as the regulators and utilities were forced to resort to massive rolling blackouts that dragged on for many months.<sup>2</sup>

On 14–15 May 1921, an extreme GMD produced ground currents roughly 10 times as strong as the 1989 Quebec incident, affecting the northern hemisphere as far south as Mexico and Puerto Rico and the southern hemisphere as far north as Samoa.<sup>3</sup>

However, the great-granddaddy of GMDs in recorded history is the 1859 Carrington Event. During this geomagnetic storm, which lasted from 28 August to 4 September, the northern lights were seen as far south as Cuba and Hawaii. The GMD induced currents so powerful that telegraph lines, towers and stations caught on fire at numerous locations around the world. The best estimates are that the Carrington Event was roughly 50 per cent stronger than the 1921 incident.<sup>4</sup>

In a detailed study conducted under the auspices of

**...the world's nuclear power plants, as they are currently designed, are critically dependent upon maintaining connection to a functioning electrical grid...**



Solar coronal mass ejection (CME) (SOHO image, 9 June 2002)

the Electromagnetic Pulse Commission and the Federal Emergency Management Agency, and reviewed in depth by the Oak Ridge National Laboratory and the National Academy of Sciences, Metatech Corporation undertook extensive modelling and analysis of the potential effects of extreme geomagnetic storms upon the US electrical power grid. Metatech based its modelling on a storm approximately 10 times stronger than the 1989 Hydro-Québec event, roughly equivalent to the May 1921 extreme GMD.<sup>5</sup> Metatech

showed how a GMD of this magnitude would induce massive current and voltage spikes into thousands of miles of antenna-like power lines that interconnect the US electric power grid. Metatech estimated that within the continental United States alone, these voltage and current spikes combined with induced harmonic anomalies would severely damage or destroy

over 350 extra-high-voltage (EHV) power transformers critical to the functioning of the US grid and possibly well over 2,000 EHV transformers worldwide.

EHV transformers are custom designed for each installation and are made to order, weighing as much as 300 tonnes and costing well over US\$1 million each. Given that there is currently a three-year waiting list for a single EHV transformer (due to increased demand from China and India, the lead times have grown from one to three years) and that the total global

**The loss of thousands of EHV transformers worldwide will cause a catastrophic collapse of the grid, stretching across much of the industrialised world.**

manufacturing capacity is roughly 100 EHV transformers per year when the world's manufacturing centres are functioning properly, you can begin to grasp the serious implications of this situation.

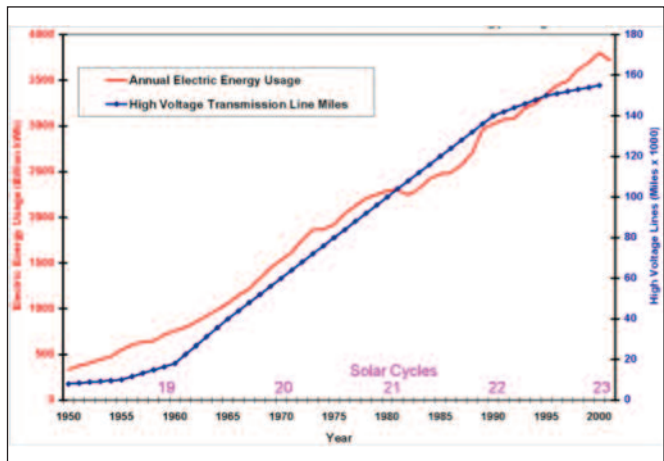
It turns out that the EHV transformers in combination with the hundreds of thousands of miles of high-voltage power lines, which act as giant antennas for capturing EMP- and GMD-induced current and voltage effects, are especially vulnerable to large geomagnetic

disturbances. The loss of thousands of EHV transformers worldwide will cause a catastrophic collapse of the grid, stretching across much of the industrialised world. It will take years at best for the industrialised world to put itself back together after such an event, especially considering the fact that most of the manufacturing centres that make this equipment will also be grappling with widespread

grid failure. Since the Earth's magnetic field tends to protect the tropical latitudes from the most damaging geomagnetic effects, with protection dropping as one travels closer to the poles, perhaps the infrastructure and manufacturing zones in places like Mexico, Malaysia, India and Singapore will be spared, but most of those countries probably also rely on goods and services imported from other parts of the world that will be crippled for many months (or years) in the event of an extreme GMD.

According to the various Metatech analyses, it is estimated that grid collapse will affect at least 130 million people in the United States alone. However, in a recent personal conversation, John Kappenman, author of the Metatech study, admitted that this estimate is probably grossly optimistic. He noted that "killer trees" and other seemingly insignificant events have been attributed to being the tiny seeds that sprouted into gigantic multi-state blackouts. The massive Western States Blackout of 10 August 1996 apparently started when sagging power lines shorted against improperly pruned trees in Oregon during a triple-digit heat wave, cutting power to seven western states and parts of Baja, Mexico, and two Canadian provinces. Due to excessive loads from millions of air-conditioning units operating during the heat wave, the grid had been operating near peak capacity and the shorted lines threw it over the edge into cascading failure, affecting millions of customers.<sup>7</sup> Again, improperly pruned "killer trees" were apparently the root cause of the 14 August 2003 Great Northeastern Blackout that cut power to over 50 million people.<sup>8</sup>

Kappenman also cited the 8–9 September 2011 event where a utility technician flipped a switch to bypass a



Growth of the US High Voltage Transmission Network and the Annual Electric Energy Usage over the Past 50 Years. In addition to increasing total network size, the network has grown in complexity with the introduction of higher-kilovolt-rated lines that subsequently also tend to carry larger GIC (geomagnetically induced current) flows. (Grid size derived from data in the *EHV Transmission Line Reference Book* and the NERC Electricity Supply and Demand database; energy usage statistics from the US Department of Energy – Energy Information Administration.)<sup>6</sup>

large series capacitor that was not working properly at a substation outside of Yuma, Arizona, and for reasons not fully understood this caused a chain of events leading to a massive cascading blackout that cut power to millions of customers in Arizona, California and Mexico. This same blackout also caused two reactors at the San Onofre nuclear power plant to shut down automatically and go off line, which they are designed to do as a safety precaution in the event of a local grid failure. This exacerbated the situation by reducing the locally available generating capacity at the same time as utility workers were trying desperately to restore power to San Diego and other areas.<sup>9</sup>

### **The Nuclear “Achilles Heel”**

So, what do extended grid blackouts have to do with potential nuclear catastrophes? Nuclear power plants are designed to disconnect automatically from the grid in the event of a power failure, and once disconnected they begin the process of shutting down the reactor's core. In the event of the loss of coolant flow to an active nuclear reactor's core, the reactor will start to melt down and fail catastrophically within a matter of a few hours at most. In an extreme GMD, nearly every reactor in the world could be affected.

It was a short-term cooling system failure that caused the partial reactor core meltdown in March 1979 at Three Mile Island, Pennsylvania. Similarly, according to officials it was not direct damage from Japan's 9.0 magnitude Tohoku earthquake on 11 March 2011 that caused the Fukushima Daiichi nuclear reactor disaster but the loss of electric power to the cooling system pumps when the facility's massive back-up diesel generators were wiped out by the ensuing tidal waves. In the hours and days after the tidal waves shuttered the cooling system, the cores of reactors nos 1, 2 and 3 were in full meltdown and released hydrogen gas, fuelling explosions which breached several containment vessels.

Of even greater danger and concern than nuclear reactor cores themselves are the spent fuel rods stored in on-site cooling ponds. So-called “temporary” nuclear fuel containment ponds are features common to nearly all nuclear reactor facilities and typically contain the spent fuel from 10 or more decommissioned reactor cores. These fuel containment ponds are generally surrounded by common industrial-type buildings with concrete walls and corrugated steel roofs. Unlike the

active reactor cores which are encased inside massive “containment vessels” with thick walls of concrete and steel, the buildings surrounding spent fuel rod storage ponds will do practically nothing to contain radioactive contaminants in the event of prolonged cooling system failures. Since spent fuel ponds typically hold far greater quantities of highly radioactive material than the active nuclear reactors locked inside reinforced containment vessels, they clearly present far greater potential for the catastrophic spread of highly radioactive contaminants over huge swaths of land, polluting the environment for multiple generations spanning hundreds of years.

A study by the NRC determined that the “boil-down time” for spent fuel rod containment ponds runs from between four and 22 days after loss of cooling system power before degenerating into a Fukushima-like situation, depending upon the type of nuclear reactor and how recently its latest batch of fuel rods were decommissioned.<sup>10</sup>

A few days after the tidal waves destroyed the generators providing back-up electrical power to Fukushima Daiichi's cooling system, the protective water bath boiled away from the spent fuel pond for reactor no. 4, leaving the stored spent fuel rods partially exposed to the air. Had it not been for heroic efforts on the part of Japan's nuclear workers to replenish water in this spent fuel pool, these spent rods would have melted down and their zirconium cladding would have ignited, which most likely would have released far more

radioactive contamination than what came from the three reactor core meltdowns.

Japanese officials estimate that, to date, the Fukushima Daiichi nuclear disaster has released just over half of the total radioactive contamination released from Chernobyl, but other sources suggest that the radiation released could be significantly more.

In the event of an extreme GMD-induced long-term grid collapse covering much of the globe, if just half of the world's spent fuel ponds boil off their water and become radioactive zirconium-fed infernos, the ensuing contamination will far exceed the cumulative effect of 400 Chernobyls.

Most of us tend to believe that a nuclear reactor is something that can be shut down in short order, like some massive piece of machinery that can be turned off by simply flipping a switch or performing a series of

**Had it not been for heroic efforts on the part of Japan's nuclear workers to replenish water in this spent fuel pool, these spent rods would have melted down and their zirconium cladding would have ignited...**

operations in a prescribed manner over a relatively short time, such as a few hours or perhaps a day or two. In spite of my MIT education (BSME, 1978), until recently I, too, was under the spell of this comforting delusion which is far from the truth.

You see, the trillions of chain reactions going on inside a nuclear reactor's core continuously produce such incredible amounts of energy that a single nuclear power plant can generate more electricity than is required to power a good-sized city. Unfortunately, these reactions do not simply "cease fire" at the flip of a switch. In general, it takes over 5–7 days to slow down a reactor core's nuclear chain reactions to the point where the core may be removed from the reactor. After removal, the fuel rods are quite "hot" in terms of both temperature and radioactivity. For the next 3–5 years, these fuel rods must be immersed under many feet of continuously cooled water in order to shield the surrounding area from a high level of radioactivity as well as to prevent catastrophic meltdown from occurring.

According to nuclear whistleblower Arnie Gundersen, former Senior Vice President with Nuclear Engineering Services Corporation, after slowing down the chain reactions inside the reactors' cores at Fukushima for a full eight months, the fuel rods would start melting down again if coolant flow were suspended for just 38 hours. Arnie explained that, essentially, all modern nuclear reactors are designed with banks of "fuel rods", which contain highly radioactive materials, combined with banks of "control rods", which mesh between the fuel rods like the interwoven fingers of your right and left hands. It is the degree of interweave that moderates and controls the rate of nuclear chain reactions. He further explained that in the event of a significant loss of reactor control, reactors are designed for a "fail-safe" process to occur, where the control rods automatically fall into the fully meshed position with respect to the fuel rods, resulting in maximal slowing of the core's nuclear reactions and beginning the process of shutting down the reactor."

Typically, this action rapidly reduces the power produced by these chain reactions by a factor of 20:1 (to 5.0 per cent of full power), but that still leaves millions of horsepower worth of waste heat that must be removed if the reactor core is not to overheat and fail catastrophically. After a day of leaving the control rods in the fully interwoven position, this reaction slows to 1.0 per cent, and after a week it will be about 0.1 per cent of full power. Once the reactions in the fuel rods slow to the point where the rods may be removed from the reactor, the spent fuel rods must be cooled inside

containment ponds for 3–5 more years before the nuclear reactions reach a point where the rods can be moved to specially designed air-cooled storage banks.

As mentioned previously, nuclear power plants are only required to store enough fuel reserves on site to keep their back-up diesel generators running for one week. The NRC has always operated on the assumption that extended grid "blackouts" will not last for more than a few days. The government has promised that, in the event of a major catastrophe such as a hurricane Katrina, diesel trucks will show up like clockwork at all troubled nuclear facilities until local grid-supplied electrical power services are re-established. Unfortunately, governments and regulators do not consider the possibility that the next extreme GMD which Mother Nature unleashes upon Earth will quite likely disrupt grid services over much of the industrialised world for a period of years, not just days. The chances that the world's nuclear reactors will receive weekly deliveries of diesel fuel under such chaotic circumstances are almost zero!

**What is generally referred to as an EMP strike is the result of the deliberate detonation of a nuclear device at high altitude...**

### **Electromagnetic Pulse Attacks**

Electromagnetic pulses (EMPs) and solar superstorms are two different, but related, categories that are often described as high-impact, low-frequency (HILF) events. HILF events don't happen very often, but if and when they do they have the potential to severely affect many millions of people.

Think of an EMP as a super-powerful radiowave capable of inducing damaging voltage spikes in electrical wires and electronic devices across vast geographical areas. (Note that the geomagnetic effects of solar storms are also described as "natural EMP".)

What is generally referred to as an EMP strike is the result of the deliberate detonation of a nuclear device at high altitude, roughly defined as somewhere between 24 and 240 miles (~38.6 and 386.4 kilometres) above the surface of the Earth.

Nuclear detonations of this type have the potential to cause serious damage to electronics and electrical power grids along their line of sight, covering huge distances in the order of a circular area 1,500 miles (2,415 km) in diameter, which would correspond to an area stretching roughly from Quebec City in Canada down to Dallas, Texas.

The concern is that some rogue state or terrorist organisation might build their own nuclear device from scratch or buy one illegally, procure a Scud missile on the black market and launch their nuclear device from a large fishing boat or freighter somewhere off the coast of the United States, causing grid collapse and widespread damage to electronic devices across roughly

50 per cent of America. Much like an extreme GMD, a powerful EMP attack would cause widespread grid collapse, although this would be limited to a much smaller geographical area.<sup>12</sup>

A powerful EMP from a suborbital nuclear detonation would cause extreme electromagnetic effects, starting with an initial short duration "speed of light" pulse, referred to as an E1 effect, followed by a middle-duration pulse called an E2 effect, followed by a longer-duration disturbance known as an E3 effect. The E1 effect is particularly damaging to modern electronic equipment, especially digital micro-electronics. The intermediate E2 effect is similar to many thousands of lightning strikes hitting over a widespread area at almost exactly the same time. In the case of a nuclear-induced EMP, its E3 effect starts after about half a second and may continue for several minutes. Electromagnetically, it is quite similar to the effect from an extreme GMD, except the latter may continue for a number of hours or days.

A "successful" EMP attack launched against the US would most likely result in the immediate collapse of the grid across roughly 50 per cent of the country, the crash of the stock market and the destruction of many of the critical digital electronic systems located in the affected areas that control nuclear reactors, chemical plants, telecommunications systems and industrial processes. Modern digital electrical systems, absolutely critical for running factories, refineries, power plants, sewage plants, etc., are highly susceptible to EMP damage. These systems include programmable logic controllers (PLC), digital control systems (DCS) and supervisory control and data acquisition (SCADA).

Bill Kaewert, President and CTO of Stored Energy Systems, LLC, a supplier of back-up power systems and components for mission-critical structures such as Minuteman III missile silos, data centres and corporate facilities, recently took part in a "tabletop EMP" exercise at the National Defense University. Dozens of the nation's leading first responders, public safety experts and military personnel took part in this exercise that simulated a massive grid-down scenario typical of an EMP attack or an extreme GMD. According to Kaewert, even these highly trained personnel had a hard time grappling with the public safety implications of a disaster the size of 50 hurricane Katrinas. It was also quite apparent that in an extended grid collapse, a large number of emergency responders, military and government personnel would abandon their posts to protect their family and friends from the ensuing chaos.<sup>13</sup>

The only good news about an EMP strike is that its effect will cover a much smaller area than will an extreme GMD, so there will be a significant portion of the rest of the US, as well as the rest of the outside world, left intact and able to lend a hand towards rebuilding critical infrastructure in the affected areas. Imagine the near total loss of functioning infrastructure across an area of about a million square miles (~1.61 million sq. km; equivalent to 50 hurricane Katrinas happening simultaneously) and you will have some idea of the crippling effect of an EMP attack from a single suborbital nuclear detonation!

### Preventing Armageddon

The Electromagnetic Pulse Commission has studied the threat of both EMP and extreme GMD events and made recommendations to US Congress to take a series of active steps to ensure the survival of the grid and other critical infrastructure.


John Kappenman of Metatech estimates that it would cost in the order of US\$1 billion to build special protective devices into the US grid to protect the EHV transformers from EMP or extreme GMD damage and to build stores of critical replacement parts should some of these items be damaged or destroyed. He estimates that it would cost significantly less than \$1 billion to store at least a year's worth of diesel fuel for

back-up generators at each US nuclear facility and to store sets of critical spare parts, such as back-up generators, inside EMP-hardened steel containers to be available for quick change-out should a generator be damaged by an EMP strike and fail to start.<sup>14</sup>

To me, this is a no-brainer. For the cost of a single B-2 bomber or a tiny fraction of the TARP bank bailout, we could invest in pro-active preventive measures to avert what might well become the end of our civilisation and life as we know it! There is no way to protect against all possible effects from a solar superstorm, an extreme GMD or an EMP attack, but certainly we could implement measures to protect against the worst effects. Since 2008, Congress has narrowly failed to pass legislation that would implement the EMP Commission's recommendations.<sup>15</sup> We have a long way to go to make our world EMP safe, but every citizen can do their part to push for legislation to move towards this goal and work inside their home and community to develop more local resilience and self-reliance so that, in the event of a longer-term grid-down scenario, they might make the most of a bad situation. ∞

**A "successful" EMP attack launched against the US would most likely result in the immediate collapse of the grid across roughly 50 per cent of the country...**

**Continued on page 80**



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# SUNSCREENS' HEALTH AND ENVIRONMENTAL HAZARDS

**The chemicals in sunscreens not only fail to provide effective protection against all the sun's rays, they also have toxic effects on humans, aquatic life and waterways. Our best advice is to eliminate sunscreens and adopt a diet rich in antioxidants.**

by Elizabeth Plourde,  
CLS, NCMP, PhD © 2011

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## From Coral Reefs to Collagen

In the summer of 2010, when I was in Maui, Hawaii, the local media were discussing that the coral reefs were dying due to global warming. However, when I realised that the Hawaiian waters felt colder than they had in the 40 years that I had been swimming in them, being a medical researcher I decided to investigate what else may be killing the coral.

I very quickly found an article published in 2008 in *Environmental Health Perspectives* (116[4]:441-447) which clearly demonstrated that sunscreen chemicals kill coral. When my search led me to numerous articles which revealed that these chemicals are potent hormones capable of having severe impacts on all species of life as well as on human foetal development, I knew that I had to write a book to warn the public and that there could only be one name for it that would be appropriate: *Sunscreens – Biohazard: Treat as Hazardous Waste*. This newly published book documents the vast amount of evidence that identifies the dire consequences arising from these chemicals entering the ecosystems of the planet as well as the human body. It highlights that there is an urgent need to halt the use of sunscreen chemicals today, to bring to an end the harm they are creating every day that they are in use.

From the headlines in every media, we are given this message: "Use sunscreens before going outdoors. Make sure to slather it on your children to protect them from skin cancers and also to prevent photo-ageing of the skin." This has been repeated so many times that we believe it to be the truth and do not think to question the premise. However, there is now plenty of evidence that sunscreens not only increase the risk of skin cancers, including melanomas, but also leave the skin exposed to a higher percentage of the solar rays that actually break down collagen and elastin, resulting in greater photo-ageing of the skin than without sunscreen use.

## Melanoma and Skin Cancer Increase with Sunscreen Use

From the 1960s to the present time, there has been a steady rise in the incidence of melanoma in all parts of the world.<sup>1</sup> A 2009 study published in *Clinics in Dermatology* reveals that the incidence rate for melanoma has been rising in white populations worldwide over the last four decades.<sup>2</sup> According to the World Health Organization, the annual incidence rates for melanoma in Norway and Sweden have more than tripled over the last 45 years.<sup>3</sup> Australia and New Zealand have the highest incidence rates at 40–60 per 100,000. Central Europe increased from 3–4 per 100,000 in the 1970s to 10–15 per 100,000 by 2000. These trends indicate that there will be a doubling of the incidence over the next 20 years.<sup>4</sup> In fact, the statistics are so overwhelming that researchers in a 2008 article, published in the *Journal of the European Academy of Dermatology and Venereology*, stated: "...it is probably safe to suggest that predominantly UVB absorbing sunscreens do not prevent melanoma development in humans."<sup>5</sup>

Australia has the highest incidence rate of skin cancer in the world, with over 6,000 melanomas and close to 300,000 new cases of skin cancers diagnosed each year. Most of these cases are considered to be the result of fair-skinned people living in the strong solar radiation that shines on their continent.<sup>6</sup>

However, Australia is not the only place in the world with increases in skin cancers, and both squamous cell and basal cell skin cancer rates have been steadily increasing over the last few decades. Switzerland, despite a nationwide prevention campaign over the last 20 years, has a skin cancer incidence rate among the highest in Europe.<sup>7</sup> Even in Croatia, where more than 70% of the population say they use sunscreens, the annual incidence of melanoma has increased 300% over the last 40 years.<sup>8</sup> A 2010 article, written to promote the use of protective clothing to address this growing problem, stated: "Skin cancer incidence in Croatia is steadily increasing in spite of public and governmental [measures]. It is clear that [it] will soon become a major public health problem."<sup>9</sup>

The statistics do prove the increase in skin cancers of all types, and doctors are discussing amongst themselves this apparent contradiction of increasing sales of sunscreens paralleling an increasing incidence in skin cancers.<sup>10</sup>

What research is continually and universally revealing with the increase in skin cancers with ubiquitous use of sunscreen chemical filters is an example of the *law of unintended consequences*. This law identifies that outcomes from a particular "thought to be good" action, which intervenes in a multi-part system, always generate unanticipated and often undesirable results.

Sunscreens are promoted to enable people to stay in the sun 10, 20 or 30 times longer than they normally would, because sunscreen use turns off our natural protective red warning light: sunburn on the skin. This promotion has given us a false sense of safety that we can spend extended amounts of time in the sun without consequences.

The portion of the solar radiation spectrum that causes the sunburn is the ultraviolet B (UVB) band. The first sunscreens only blocked this UVB portion of solar radiation. They did not block the ultraviolet A (UVA) portion, which goes deeper into the lower layers of the skin than does UVB and generates both cancerous changes as well as photo-ageing of the skin. This is one of the reasons why skin cancers have increased with greater use of sunscreens: the body was never getting the full protection that sunscreen users thought they were guarding against.

Staying in the sun for longer than normal consumes the skin's natural store of antioxidants that are designed to protect the skin cells from damage. Once the antioxidants have been depleted, the body has lost one of its defences against the sun's harmful rays creating an overexposure.

Sunscreen use also hinders our second line of protective defence: tanning. The melanin (brown pigment made by melanocytes in the epidermis) that is created on exposure to the sun naturally absorbs the solar energy and provides protection against solar radiation damage.<sup>11</sup>

### The Importance of Vitamin D to Our Health

Another problem is created because sunscreens block the ability of our skin to perform its essential duty of manufacturing vitamin D in response to solar radiation exposure. Vitamin D is a crucial part of our overall health. The promotion of the mass use of sunscreen with

the strong message never to be in the sun without it has led to an increase in the many disease states that develop from low vitamin D levels.

Vitamin D at an adequate level is essential for proper bone development as it is necessary for absorbing calcium as well as for regulating calcium and phosphate levels for proper bone formation.<sup>12</sup> Blocking out the sun's beneficial rays consequently lowers the level of

vitamin D. This results in not only osteoporosis but also soft bones in newborns and toddlers that lead to a bow-legged or knock-kneed condition (rickets) in children.<sup>13</sup> The United Kingdom as well as the United States have both seen a re-emergence of rickets as a result of their populations avoiding being in the sun.

Vitamin D is essential in many organs of the body, and low levels are associated with type 2 diabetes in adults and with children being born with type 1 diabetes as well as going into seizures.<sup>14</sup> Low vitamin D results in autoimmune diseases like Hashimoto's as well as bowel disorders like Crohn's disease.<sup>15</sup> Vitamin D is also connected to muscle metabolism. The weakened muscles can result in bladder incontinence and weak pelvic floors in women, which may increase the number of Caesarean deliveries that are necessary.<sup>16</sup> In addition, a deficient vitamin D level can lead to fibromyalgia.<sup>17</sup>

To produce enough vitamin D naturally, it is important to enjoy the sun sensibly. *Sunscreens – Biohazard* discusses the amount of time you need in the sun for manufacturing an adequate level of your own vitamin D, as well as the appropriate supplemental dosage required to achieve a beneficial level. Vitamin D deficiency is now a worldwide phenomenon.

**...sunscreens block the ability of our skin to perform its essential duty of manufacturing vitamin D in response to solar radiation exposure.**

It is critical to stop avoiding the sun entirely and get the world's population back up to healthy levels of vitamin D.

### Safety Concerns with Broad-Spectrum Formulas

The new "broad spectrum" formulas are not the answer. These newer formulated sunscreens are termed "broad spectrum" because manufacturers are now utilising chemicals to filter both UVB and UVA rays. Several chemicals are required to create a broad-spectrum effect, as each chemical covers only a certain portion of the solar spectrum. However, there are problems associated with combining chemicals. Sunscreen chemicals or metals can become inactivated upon exposure to sunlight—a process called *photodegradation*. This results in their no longer being able to protect the skin from solar radiation. Combining chemicals makes this process occur more rapidly.<sup>18</sup>

In addition, research studies have identified that while some chemicals may have low toxicity when used individually, combinations of them create new chemical complexes that are much more toxic.<sup>19</sup> Many studies, citing that chemical combinations are now the norm for sunscreen preparations, end with the urging that all future research on possible toxic effects of sunscreen chemicals has to study their effects when mixed in combinations.<sup>20</sup> It is remiss to think that individually approved chemicals do not have harmful potential when combined to create new chemical structures when in fact it has already been proven that these individually approved sunscreen chemicals are not as safe as we have been led to believe.

Moreover, UV radiation covers only a small portion of the solar spectrum, and what are now being promoted as "broad spectrum" sun filters do not provide all the protection we need. Of the solar radiation that penetrates the Earth's atmosphere, the entire UVB and UVA spectrum makes up only 4%, the visible range of light comprises 49% and the near-infrared (NIR) radiation constitutes 47%.<sup>21</sup> These NIR rays are more penetrating, going much deeper than UVA rays, and they cause damaging changes that can result in cancers and photo-ageing of the skin as they destroy both collagen and elastin.<sup>22</sup> Many new chemicals and methods have been researched to prevent NIR damage at the cellular level, but no satisfactory solutions have been found.<sup>23</sup>

In essence, with sunscreens we are only protected from UVB and UVA rays, while the more harmful near-infrared rays are allowed through to the skin to create unseen damage. The evidence is clear that this is the case, yet sunscreens labelled as "broad spectrum" continue to be marketed to people as if they will protect them. This is creating another false sense of protection.

### Endocrine-Disrupting Chemicals: Harmful to Life

Many studies are now being published which identify that sunscreen chemicals cause disruption to all types of life. The chemicals used in sunscreens are very potent hormones and, as such, are classified as endocrine-disrupting chemicals (EDCs). They can act like oestrogens, anti-oestrogens, testosterone or antitestosterone when they are introduced into the body, disrupting the natural hormone balance.<sup>24</sup>

When researchers gave rats the sunscreen chemicals benzophenone-3 (BP-3), 4-methylbenzylidene camphor (4-MBC) and octyl methoxycinnamate (OMC), they found that the weight of the rats' uteruses increased, which shows that these chemicals exert an oestrogenic action.

Based on these results, the researchers stated their concerns: "Our findings indicate that UV screens should be tested for endocrine activity, in view of possible long-term effects in humans and wildlife."<sup>25</sup>

In 2008, the same lead researcher and colleagues determined that 4-MBC and 3-benzylidene camphor (3-BC) affect both the reproductive organs and the central nervous system, demonstrating that these are sensitive targets which

develop toxic developmental effects from the hormonally activating sunscreen chemicals.

They concluded: "These data indicate that pre- and postnatal exposure to 4-MBC and 3-BC can interfere with sexual development at brain and reproductive organ levels."<sup>26</sup> They also determined that differing combinations of chemicals appear to affect the type of influence that they exert.

Sunscreen use has been so well promoted in America that benzophenone-3 is now found in the blood of 97% of Americans, including 90% of those who stated they had never used sunscreens.<sup>27</sup> This chemical is so widely used that it has found its way into our water systems, and the water filtration plants do not have the capacity to remove it from the water supply.

**Sunscreen use has been so well promoted in America that benzophenone-3 is now found in the blood of 97% of Americans, including 90% of those who stated they had never used sunscreens.**

The ubiquitous use of this chemical in so many products has resulted in people having it circulating in their blood, whether they use sunscreens or not.

Another means of gaining access to the body is through the lungs. Breathing in these chemicals is harmful, and their liberal use has led to their being found in household dust.<sup>28</sup> As for the brands that are sold as aerosols, do not use these on children or yourself as they create vapours that are inhaled and find their way into the body through the lungs.

Since these chemicals are found in the blood, they are also occurring in human breast-milk. Indeed, one study showed contamination of 85% of nursing mothers' milk samples, which means that children are drinking potent hormones during crucial early development.<sup>29</sup>

Many of the sunscreen chemicals belong to a class of chemicals called *phenols*, which are known to be capable of passing through the placenta and entering the foetus.<sup>30</sup> Offspring of rats that are exposed to sunscreen chemicals show general, thyroid and reproductive toxicity, so it follows that our human offspring are subjected to the same harmful changes.<sup>31</sup>

### Sunscreens, Autism and ADHD

Sunscreen chemicals could be one of the causes of the worldwide rise in autism and attention deficit hyperactivity disorder (ADHD). Considering all the aspects of impact that sunscreen chemicals have on the developing foetus and all the features that autistic children display, it is important to pay attention to the correlations between these two. The features of autism that make it important to look into chemical sunscreens' potential role in the rapid increase in the disorder include: gender differences, thyroid disruption, racial differences, and a rise in incidence that parallels a rise in sunscreen use. Since most sunscreen chemicals act like oestrogens or anti-androgens, thus disrupting testosterone, there is more potential impact on male development compared to female. Autism affects more boys than girls by a 4:1 ratio.<sup>32</sup>

The human embryo is "exquisitely sensitive" to thyroid disruption during gestation, and environmental contaminants within the uterus can interfere with normal embryonic thyroid maturation.<sup>33</sup> Sunscreen chemicals disrupt foetal thyroid development in mammals, and autism is being linked to thyroid deficiencies, particularly during foetal growth.<sup>34</sup>

Abnormal thyroid function affects the development of speech and cognitive skills, both of which are disrupted in the autism spectrum. One study stated: "...it is possible that impaired thyroid function is a cause of some of the symptoms of autism, especially language impairment and mental retardation."<sup>35</sup>

Whites have a higher percentage of sunscreen chemicals in their blood, and a study found that there is a higher incidence of autism in the White race compared to that in Blacks, Hispanics and Asians.<sup>36</sup>

The rise in the incidence of autism parallels the rise in sunscreen use. Sunscreens came onto the market in the 1970s and increased in use during the 1980s. The rise in autism started in the 1980s.

According to new research, a toxic substance capable of disrupting nerve cell formation, combined with lack of vitamin D, is being identified as a cause of either ADHD or autism, depending on the stage of neurological development that was occurring when the foetus, infant or child was exposed to the toxic substance.<sup>37</sup>

Based on these connections, it is imperative to research whether the ubiquitous use of sunscreen chemicals, possibly combined with the many other oestrogenic chemicals (e.g., pesticides) that have been introduced over the last 30 years, could be involved in the exponential rise in autism that has also occurred in the last 30 years.

### The Dangers of Nanoparticles

A major problem with far-reaching consequences is that sunscreens utilise materials such as nanoparticles which are relatively new to mankind. Few quantitative analytical techniques exist for measuring these nanoparticles in natural systems.<sup>38</sup>

The metallic oxides titanium dioxide (TiO<sub>2</sub>) and zinc oxide (ZnO) are used in sunscreens as they block out UVA as well as UVB rays. Naturally occurring as thick, white, opaque powders, they are manufactured into white pastes to be spread onto the skin, especially the nose (a practice common among lifeguards). To make these oxides more transparent to the eye, manufacturers shrink them down to nanometre-sized particles. Nanoparticles have been allowed to be incorporated in sunscreen formulas without testing because they have been considered safe in their full, natural state or bulk form. However, researchers are finding that the radically reduced size results in radically different behaviours of these oxides.

**The rise in the incidence of autism parallels the rise in sunscreen use. Sunscreens came onto the market in the 1970s and increased in use during the 1980s. The rise in autism started in the 1980s.**

Researchers at the University of California, Los Angeles, identified that the offspring of mice exposed to TiO<sub>2</sub> undergo large DNA deletions.<sup>39</sup> Since this shows that nanoparticles cross the placenta, it is likely, then, that damage could occur in human babies who are exposed in the uterus to these microscopic-sized metallic oxides. Other researchers identified that TiO<sub>2</sub> nanoparticles not only cross the cell membrane but also cross into the nucleus of the cell, where they create DNA damage and disrupt normal cell division.<sup>40</sup> Just as important a finding is the work of others who found that these nanoparticles are so tiny that they cross the protective blood-brain barrier and are capable of killing brain neurons.<sup>41</sup>

Researchers are now stating that these tiny particles were released for consumer use before studies were performed to assure that aquatic and marine life would not be harmed.<sup>42</sup>

Phytoplankton are critical to our planet. They are not only the beginning of the marine food chain, but are estimated to be responsible for the production of 50–90% of the world's oxygen.<sup>43</sup> A 2010 study found that ZnO nanoparticles kill plankton,<sup>44</sup> while others determined that ZnO nanoparticles are extremely toxic and TiO<sub>2</sub> nanoparticles are harmful to marine life.<sup>45</sup> Researchers calculated that there are now generally 40% fewer phytoplankton in the world's oceans compared to the 1950 figure.<sup>46</sup> Since it has been proven that zinc oxide nanoparticles kill plankton, it is imperative that we stop contaminating the oceans with sunscreen chemicals.

Multiple studies are now identifying that these nanoparticles are toxic to fish, finding them in their gills, livers, hearts and brain.<sup>47</sup> Also, the chemicals in sunscreens are so hormonally active that fish exposed to them produce offspring with a mixture of male and female reproductive parts, with damage so great that some even stop spawning. Researchers have coined the term "intersex" for these chemically affected offspring.<sup>48</sup>

In addition to TiO<sub>2</sub> and ZnO, sunscreen chemicals even at very low concentrations (the same as after showering off the sunscreen) completely bleach (i.e., kill) coral in 96 hours. The chemicals which cause the die-off are the aforementioned BP-3, OMC and 4-MBC as well as the preservative butyl paraben (BP).<sup>49</sup>

Coral bleaching has become a problem around the world. Global warming has been blamed for these bleaching events, but when did they first occur? These events started when tourist populations began to explode in the affected regions. Both the Belize Barrier Reef and Australia's Great Barrier Reef did not experience coral bleaching until large numbers of tourists began to

visit. The stress of the sunscreen chemicals decreases the ability of the coral to continue flourishing with a slight change in water temperature.

Since the world's oceans are an important source of food, attention needs to be paid to the loss of marine life due to the message that no one should go out in the sun without sunscreen. How high a price is this to pay?

### **Beware of Products Claimed to be Natural or Safe**

It has become fashionable for sunscreen manufacturers to claim their products to be "natural" or "safe". Even if they're labelled as being safe for coral reefs, these products often contain chemicals which have been proven to kill coral.<sup>50</sup> Some manufacturers claim that they use only the "bulk" form of titanium dioxide and zinc oxide and do not use nanoparticles, thus making their products safe. In reality, there is no way to screen out the smaller particles from being included in the bulk form and ensure that you are getting only the larger-sized particles.

Avoiding the harmful chemicals found in sunscreens manufactured today is the first line of defence. *Sunscreens – Biohazard* includes complete lists of all the sunscreen chemicals, by country of approval, so you can refer to them to determine whether the product you are considering purchasing contains harmful chemicals. It is imperative that you read every

label of anything that you buy to place on your skin, as most cosmetics, body lotions and shampoos contain sunscreen chemicals. Titanium dioxide is the most common chemical and is even added to many food products sold in grocery stores as well as natural food stores. Be on the lookout, as sunscreen chemicals are being included in a vast variety of products ranging from perfumes all the way to puddings.

### **Dietary Antioxidants and Natural Skin Protection**

There have been many studies published over the years which prove that antioxidants are very effective in naturally protecting the skin from solar radiation. If there were plenty of reasons in the past to eat a diet high in antioxidants, these findings make it even more important to do so today.

Antioxidants protect against not only ultraviolet radiation, as the sunscreen preparations do, but also near-infrared rays, providing the body with far greater protection than the narrow spectral UV coverage provided by individual chemical sunscreens.

*Sunscreens – Biohazard* has a chapter covering the numerous types of antioxidant foods which studies show can prevent the harmful changes that occur at the cellular level when staying in the sun for too long.

**Antioxidants protect against not only ultraviolet radiation, as the sunscreen preparations do, but also near-infrared rays...**

It also includes a handy reference guide to use when shopping, to make sure that you find what will work best in protecting you from the sun.

The body is designed to manufacture the natural sun-protective chemicals it requires to protect itself—if given the raw materials it needs to do so. The sunscreens of the future will most likely include antioxidants, in combination with advice to consume high concentrations of antioxidant-rich foods.

### Lessons from Australia's SunSmart Program

The rest of the world can learn from Australia's SunSmart program with its media messages that encourage common-sense protective behaviour and the use of special clothing to shield the sun's rays. It has brought back into fashion clothing styles that cover more of the skin, including clothing cover-ups for children. We do need to make vitamin D in our skin, so covering up from the sun completely is not a good idea. Additionally, the tan that develops from exposure to the sun is beneficial in protecting the cells from damaging solar radiation. We can start by wearing clothing with longer sleeves and skirts or pants as well as hats and gloves, as our ancestors did just half a century ago. When swimming in Hawaii in 2011, I noticed that more parents had their children wearing swimwear with extended sleeves and legs.

However, be wary of the cloth or clothing designed and manufactured to provide UV protection, as it is impregnated with titanium dioxide or zinc oxide nanoparticles. This is not the answer, as the nanoparticles in the material which lies against the skin can be absorbed. Also, these nanoparticles are washed off to such a degree that the clothing no longer provides protection after about 20 washes. Additionally, the nanoparticles end up in our waterways via washing-water runoff and disrupt our aquatic ecosystems.

Australia's SunSmart promotion has resulted in a reduction in melanoma incidence and mortality in the younger population.<sup>51</sup> Unfortunately, the SunSmart program with its "Slip! Slop! Slap! Seek! Slide!" message promotes the use of sunscreens as part of the protective process.

What we need to take from this program is the advice to be smart about how we interact with the sun. Do not stay in the sun for more time than your body can handle, depending on your skin type. Spend only a reasonable amount of time in the sun. Sit in the shade. Use fabrics and materials that have a tight weave to block out the sun's rays; the tighter the weave, the better to protect your body and ultimately all life on the planet.

### A New Strategy to Nurture Life on Earth

Today there are many programs designed to protect all life forms on Earth. Just stopping the use of sunscreens will produce great benefits not only for coral, plankton and fish but also for all of our children, including those who are yet to be born. They can have a less toxic environment that protects their fragile development in the womb and during the first critical years of growth.

Since antioxidants are a simple antidote, there is no need to keep contaminating our planet and its water systems. Let everyone know to stop using sunscreens in their current harmful formulations and help create a safe and healthy environment for all life forms.

The world's ecosystems are being affected, as these chemicals are now being found in all aquatic and marine species tested and we are seeing a cumulative build-up in the food chains in both environments.<sup>52</sup> A study in

Europe found sunscreen chemicals in lakes and rivers.<sup>53</sup> These findings indicate that these chemicals have already contaminated the water systems of the world.

We need to stop purchasing these products and call on manufacturers to develop safe and effective products that will protect us when we need to spend excessive amounts of time in the sun. We should be able to work and play in the sun

without concern that the chemicals that we are placing on our skin to protect us are going to do more harm than good.

The answer on how to protect our children, our families and ourselves is not complicated, but it does require a shift in our lifestyle and our relationship to the sun. It requires a combination of improving our diet and not continuing to believe that we can stay in the sun 10, 20 or 30 times longer than our body can handle. We need to respect what our body can manage safely and work with it to let it protect itself naturally. ∞

### About the Author:

Elizabeth Plourde, CLS, NCMP, PhD, is a clinical laboratory scientist and medical researcher as well as an author and international speaker specialising in hormones and hormonal balance. She is certified by the North American Menopause Society as a menopause practitioner. Her expertise has been essential in explaining the full impact that sunscreens have on humans and other life forms on this planet.

Dr Plourde's book *Sunscreens – Biohazard: Treat as Hazardous Waste* was reviewed in NEXUS 19/01. To obtain the book and for more information, visit the website <http://www.sunscreensbiohazard.com>. A pdf of this article, with extensive endnotes, can also be downloaded.

**However, be wary of the cloth or clothing designed and manufactured to provide UV protection, as it is impregnated with...nanoparticles.**



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# MAST CELL DISEASE

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### Understanding the Causes of Chronic Degenerative and Allergic Diseases

I continue here my articles in NEXUS on uncovering the hidden causes of the recent explosion of chronic and/or environmental illnesses. The role here of Mast Cell Disease (MCD) is largely unknown to the majority of both orthodox and holistic practitioners. Yet MCD is beginning to be recognised as far more common than was previously understood, and is being found to play a key role in inflammatory and allergy-like diseases. At least some of the time, MCD may ultimately occur in some people due to their having another hidden illness, porphyria, which I have previously addressed in NEXUS (vol. 18, no. 1). In this article, I examine what mast cells are, the symptoms and diseases that occur when they malfunction, what causes such malfunctioning, and what to do to overcome this little-understood problem.

Mast cells occur in the skin, lungs, peritoneum, nasal and gastrointestinal mucosa and in the brain. Mast cells are a link between the immune, endocrine and nervous systems. They are involved in the regulation of blood-brain barrier permeability (BBBP) (NEXUS vol. 18, no. 3). Mast cells are also involved in allergic or allergy-like reactions. The release of histamine and/or other mediators from mast cells is altered from the norm in people with mast cell disease. In this disease, there is an increase in the number of mast cells or these cells do not function normally. They may degranulate too readily, releasing histamine or other harmful substances. People with MCD often get sick easily from exposure to stress, sunlight, heat, light, cold, environmental chemicals and electromagnetic fields (EMF). These factors tend to cause their mast cells to degranulate. The sensitivity to heat or stress is a clue that BBBP may be ongoing in MCD.

Like porphyria, MCD may turn out *not* to be rare. Very few people get tested for MCD. The full-blown life-threatening form of this problem, often involving an excess of mast cells, is called mastocytosis. More chronic forms are called mast cell disease or mast cell activation syndrome (MCAS).

Mast cells are created in the bone marrow and are also involved in wound healing and defence against micro-organisms. Mast cells are present in most tissues surrounding blood vessels and nerves, and are especially prevalent in tissues that interface with the external world, such as the skin, mucosa of the lungs, digestive tract, mouth and nose and the conjunctiva in the eyes. In addition to being implicated in allergies and allergy-like illnesses, mast cells play a key role in inflammatory diseases which plague modern man.

The possible symptoms of MCD include itching, low blood pressure, high blood pressure, shock, flushing, headache, dizziness, swelling, runny nose, wheezing, asthma, bone pain, muscle pain, abdominal pain or discomfort, nausea, tachycardia, vomiting, malabsorption, stomach ulcers, diarrhoea,

faintness, nausea, interstitial cystitis, papular lesions, itchy skin lesions, brown skin patches, enlarged liver, enlarged spleen, anaemia, reduced blood platelet count, skin bumps (1.0–5.0 cm diameter; red, pink or yellow), low white-blood-cell count (leukopaenia), reddening, swelling, blistering and itching of skin bumps if rubbed, electromagnetic field sensitivity (EMFS), multiple chemical sensitivity (MCS) and *sensitivity to light, heat, cold, stress and touch*.

The above are many and varied complaints and are similar to standard porphyria complaints, including the abdominal discomfort, tachycardia and hypertension syndrome. Mast cell disease is known to be caused or exacerbated by monosodium glutamate (MSG). MSG may lead to mast cell degranulation and histamine release in many susceptible individuals. MSG, in all its forms and with all its names, must be rigorously avoided if MCD exists. MSG may also be called "natural flavouring", hydrolysed protein and other names, so one should assume that all processed food contains MSG. Even when "no MSG added" is stated, one is not safe as this implies that some ingredient may have had MSG added before the final processor manufactured the product. Some foods have naturally occurring MSG: seaweed, peas, tomatoes and other foods.

Also, cooked meats have much glutamate. MSG, it should be noted, is highly addictive and has been found to be related to the obesity epidemic. It has long been known to cause headaches, asthma, anaphylaxis and swelling, and is being linked to diabetes and heart or vascular disease.

Little known, but perhaps not uncommon mast cell disorders, are the vascular ectasia disorders. These involve mast cell *infiltration* into various tissues. In the skin, you may see many small red dots during reactions to MSG, food, stress, sunlight and heat and/or cold. If vascular ectasia exists in the stomach, it is called gastric antral vascular ectasia, also known as "watermelon stomach" because of the red stripes seen under endoscopic examination. Symptoms here can include shortness of breath upon exertion, fatigue, tachycardia, palpitation, headache, poor concentration, irritability, listlessness, peripheral paraesthesia and brittle nails.

Mast cell disease can be tested for in several ways. There is a tryptase blood test and a 24-hour urine assay for N-methylhistamine. Then the most definitive test is said to be an actual skin biopsy, which will entail microscopic examination of mast cells under certain conditions and exposures.

Electromagnetic fields may cause or exacerbate mast cell degranulation. This is a two-way street. MCD can cause the sufferer to be sensitive to EMF, often without realising it. In fact, ubiquitous modern EMF exposure may be a leading factor in the explosion of MCD now. A related factor is that even *looking* at a computer or TV screen can adversely affect many with MCD and/or porphyria. These people may also be sensitive to sunlight and even to ambient room light at times. There may also be a hypersensitivity of all the senses. A *kindling* state is said to exist in the brain. EMF sensitivity symptoms are very much like the above MCD symptoms list. I have found that vagus nerve imbalance, often part of the hidden hiatal hernia syndrome (NEXUS vol. 18, no. 4), also can co-exist in people with MCD.

Individual food reactions, besides MSG contamination, must be determined. MCD may be exacerbated by meat protein. Vegetarianism should be attempted, or at least meat consumption—to which there may be an addiction—should be limited. Especially minimise over-heating meats and meat fat. Sufferers of MCD often carry an epinephrine pen and have to avoid stressors. Other drugs often used by the medical orthodoxy include

antihistamines and steroids, both of which are not well tolerated by (hidden) porphyrics. Mast cell stabilising drugs may help here. These include cromolyn sodium and ketotifen.

MCD may make the sufferer's skin sensitive to pressure (such as occurs from sitting, lying in bed, etc.) and even wearing clothing. If you find that clothing often makes you feel irritable, or if you have abnormal sensations or feel better in the nude, you may have mast cell disease. First, change your detergent, certainly go fragrance-free and buy organic cotton clothing, but see if you feel better in the nude. Environmentally ill people are known to have to wash new clothes many times before they can wear them. Clothing can be a severe problem for the very sensitive. Also, if you feel better and less irritable when a gentle breeze is hitting your skin, this may indicate mast cell disorder, or it may be porphyria again, or even an adrenal or thyroid problem—or all of these factors.

### **MCD's Link with Porphyria and MCS**

Gunnar Heuser, MD, may have been the first to elucidate the connection between mast cell disease and multiple chemical sensitivity.<sup>1</sup> More recently, MCD is being linked to EMFS, also known as electromagnetic hypersensitivity (EHS), as well. MCS and EMFS along

**...ubiquitous modern EMF exposure may be a leading factor in the explosion of mast cell disease now.**

with food reactivity comprise environmental illness (EI). Heuser stated that *either* MCD *or* porphyria may be causative in MCS. In 2009, the first edition of my *Porphyria* book was published. I believe that with this book I became the first to assert that the two illnesses—mast cell disease and porphyria—are linked and that people with MCS or EI may have *both* conditions, and thus this is much deeper and may not be an "either/or" matter.<sup>2</sup> If both conditions are present, it is likely that porphyria causes a secondary MCD. Perhaps years of having hidden porphyria may later result in MCD. The mechanism will be detailed shortly. However, for now I note that physicians treating either of these two maladies may not realise the existence of the other; that is, *an attack of one may be an attack of the other instead of, or in addition to, an isolated attack of the first condition.*

Of the two conditions, porphyria remains the one less likely to be known due to the current state of poor and/or corrupt diagnostic testing, while testing for MCD is simpler and *may* be more accurate. Skin symptoms may be quite visible and undeniable—but only in the later stages. Some of the skin conditions may even be construed as one of the skin porphyrias. However, MCD *may first occur in the gastrointestinal tract, and so skin anomalies and skin tests may not manifest until a later time.*

Recall that porphyria—to which 20 per cent of mankind may be genetically predisposed—entails the body improperly and insufficiently creating the protein haem. While everyone knows that haem is in haemoglobin, it is less known that some 40 per cent of the body's haem goes into making the cytochrome P450 (CYP450) enzymes. These enzymes are involved in numerous metabolic functions, including detoxifying external chemicals (e.g., drugs) and internal chemicals, processing vitamins and making our hormones. There are some 51 known CYP450 enzymes in humans. Different CYP450 enzymes may be in different tissues and occur in very differing amounts.

The cytochrome P450 3A enzymes have been found in some mast cells. These CYP450 3A enzymes metabolise steroid hormones, vitamin D, cholesterol and many xenobiotics, and are GABA receptor related (GABA, gamma-aminobutyric acid, is an inhibitory neurotransmitter). Thus MCS, EMFS, hormonal dysfunction and stress intolerance may be involved

with this possible link to porphyria, causing MCD, as I have hypothesised. This large set of enzymes, the so-called superfamily CYP450 3A, may be the most common link between porphyria and MCD. These haem proteins may be defective and/or deficient in porphyrics, and thus cells that have a high amount of them will malfunction sooner or later, resulting in MCD in these people.

Macroscopically, this may manifest in fascinating and observable ways. *When stressed out, the person may break out in hives or a rash or may swell up. The mechanism I can now explain for the first time.* If this person is a hidden porphyric, any extra stress involves elevated adrenal hormones which are processed by the CYP450 3A enzymes. However, anything that attempts to up-

regulate haem proteins too rapidly results in excess porphyrins and often in subsequent *deficiency* of these enzymes—and in *dysfunction of the cells, including mast cells, which contain many of them.* Thus they may degranulate too readily when the (hidden) porphyric is stressed. You may see a very nervous person—with a possible porphyria reaction—also manifesting a rash or other skin problem. Indeed, angioedema was once called angioneurotic oedema because when the patient was very nervous, s/he would get these large swollen tissues. Unfortunately the "high anxiety" was thought of as being "mental" and not biochemical, or else the porphyria connection might have been hypothesised sooner.

Unfortunately, some physicians incorrectly apply logic and simplistically say to patients; "You can't have two rare diseases [porphyria and MCD]." But I assert that (1) neither is rare and (2) they are linked, as I have

explained above.

Another aspect of the possible interplay between hidden porphyria and MCD is that *histamine is also processed by one or more CYP450 enzymes.* Thus normal levels of histamine can cause problems in the (hidden) porphyric because histamine is not processed properly and may also result in excess porphyrins being released.

### **Foods and Histamine Toxicity**

A related histamine matter is that some foods contain histamine or its biochemical precursor or known histamine-releasing compounds. Foods high in polyamines can be very problematic for allergic people.

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The concentration of polyamines in spoiled food can be toxic. Meats and fish are very susceptible to micro-organism invasion and subsequent enzymatic action. Fresh fish *may* remain unspoiled for *only one day* in the refrigerator. A condition called scombroid poisoning is associated with polyamine toxicity. Scombroid fish include mackerel, tuna and bluefish. These and other rapidly moving fish—mahi-mahi, sardines, anchovies and herring—are subject to *rapid microbial decomposition* after being caught. These fish contain high amounts of the amino acid histidine in their tissues. Bacterial decomposition of the fish converts the histidine to histamine. No odour may be imparted by this action, so the decomposition may go undetected. But there may be an immediate sharp or tingly taste in high-histamine foods. (MSG often yields the same effect on the taste buds in some people.) An additional fish amine, putrescine, potentiates this histamine effect. A severe reaction may then ensue. Some call it a pseudo-allergic reaction. Regardless of the mechanism or what we call it, we need to find out which foods are making us sick.

Symptoms of histamine, cadaverine or putrescine reaction include facial flushing, chest tightness, sweating, nausea, vomiting, tingling, rash, hives, headache, shortness of breath, dizziness, throbbing, thirst or diarrhoea. Cooking or other processing will not destroy putrescine once it is present. After ingestion, symptoms can occur within 10 minutes to two hours and may last up to a day. These are similar complaints to MSG reaction or to mast cell disease.

If someone is or becomes very sensitive to histamine, s/he can then react to *all meats* as well. This is because microbial action on meat will result in histamine creation. The longer that meat is stored after cooking, the higher the histamine levels will become. Then there is the issue of glutamate levels, which have been found in *all cooked meats*. Those with MSG sensitivity will be most affected here. Meats are high in sulphur compounds as well. All these factors can account for why many people are healthier after becoming vegetarians. You may also find yourself feeling less hungry after giving up or cutting down on meats and/or their fats. There is sometimes a type of withdrawal period of 5–30 days, whereby the person craves meat or its fat before such craving ends. If you find that you need to eat beef (or anything else) three times a day,

you may have a severe allergy-addiction going on—and a severe withdrawal. Microbial action also occurs on cheeses; these, too, may have high histamine levels. The more aged the cheese, the higher the histamine level.

To counter the effects of histamine, some physicians make up dilutions of histamine for patients to place under the tongue. This has helped some people.

There is also the homeopathic remedy histaminum, which may offer similar help. It is not individually titrated but can be muscle tested.

### Antihypertensive Drugs and Mast Cell Disease

Few seem to know that a commonly prescribed class of drugs poses a grave risk for many people who may unknowingly be predisposed to acquiring a subsequent, permanent mast cell disease. Beta-blocker drugs, first widely prescribed for hypertension, are now being given for post-traumatic stress disorder (PTSD), anxiety and cancer. Deliberately or not, this may end up causing an epidemic of MCD sufferers, and I hope to prevent this.

These frequently prescribed beta blockers have been shown to lead to protracted anaphylactic reactivity. In 1987, J. H. Toogood wrote:<sup>3</sup> "Beta-blocker therapy is associated with an increase in the severity and, possibly, the incidence of acute anaphylaxis. The population at risk consists of people with allergic conditions who are given a beta-blocker for an unrelated condition. *Anaphylaxis under these conditions may be severe, protracted and resistant*

*to conventional treatment because of the beta-adrenergic blockade."* (Emphasis added.) What Toogood in 1987 called protracted anaphylactic reactivity may be what we now call mast cell disease or mast cell activation syndrome.

Very allergic people and those with asthma, mast cell disease, porphyria or MCS/EI should consider avoiding these beta blockers. Some physicians put people on very high amounts of these and other antihypertensives, even when these drugs (1) don't lower blood pressure (40 per cent of the time) and (2) cause more imminent dangers (as here) than what they are trying to prevent. It's a difficult problem, as hypertension poses cardiac risk; but if such drugs either are not working or are causing immediate, serious reactions—sometimes including allergic or anaphylactic crisis or hypertension itself—then a

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physician who appreciates the situation should be sought. The hypertensive person should consider safer, more natural methods to lower hypertension. These can include breathing methods (such as long, slow exhalations), diet change (including to a low-sodium diet), yoga, the Rochlitz Heart Integration Exercises (see NEXUS vol. 18, no. 6) and supplementation with such nutrients as magnesium, potassium, CoQ10 and others.

Many physicians who routinely prescribe beta blockers for the slightest alleged elevation of blood pressure may be causing protracted anaphylaxis and incurable mast cell disease in more and more people. I hypothesise here, for the first time, that the lowering of the threshold for hypertension with concomitant widespread prescribing of beta blockers and the increasing percentage of MCD in the population may be related phenomena.

Beta-blocker drugs, which are widely used for hypertension, are now also being used to treat post-traumatic stress disorder and panic or anxiety attacks. Furthermore, very recently they have begun to be used in treating numerous kinds of cancer. There is even talk of using them as a cancer preventative!

It appears that beta blockers may be desired in certain quarters to be this century's equivalent of aspirin: they want "everyone" to be on these drugs! Those who are so freely, dangerously and widely prescribing these drugs either do not know, or do not care, that a significant percentage of the population may acquire a severe chronic disorder from taking beta blockers.

Instead, I call here for an immediate study to find out the percentage of those with MCD who acquired this disorder after taking beta blockers. Please contact this author if this is in your history.

Of course, most people with MCD do not know that they have it, and their physicians are not likely to know enough to test them, so there is a great danger here for the people.

Ultimately, though, mast cell disease may also partially explain the differences between people with the "accepted" porphyrias and those with (often hidden) porphyria and MCS/EMFS. The MCS sufferer may have porphyria *plus* mast cell disease.

Mast cell stabilisers—supplements (quercetin) or drugs (cromolyn sodium, ketotifen)—and *diet change (fewer lectins and less meat)* may help those with chronic or environmental illnesses. I also hypothesise here that we may even have another case of a two-sided coin. An attack of either—porphyria or MCD—may sometimes also be an attack of the other.

Here's the crucial problem for the EI sufferer: having both MCD and porphyria causes one to need high-complex- carbohydrate foods, including wheat, potato, etc., but these exacerbate mast cell disease. Other carb foods, though, may exacerbate porphyria.

### **The Role of Specific Foods in Mast Cell Disease**

Recently, specific foods or food components have been proven to cause or exacerbate either MCD or specific allergic or inflammatory diseases. This is a burgeoning field of research, as it should be.

The first food I note here is potato. Researchers found: "As potato lectin activates and degranulates both mast cells and basophils by interacting with the chitobiose core of IgE glycans, higher intake of potato may increase the clinical symptoms as a result of non-allergic food hypersensitivity in atopic [allergic] subjects."<sup>4</sup> You may know that potato is a nightshade and that nightshades have long been known to cause or exacerbate arthritic diseases. Other nightshades include tomato, eggplant, peppers and tobacco.

However, as the above article indicates, the larger class of foods that potato is a member of may be implicated in MCD. Lectins as a whole may be involved here. Foods high in lectins include wheat, rye,

barley and oats, with lesser amounts in quinoa, rice, buckwheat, millet and corn. Beans contain lectins, with soy and peanut containing the highest amounts. Dairy products contain lectins, as do eggs.

The intestinal villi contain CYP450 enzymes. Now, lectins are potent inducers of polyamine production in the gastro-intestinal tract. Lectins can damage microvilli, cause inflammation and induce MCD. Some lectins can cause growth of the liver, pancreas or spleen. Wheat germ can cause polyamine production and has been proven to cause changes in animals' small intestines, resulting in stunted growth.

Nightshade (especially tomato and potato) sensitivity has also been known to exacerbate a common skin condition, rosacea. Vinegar and other fermented food products are also known to aggravate it. MCD should be investigated for its possible role in rosacea.

Sialic acid is a complex sugar that is found on the surface of cells and on secreted proteins. Recent research has found that sialic acid is involved in inflammatory disease and mast cell disease. Sialic acid is found in highest amounts in red meat and dairy products. Lesser amounts are found in fish, with virtually none being found in poultry and produce.

It was discovered recently that humans can't synthesise one form of sialic acid, Neu5Gc.<sup>5</sup>

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But if humans eat red meat or dairy products, this form of sialic acid actually becomes incorporated into human endothelial cells—even though the body (paradoxically) makes antibodies against it! This then—at least in some people—leads to inflammation, chronic disease and some cancers. Sialic acid was recently implicated in interstitial cystitis—a common, chronic and very painful bladder condition that plagues many women and some men. This 2011 research noted the role of "sialic acid-binding immunoglobulin-like lectins (Siglecs) expressed in mast cells"<sup>6</sup> in interstitial cystitis.

Heating, especially deep-frying, lectins (potato, wheat, etc.) or other high-carbohydrate foods causes a reaction of proteins with reducing sugars, creating advanced glycation end-products (AGEs). A 2010 journal article<sup>7</sup> revealed that AGEs can activate mast cell disease. AGEs may be involved in causing or exacerbating MCS and EMFS as well as in rapid ageing, cancer and chronic illness. The highest levels of AGEs may be found in such foods as potato chips, fries and other high-heat or fried, refined high-carb foods.

Supplements that may help with AGEs include glutathione, benfotiamine (a form of vitamin B<sub>1</sub>), carnosine, N-acetylglucosamine<sup>8</sup> and pyridoxamine (a form of vitamin B<sub>6</sub>). The US Food and Drug Administration recently banned the sale of pyridoxamine—with the rationale that it is now in a drug, even though it is a form of a vitamin. *Adverse reactions to AGEs, created by heating foods containing carbohydrate and protein, may partially account for the success of natural healing practitioners when they take people with chronic illness off processed foods.*

Many people with various medical problems have been helped when they changed to a raw-produce diet. I would only add the proviso to be careful in that some people develop parasite problems because, in practice, "raw organic produce" usually means produce that has been grown with horse or cow manure used as fertiliser.

### The Dangers of Ubiquitous Phthalate Compounds

A chemical used in vinyl compounds and plastics may also be involved in MCD and other allergic disorders. Wikipedia informs that phthalates are used in a large variety of products, including enteric coatings of pharmaceutical pills and nutritional supplements, gelling agents, stabilisers, dispersants, lubricants, binders, emulsifying agents and suspending agents.

A phthalate compound is even found in the vinyl bags that contain saline or dextrose solutions that are used

intravenously. This is more so the case in the USA than in some other countries. This phthalate compound is DEHP—di-(2-ethylhexyl) phthalate—a preservative used in plastics and vinyls. So instead of improving from needed medical intervention, one may worsen because of a hidden reaction to this preservative. As we saw above, it may be found in drug and supplement pills. Phthalates are also proven endocrine disruptors. They are supposedly being removed from common usage.

One recent article noted that DEHP enhances atopic dermatitis-like skin lesions in mice.<sup>9</sup> The authors found that minute levels of DEHP led to this condition in mice, and they stated that ubiquitous DEHP might be causing much allergic reaction in people.

Phthalates may also be in the plastics that are used in tubing for oxygen inhalation or in CPAP/BPAP devices for treating sleep apnoea. People who are very environmentally ill purchase either steel or special Tygon® tubing for oxygen delivery because some chemical in the usual plastic is toxic to them.

Finally, in listing foods and other substances that can cause or exacerbate MCD and other allergic disorders, supplements must be included. Recent research has proven that folic acid and other methyl donor nutrients exacerbate reactive airways disease in mice.<sup>10</sup> Methyl donor supplements include folic acid, B<sub>12</sub>, B<sub>6</sub>, trimethylglycine and SAME (S-adenosylmethionine). Some of these nutrients are essential. While some people may benefit from amounts far greater than the RDI, there are others who cannot safely take larger amounts of methyl donor supplements because they may cause or exacerbate MCD or other allergic disorders. More is not always better, or at least not for everyone.

### Practical Help for MCD

We have seen that MCD may be a cause of much chronic, inflammatory and allergy-like disease in mankind. Once chronic mast cell disease, or mast cell activation syndrome, has occurred, it may be difficult to overcome it completely. I have detailed one reason why: hidden porphyria may also be involved. Improvement may be afforded by eliminating the foods highlighted in this article and by taking the supplements or medications cited or by eliminating others. Avoiding or minimising exposure to EMF and refraining from even looking at computer or TV screens may also help.

**A phthalate compound is even found in the vinyl bags that contain saline or dextrose solutions that are used intravenously.**

**Continued on page 81**

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# MORPHIC RESONANCE AND QUANTUM BIOLOGY

*Living organisms  
are quantum  
biological systems  
that interface with  
the fundamental  
fabric of reality.  
Their DNA acts as  
a fractal antenna  
which can receive  
and transduce  
zero-point energy,  
allowing more direct  
interaction with  
the Field.*

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What is life? This is a question shared universally by nearly all of us. For scientists in particular, it is a fundamental question. In fact, it formed the title of Erwin Schrödinger's 1944 book *What is Life?* Schrödinger was a physicist and one of the fathers of quantum mechanics. His book is perhaps one of the first published treatises concerning the quantum physics of biology, which forms the basis for the subject of quantum biology. Applying the theories of quantum mechanics and formative causation to biological processes offers insights into particular phenomena that have evaded adequate descriptions by conventional scientific methodologies.

## Formative Causation: The Morphogenetic Field

The science of biology is nearing an impasse with current theoretical models because it is approaching the level of description that necessitates quantum mechanical and Field theories. In order to examine the deeper levels of reality, new-paradigm science is needed. One such theory that beautifully describes many phenomena that have evaded adequate scientific descriptions thus far is Rupert Sheldrake's theory of morphic resonance, the theory of formative causation. This describes the process of morphogenesis being driven by a non-physical force from a morphogenetic field.

This is the science of conformation, and it is critical to understanding how information from the Field (a.k.a. the vacuum, the aether, the implicate order, the cosmic plenum, superspace, the *akasha*, etc.) is accessed. How important is the science of conformation? Erwin Schrödinger elucidated it in a brilliant flash of insight with this statement: "What we observe as material bodies and forces are nothing but *shapes* and variations in the *structure* of space" (emphasis mine). This would require some explanation for many, because the classical description of space is of something that is empty. However, to many scientists, space (and even the vacuum) is far from being an empty medium. Even at a temperature of absolute zero, when all forms of energy should be gone, each point in space (the smallest quanta of space being a volume based on the Planck length) contains a quantum harmonic oscillator that vibrates with the zero-point energy of the ground state for the Field.

Physicist Nassim Hamein has described how a volume of the vacuum the size of a proton contains an energy density equivalent to all the mass in the Universe. This exemplifies how the Universe is holofractal, in that a subatomic particle potentially contains the imprint of the whole Universe, and how there are many dimensional layers to the Universe where this infinite energy density is distributed.

As for what has been expounded by Rupert Sheldrake, the theory of morphic resonance so closely models the actual processes driving the formation of all levels of organisation that when it is properly understood it becomes self-evident. In regard to biological systems, it explains the

formative causes of evolution, embryonic development, thoughts, behaviours and even many metaphysical phenomena. I find the theory's ability to explain how thoughts work particularly insightful.

### Biomolecular Quantum Communication

Imaging brain activity through functional magnetic resonance imaging (fMRI) and electroencephalography (EEG) reveals four-dimensional space-time patterns of electrical activity produced by the action potentials of billions of neurons. Electrical propagation along diverse pathways of such networks produces specific patterns of activity that have been clearly correlated with physical and sentient states. One of the most elusive questions within neurobiology is how this electrical activity can produce what we experience as thoughts, behaviours and memories. It is so difficult for neurobiologists to address this question because it is completely perplexing from a purely physical point of view, which scientists have been inclined to restrict themselves to in their investigation of Nature.

Indeed, sentience will never be explained by the physical delineation of brain activity because it is a nonphysical phenomenon: the brain only acts as an interface for the purely energetic aspects of sentience to be transduced into the physical experience. This means that the brain has never produced a thought, and never will, because that is not what the brain does. Thoughts exist as ideas within the morphogenetic field—and a specific program of thoughts is a behaviour within the morphogenetic field—so behaviours are a higher-nested morphic structure of thoughts. Remember that the morphogenetic field is simply a categorisation of the information field, which is a part of the unified field. So it is a nonphysical component of the mind that accesses the nonphysical information field; it can be referred to as the *higher mind*.

The impetus for all ideas occurs within the higher mind, whereby ideas are transduced to the brain and elicit the action potentials that produce specific four-dimensional patterns of electrical activity. These space-time patterns tune into a program of ideas within the morphogenetic field through morphic resonance and allow the physical mind to perceive ideas as thoughts.

Similarly, memories are produced by the same kind of four-dimensional patterns of electrical activity. The specific patterns of neural activity tune into distinct morphic fields that contain the information which produces images corresponding to a past event. This means that memories are really not recorded anywhere

in the way that we tend to think they are. Instead, they are created anew each time in the present moment. The genesis of new neural pathways for the conduction of electrical patterns that can tune into different areas of the information field can be observed happening rapidly through the formation of physical subsynaptic structures called *spines*.

Spines can be produced and retracted rapidly, giving the brain a high degree of plasticity and allowing it to remodel and rewire itself faster than is required through production of entirely new synapses and, in some cases, whole new neurons. In fact, when we feel that we have grasped or learnt a new concept it is because spines have been generated that produce novel synaptic contacts, allowing different patterns of electrical activity to occur that can tune into different morphic resonances. However, perception itself does not occur within the physical brain; perception is only facilitated by it

because it is *consciousness* that perceives, and consciousness does not occur within the brain but is only restricted by it.

This is perhaps one of the most elusive questions within science: how is consciousness produced? Again, it is a question that will never be answered using the old-paradigm science because consciousness is not produced by physical phenomena: it is primary and fundamental to all of existence. It is a prerequisite

to existence itself because, without conscious awareness, how can something be said to exist? What would differentiate it from nonexistence if it is completely unperceived? Trying to imagine something existing that is unperceived is similar to trying to imagine nonexistence. It can't be done.

There have been very few attempts to explain scientifically the supposed physical processes by which consciousness is produced (remembering that within the consensus paradigm, all phenomena must be explained by physical processes). The scientific community has largely been content with assuming that consciousness is an emergent aspect of highly complex neural networks, specifically those comprising the neocortex of the human brain. This has actually led to some productive avenues of enquiry, in that it has promoted some to think beyond the normal self-imposed restrictions and entertain theories of quantum mechanical processes within the biological context to explain the emergence of consciousness.

Roger Penrose in collaboration with Stuart Hameroff developed a theory in which the delocalised *pi* electrons within microtubules are sufficiently sheltered from environmental fluctuations that they can maintain a

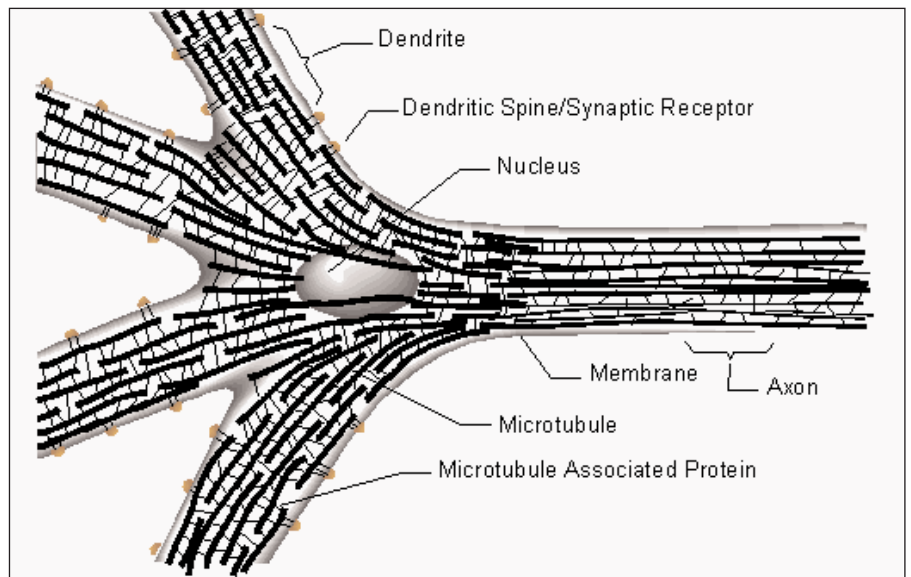
**This means that the brain has never produced a thought, and never will, because that is not what the brain does.**

quantum superposition of their wave function. Microtubules are filaments within cells that form a supporting matrix known as the *cytoskeleton* and are involved in signal and chemical transduction through the cell. Penrose and Hameroff theorised that the collapse of the quantum wave function of the  $\pi$  electrons could produce subneuronal processing of information and be the source of consciousness within the brain.

As a wave function, the electrons can form a quantum coherent state known as a Bose–Einstein condensate. In this state, all of the electrons essentially behave as a single particle or, more precisely, as a single correlated wave function, with non-local entanglement that allows for the quasi-instantaneous transfer of information. During normal modes of brain activity, such as the electrical activity that produces beta oscillations, these states are exceedingly fleeting. However, when a person is sufficiently isolated from environmental perturbations, such as in a meditative state in which visual, auditory and cognitive stimuli are reduced to a minimum, the electrical activity of the brain can enter into a brain-wave pattern known as the *gamma oscillation*. The gamma oscillation is characterised by synchronised spatiotemporal action potentials that sweep through the entire brain, back and forth, 40 times a second. In this state, the Bose–Einstein condensate can be maintained and can coherently entangle with the  $\pi$  electrons within the microtubules found in virtually every cell of the body. The body becomes one quantum-coherent whole, and the individual experiences a feeling of oneness. This macroscopic biological quantum-coherent state also allows the individual to tune specifically into hyperspace and access information directly from the Field.

Additionally, microtubules and many other biopolymers such as DNA can form soliton waves that can produce many particle-like phenomena such as phonons and Bose–Einstein condensates. This again is a form of non-classical communication and quantum functionality within the biological system.

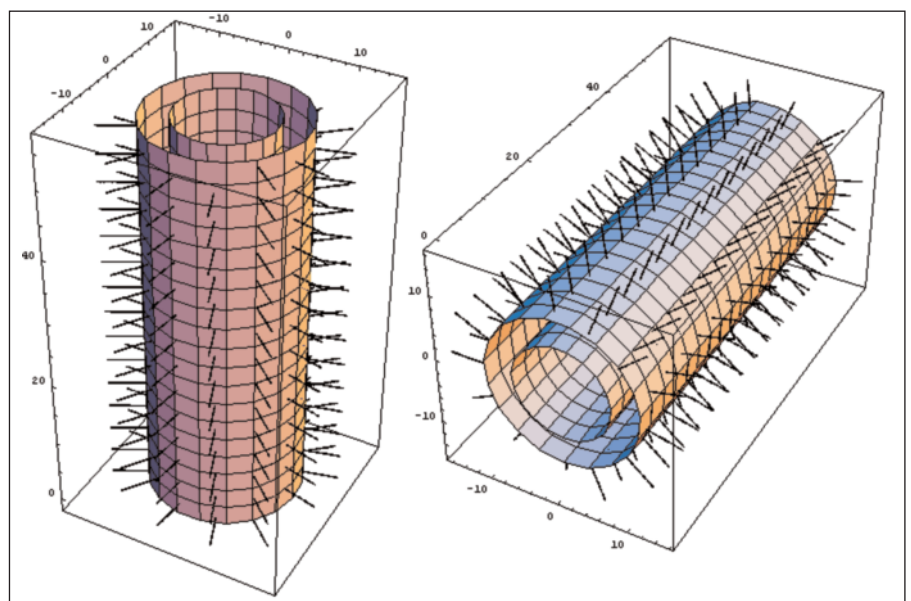
Normally when a wave function is interrogated by a physicist, it collapses and the definite position



Schematic of an intracellular microtubule network in a neuron.

or momentum of the quanta can be determined. This is known as *subjective reduction*, and it is called subjective because it requires the consciousness of the observer. The challenge for Penrose and Hameroff was in attempting to describe the genesis of consciousness through the collapse of the wave function, and not the collapse of the wave function through conscious observation. He therefore came up with the concept of *objective reduction*, in which the wave function collapses after exceeding a threshold in space-time curvature. This would be an effect of quantum gravity. The concept is truly astounding in that it marries quantum mechanics, special relativity and molecular biology into the explanation of a given phenomenon.

While the theory is very exciting, it may not be



Microtubule diagrams depicting the structural architecture of the molecule. Within the hollow tube, delocalised  $\pi$  electrons may be sufficiently sheltered from the environment to form quantum-coherent states.

necessary to explain the genesis of consciousness if consciousness is fundamental and primary to all phenomena. So while the collapse of the quantum wave function within the microtubules wouldn't explain the genesis of consciousness, it can be applied to explain many other biological phenomena. For example, it is through the quantum level that every thought, feeling and experience is transmitted to the level of consciousness that is our individualised fraction. This information is transmitted through the quantum wave function that is superimposed between two discrete levels of reality—spacetime and hyperspace—allowing the exchange of information between the two levels. The same type of delocalised electrons found within the microtubules that form the quantum superposition are also found within the DNA molecule, and there is a continuous connection throughout the entire body through the microtubules to the nuclear DNA from cell to cell.

### The Light-Encoded DNA Filament

The shifting electron density of the electrical dipole produces harmonic oscillations of the  $\pi$  electrons within the centre of the microtubules or the DNA. This is the source of the electromagnetic filament that runs through the centre of these polymers because oscillating charges produce magnetic fields and oscillating magnetic fields produce electrical fields which produce electromagnetic waves or, in common terminology, light. This is a light-encoded filament, which is the information-carrying strand of DNA! A number of scientific experiments have revealed the presence of these light strands, the light-body of the biological organism.

The empirical exemplification of the light-body goes all the way back to experiments performed in the 1920s by Russian scientist Alexander Gurwitsch, who amazingly connected the ultraweak electromagnetic emissions of organisms to developmental processes of the morphogenetic field! He called these emissions *mitogenic rays*. However, without actual empirical investigation into the matter, the scientific community simply rejected the notion because it was considered outside the bounds of the materialistic paradigm. It has not been until relatively recently that experiments have been performed to investigate the matter, and they have indeed confirmed intracellular and intercellular communication via electromagnetic emissions.

### Electromagnetic Transformation of DNA

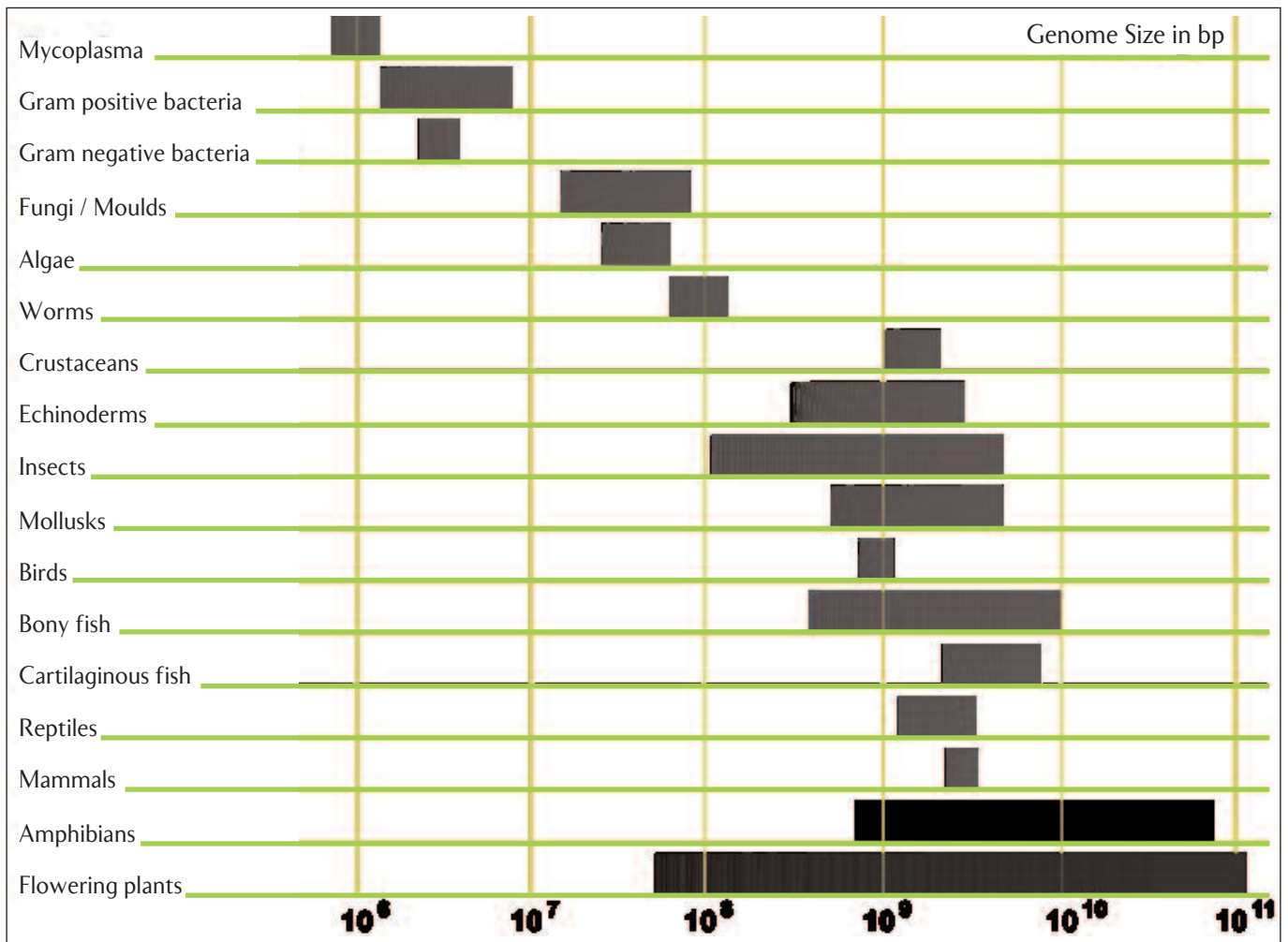
One of the most definitive experiments thus far to demonstrate the primary role of the light-encoded DNA filament was performed by Luc Montagnier, who in 2008 was awarded the Nobel Prize in Physiology or Medicine for his work in demonstrating HIV to be the aetiological agent of AIDS. In this experiment, a specific electromagnetic signal emitted by a pathogenic bacterial culture was shown to remain even after all biological material was removed from the culture medium. When a non-pathogenic strain of the same bacterial species was placed into the culture medium with the electromagnetic frequency, it was transformed into the pathogenic strain and began to emit the same signature signal as the previous strain. The strain had essentially been transformed by the electromagnetic frequency, which means that it was specifically acting on the DNA molecule of the non-pathogenic strain, "re-coding" it.

All biomolecules form complexes with water, and indeed water occupies an essential role in the functionality of all living molecules. This is why water is so essential to life: it is not just an inert medium in which biochemical reactions occur. So, Montagnier hypothesised that the electromagnetic frequencies were being retained in aqueous nanostructures—complex conformational arrangements of macromolecular water. Not only does water adopt a unique pattern for the conformation of biomolecules (and directly influence the precise three-dimensional shape during formation of the biomolecules), it is also responsible for much of the electrical activity of the biomolecules because of the interaction with its dipole moment.

**In this experiment, a specific electromagnetic signal emitted by a pathogenic bacterial culture was shown to remain even after all biological material was removed from the culture medium.**

### Morphic Resonance and DNA Conformations

When the protein-coding segments of DNA, the genes, are compared across species, there is a high level of conservation, meaning that all life shares the same molecular toolkit—with only minor differences being observed—in that genes are homologous. The same genes that make the molecular and structural machinery of a fruit fly are found in a human. However, these genes are primarily involved in producing molecular machinery, and their high degree of homology and conservation shows that they are not the *cause* of differences in species and individuals. The sections of DNA that are responsible for producing these differences have been



Genome sizes of various organisms according to number of nucleotide base pairs

known for a long time because they are what are used to identify species and individuals! Restriction fragment length polymorphisms are produced from unique sections of DNA (the polymorphic segments) when the polymer is cut up (restriction digests by endonuclease enzymes), and they produce what is referred to as the "DNA fingerprint". This is what is used to identify specific species, sub-species and clades, all the way down to individuals. This should have been a big clue: if you're looking for what makes a species different from any other species, the sections of DNA that are used to identify a particular species or individual would be a good place to start!

These unique sections of DNA are the *non-coding* segments. Calling these sections of the genome "junk DNA" is like calling the engine of a car the "spare tyre". How important are the non-coding sections of the DNA? One indication should be their prevalence in the genome. In humans, 95–98 per cent of the genome is non-coding! This is similar for some other species, yet there is a correlation between increasing organismal complexity and the amount of non-coding DNA. For example, bacteria such as *Escherichia coli* have

exceedingly little intergenic DNA. Their genomes are architecturally simplistic, being simple circular strands that are unlikely to adopt complex configurations, yet they still have approximately 4,290 genes. That's one-fifth the amount in humans, who contain approximately 21,000 genes, and yet these *E. coli* are microscopic bacteria! In fact, *Caenorhabditis elegans*, a small worm, contains more genes than humans do. However, in this context, what humans do have more of is *non-protein-coding* DNA, as can be seen by the correlation of genome size with non-coding DNA (a great deal of the large genome sizes of plants is due to *polyploidy*—multiple sets of the same chromosomes which are sufficient to produce speciation without a single change to a protein-coding gene). The non-coding segments have three primary functions identified thus far...

- About half of the non-coding genomic regions are comprised of mobile genetic elements which modulate gene expression and can remodel the chromosomes.
- The other half is comprised of variable-number tandemly repeating sequences, known technically as *satellite* DNA. Through specific conformational arrangements, they interface with the morphic field.

- Both of these portions of the intergenic DNA undergo expansion within the genome. This expansion functions to increase the information-carrying capacity of the biomolecule.

### Chromosome Remodelling

The mobile genetic elements are a highly functional portion of the non-coding DNA. They allow the DNA to respond to environmental conditions and remodel the genome by activating the transposable elements which can translocate segments of the genome and remodel the chromosomes. Because gene regions are modular, they can be translocated and still retain complete functionality; however, they will be differentially expressed. This can produce punctuated and rapid speciation—a form of practically instantaneous evolution, in that it can occur over the course of a single organism's lifetime. These DNA segments are activated by high-frequency radiation, and therefore increases in such sources as cosmic rays will cause an increase in the amount of actively transposing DNA elements.

In comparing the genomes of species classified within the lineage of great apes, such as humans and chimpanzees, the protein-coding gene regions are nearly identical, so the difference in species seems to be due to the non-coding DNA.

In particular, the retro-transposons, called *Alu elements*, show evidence of playing a particular role within the human genome as they are the most abundant elements, being found at a copy number of over a million loci.

So the modular architecture of DNA made it logical as to how transposable elements could function to remodel the chromosomes. However, what function could satellite DNA serve, given that it involves simple, repeating sequences that can reiterate hundreds of times? An epiphany arose when considering a particular characteristic of repeating sequences in light of the theory of morphic resonance. Repeating sequences have the ability to form special DNA conformations, including tertiary and quaternary stranded DNA as well as a variety of other specific structural elements. For example, the telomere regions are composed of anywhere between 3,000 and 20,000 base-pair repeats of the sequence TTAGGG. This G-rich region forms what is called a *G-quadruplex* that can form four-stranded complexes of DNA.

The various conformations formed by satellite DNA thus have specific resonances with the morphic field and therefore are able to tune into very specific programs of information. Given that the satellite DNA

is highly specific to each individual, it means that each individual is tuning into a distinct morphogenetic pattern that is unique to them. Furthermore, because of the high plasticity of the polymer—being able to cycle rapidly through many of these conformations along the DNA molecule—it can serve to modulate the behaviour of the cell, tissue and organism through the changing resonances of morphic patterns. In addition, the characteristic of satellite DNA to expand the number of repeating sequences increases the information-carrying capacity of the DNA molecule.

### Frequency Transduction

Proceeding with the new-paradigm science, we regard the function of the biological organism as primarily electrical in nature and tending towards quantum coherence. This can be thought of as the "Electric Universe" theory of biology. Given the fundamental

importance of electric and magnetic behaviour in the biological system, it is not surprising that DNA and several other molecules act as antennae. DNA in particular is a prime example of this, as can be seen by its molecular structure, making it characteristic of a unique design known as a *helical antenna*. The long, linear, polymer structure is perfectly suited for receiving and transmitting electrical impulses, while the ring

formed from the cross-section of the spiralling double helix is perfect for receiving magnetic impulses.

As a prime antenna for electromagnetic radiation, DNA can receive light, transduce it, compute a response and re-emit electromagnetic signals that will have a very definite modulating effect on specific molecules or even extracellular targets. However, DNA also shows structural organisation characteristic of fractal antennae, enabling it to receive and transduce zero-point energy and allowing it to interact more directly with the Field. These subtler forms of energy would interact more directly with consciousness, and in that way could influence either the expansion or contraction of conscious awareness. This means that certain modular arrangements of DNA would be more conducive to conscious awareness. Conversely, many re-arrangements of these chromatin modules could remodel the genome such that it is not as efficient a transducer of zero-point energy and is therefore less conducive to conscious awareness.

When the information within light is received, it can be stored, computed and transmitted holographically by DNA. Several studies have shown the efficacy of using DNA for computations, and in fact it has been utilised

**This means that certain modular arrangements of DNA would be more conducive to conscious awareness.**

**Continued on page 83**

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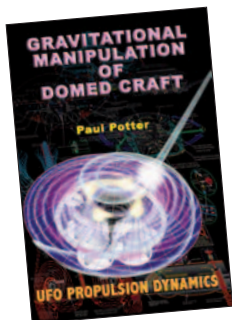
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## UFO Propulsion Dynamics



### GRAVITATIONAL MANIPULATION OF DOMED CRAFT

by Paul Potter

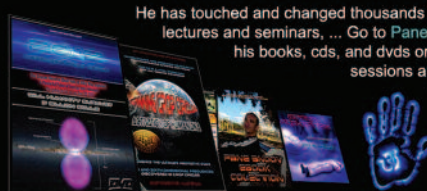
This book introduces a brand new field of scientific research based upon analysis of artifacts retrieved from crashed and damaged UFOs that have come down in Russia and America. For the first time, it reveals the scientific principles behind UFO propulsion dynamics, and shows that these principles are known and recognized by today's physicists. Potter's analyses of these UFO mechanisms are substantiated with references to a broad array of over 300 research papers published in scientific journals! Potter correlates many of the phenomena observed firsthand by close encounter witnesses and abductees and pinpoints the common themes reported, categorizing them according to known physical principles.

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## REGISTRATION OF AETHERIC FORCE ACTIVITY

by Dennis Milner, DSc © 2011

**M**ystics and clairvoyants claim that there are auras of activity permeating and surrounding the physical bodies of plants, animals and humans.

In the Department of Metallurgy at the University of Birmingham, Ted Smart and I, seeking evidence for this auric activity, embarked on extra-curricular research, picking up on the work of Dr Hippolyte Baraduc<sup>1</sup> who in the early 1900s registered an "auric surround" to a human hand (figure 1). This is an electrical discharge picture, akin to a Kirlian photograph, but some of Baraduc's pictures also showed what he claimed were soul phenomena.

Baraduc did not give sufficient details for us to repeat his results, but in trying to do so we found a way of registering auric phenomena around leaves (figure 2) by putting them in a "sandwich" between two photographic plates, with metal plates outside them to which we

applied high-voltage pulses using a Wimshurst machine or a Van de Graaff generator.

These seemed to conform to what people perceive in a heightened state of consciousness, such as described by the chemist Dr Frank Sherwood Taylor:<sup>2</sup>

"On a clear sunny autumn morning, I had walked into the gardens of St John's College, Oxford: the dahlias were still in bloom and the Michaelmas daisies were covered in great butterflies: tortoiseshells, fritillaries and red admirals. Suddenly... everything revealed itself as interconnected... around each centre of life there was an influence, as if each living thing were a centre in a spiritual medium."

We also registered "bright spots" which we thought

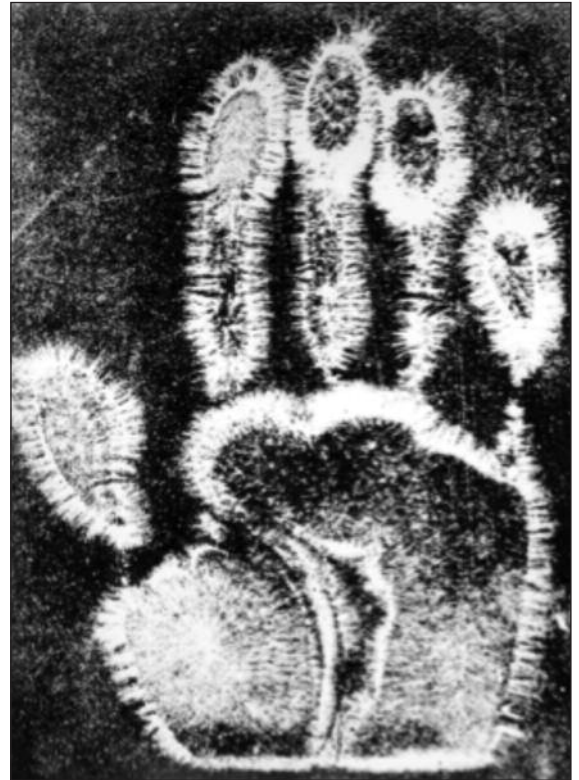


Figure 1. Electrophotographic registration around a hand obtained by Dr Hippolyte Baraduc, circa 1910.

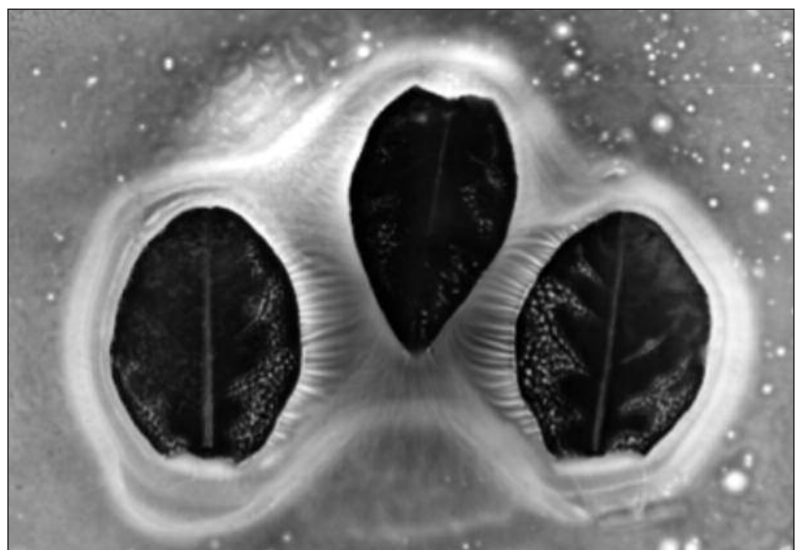
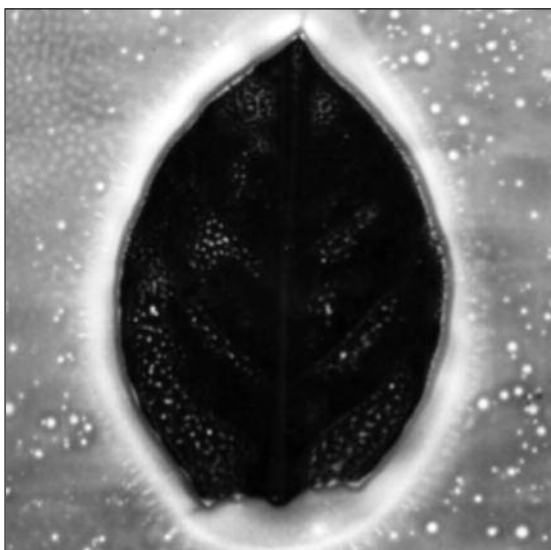


Figure 2a (above left). The type of aetheric aura described by clairvoyants around a privet leaf (the narrow band) with globules of *prana* in the background. Figure 2a (above right). Interaction between three privet leaves.

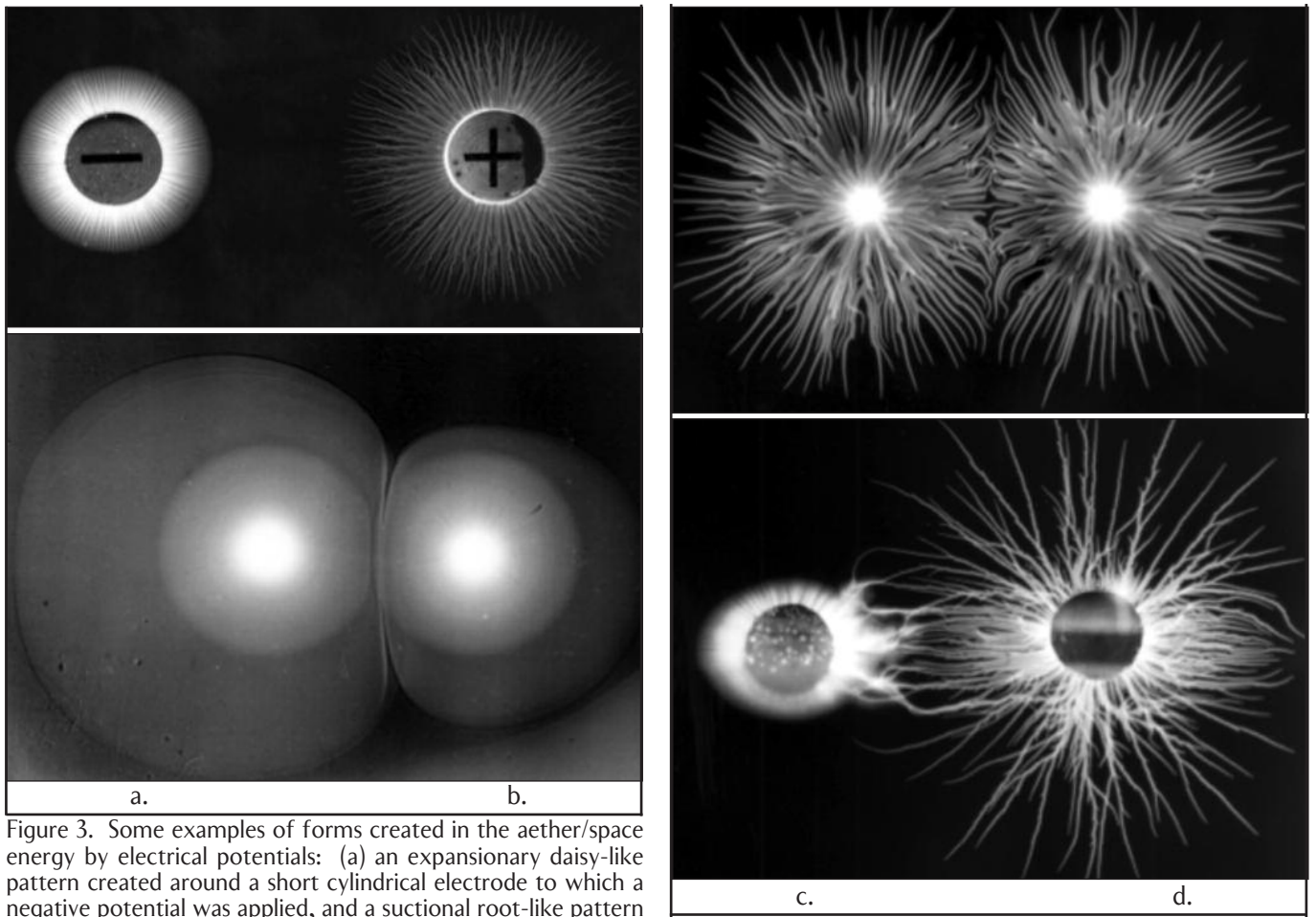


Figure 3. Some examples of forms created in the aether/space energy by electrical potentials: (a) an expansionary daisy-like pattern created around a short cylindrical electrode to which a negative potential was applied, and a suctional root-like pattern created when a positive potential was applied; (b) interaction between two negative expansionary patterns; (c) interaction between two positive suctional patterns; (d) interaction between a negative expansionary and a positive suctional pattern.

could be the *prana* that psychics and mystics say is associated with the life force in living organisms. Payne<sup>3</sup> states that aetheric clouds emanate from plants. Garrett<sup>4</sup> says that plants have a "surround" that appears to move or breathe gently. The energy/aura healer Brennan<sup>5</sup> suggests lying on your back on a sunny day, relaxing and seeing white globules of energy flow into the aura around a tree. Pierrakos,<sup>6</sup> a New York psychiatrist who developed the ability to perceive the human aura, observed energy fields associated with all living entities, with crystals, the Earth, its oceans and its atmosphere. (In his book, Pierrakos describes the way in which he developed expanded awareness, starting with Kilner screens/filters and then finding that he no longer needed these.)

After a few years, we presented our

work at a conference. A publisher who was there asked to publish it,<sup>7</sup> while another member of the audience offered us financial support from his foundation. Our extracurricular activities attracted the attention of three PhD students, Brian Meredith, Andrew Mcneil and Harry Dean, and after getting their PhDs they were able to utilise this financial support to work full time on this research for a collective total of 19 years, resulting in a substantial integrated team effort.

### Space Energy, Aetheric Forms

We expanded our electro-photography research: the Wimshurst machine and Van de Graaff generator had produced multiple uncontrolled pulses of high voltage, but then Michael Watson designed and built for us a power source with which we could

apply a single controlled pulse of high voltage, which enabled us to establish more clearly what was going on.

A basic problem was that if we were registering what clairvoyants and mystics describe as the aetheric aura around plants, we had to find out how this was happening. On the basis that plant activity could be associated with an effect in the surrounding aether/energy of space (either that plant activity created an effect, or that, as mystics claim, phenomena in the aether bring about the pattern of activity of plants), we tried creating disturbances in the aether/space energy by electrical means and we found that these registered equally well.

We also found that we did not need a photographic emulsion: if we coated a glass plate with fine powder, e.g., of the type used in photocopying machines,

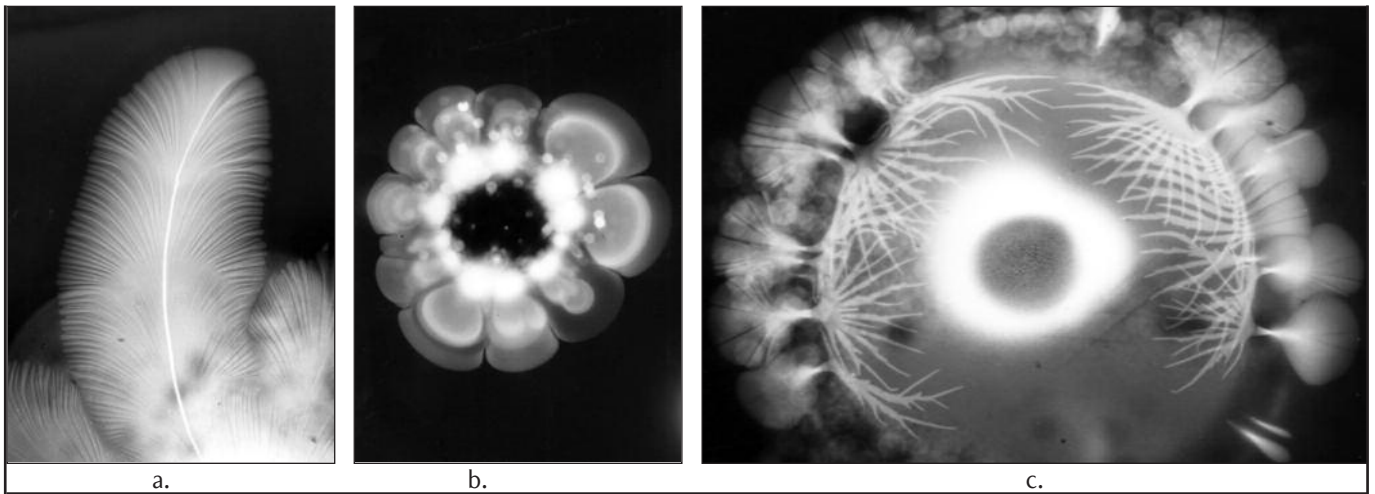


Figure 4. Examples of forms in the aether/space energy created and registered by our electrophotography using the “sandwich” arrangement: (a) a feather-like form; (b) a flower-like form; (c) plant-like forms, obtained with a heated metal stud in the glass plate on the negative side of the sandwich on which we put a piece of wet filter paper.

this registered the phenomena. Furthermore, by examining the distribution of the powder under a low-powered microscope, it was possible to get further information on how the observed phenomena had formed.

We tried many experimental configurations and found that positive potentials were associated with a suctional effect and negative potentials with an expansionary effect (figure 3). The suctional or expansionary nature of these forms was shown by movement

of the powder when we carried out these experiments with a glass plate coated with a thin layer of powder.

Using the sandwich arrangement without any object being present in the sandwich, with the multiple-pulse technique we could create and register space-energy shapes that resemble organic forms (figure 4). In comparing these results with those obtained with single controlled pulses, we had the impression that the multiple-pulse technique brought about and registered the phenomena observed (this could apply to Kirlian photography and Lichtenberg figures in general).

We have referred to the fact that Pierrakos stated that when he developed expanded awareness, he observed flows of energy associated with living activities. Occasionally we registered something like this with leaves (figure 5).

There is great potential for exploring the electrophotography technique to understand what is going on and the significance of the results that it produces, e.g., what these show about the nature of space energy/aether. This is just one of the many areas where we only scratched the surface and that warrants more thorough investigation.

The electrophotography technique requires a high-voltage power source, and the circuit diagram for the one that we used is given in *Kosmos*.<sup>8</sup> ∞

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## About the Author:

Dennis Milner, DSc, FIM, FInstP, CEng, 1924–2011, was an Honorary Research Fellow at the University of Birmingham, UK. He joined the Department of Industrial Metallurgy in 1952 after qualifying in physics and physics of materials. A research group leader, he was later awarded a Doctor of Science degree in recognition of his original work on metallurgical processes.

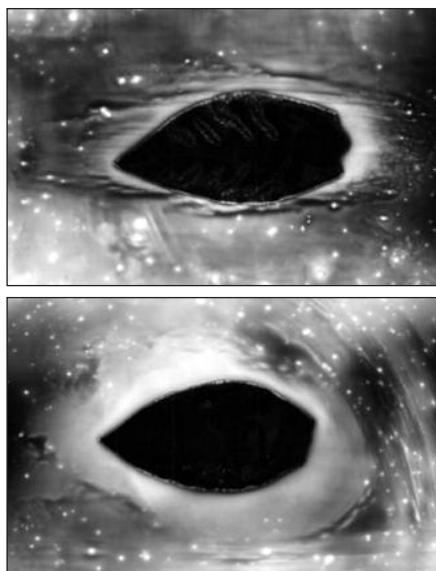


Figure 5. Two examples of privet leaves showing apparently associated flow phenomena in their environment. These results were obtained using the multiple-pulse power source.

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# FAR JOURNEYS

## THE MYSTERY OF LOOSH

*In one of his many out-of-body travels, visionary researcher Robert Monroe came across the story of Loosh cultivating and harvesting, and was shocked to discover how humans and our emotional energies may fit into the cosmic food chain.*

by Robert A. Monroe © 1985

Extracted and edited from  
chapter 12 of his book  
*Far Journeys*  
(Main Street Books, Doubleday,  
New York, 1985,  
ISBN 0-385-23182-2)

**Editor's Note:** Robert Monroe is regarded as a modern pioneer and explorer of the nonphysical realms using out-of-body or "astral" travel. His first book on the subject (*Journeys out of the Body*) was published in 1971, and Monroe treated it in quite a methodical and almost "geographical" manner.

Obviously, out-of-body travel and exploration is not new to mankind, but this was the first time in our modern era that somebody had taken the time and effort to document the realms of nonphysical realities that "surround" our planet. As readers of his books already know, these realms are temporarily inhabited by all sorts of nonphysical beings—including many who are "in between" lifetimes on Earth, some who visit while out of body, and some who visit in the same manner as that of travellers on guided tours. Consider how we can enjoy a boat tour of the River Nile in Egypt, and disembark temporarily to view the wonders of ancient Egyptian temples and ruins. Each tourist has in their hands a travel brochure which describes the highlights and history of each destination.

The extract you are about to read is the "travel brochure" description given to various nonphysical tourists who visit Earth while on their own cruise of curious sites of the omniverse. This extract picks up after a discussion between Monroe and one of these nonphysical "tourists" ("BB") results in Monroe asking to be shown how Earth is described in *their* travel brochure. However, these nonphysical brochures are not "read"; instead, they are "experienced" or "felt" or "witnessed".

A couple of Monroe's terms in this extract need clarifying: "CLICK!" means "change consciousness", and "ident" signifies "a mental name or 'address'".

Note that this extract on Earth's "history and purpose" only takes you to the point where conscious, sentient, male and female humans come into existence. It does not describe the rise of civilisations or human history.

**C**LICK! Someone, Somewhere (or both, in millions, or uncountable) requires, likes, needs, values, collects, drinks, eats or uses as a drug (*sic*) a substance ident Loosh... This is a rare substance in Somewhere, and those who possess Loosh find it vital for whatever it is used for.

Faced with this question of Supply and Demand (a universal law of Somewhere), Someone decided to produce it artificially, so to speak, rather than search for it in its "natural" form. He decided to build a Garden and grow Loosh.

In the natural state, Loosh was found to originate from a series of vibrational actions in the carbon-oxygen cycle and the residue was Loosh in varying degrees of purity. It occurred only during such action, and secondarily during the reactive process. Prospectors from Somewhere ranged far and wide in search of Loosh sources, and new discoveries were hailed with much enthusiasm and reward.

## The First and Second Crops

So it was that Someone and his Garden changed all this. Far off, in a remote area, he set to work on his experiment. First, he created a proper environment for the carbon–oxygen cycle, where it would flourish. He created a balance with much care, so that proper radiation and other nourishment would be in continuous supply.

He then tried his First Crop, which actually did produce Loosh but only in small quantities and of comparatively low grade, not significant enough to take back to the heart of Somewhere. The problem was twofold. The life period was too short and the crop units themselves were too minute. This brought about limits in quality and quantity, as the crop had no time to generate Loosh in such close tolerances. Moreover, the Loosh could be harvested only at the moment of termination of the life span, not one moment before.

His Second Crop was no better, if as good. He changed the environment to another part of the Garden, where the density was gaseous rather than liquid and the higher-density chemicals formed a solid base and thus were still available. He planted numberless units in many varieties in a new form, with a great increase in size, some many thousands of times larger and more complex than the simple, unicellular First Crop. He reversed the carbon–oxygen cycle. Yet all had a basic uniformity. Like the First Crop, they would reseed at regular intervals and terminate their life spans automatically. To avoid the uneven distribution of chemicals and radiation which had been prevalent in the First Crop, he immobilised the Second Crop. Each was designed to stay principally in its own section of the Garden. To this end, each was given firm tendrils which burrowed deep in the more dense chemical matter. Attached to this was a stem or trunk which helped elevate the upper portion upward for its share of needed radiation. The upper portion, broad, thin and somewhat fragile, was designed as a transducer of carbon–oxygen compounds to and from the crop unit. As an added thought, brilliant colour radiators accompanied by small particle generators were mounted on each unit, usually near the top and symmetrically centred.

He set up circulating patterns in the gaseous envelope around the crop, principally to aid in the reseeded process. Later, he discovered that the same turbulent effect served as a means of harvesting the Loosh. If the turbulence were violent enough, the Crop would be blown down, the life span terminated and the Loosh would discharge. This was especially useful when an immediate Loosh supply was desired at a particular point rather than at Harvest Time.

Despite all of this, the Second Crop was most unsatisfactory. While it was true that a much greater

quantity was attained, the unrefined Loosh produced was of such low grade that it was scarcely worth the effort. In addition, the growth period was now too long and no increase in quality resulted. Some vital element was missing.

## The Third Crop

Someone hovered over his Garden for a long period in study before he attempted the Third Crop. It was indeed a challenge. True, he was partially successful. He had grown Loosh. Yet the product of his efforts fell far short of the wild, uncultivated variety.

It was inevitable that he perceived the answer. The Third Crop was living proof of this Truth. The original carbon–oxygen cycle must be included. Mobility must be restored. Both factors had shown great promise in high-grade Loosh production. If size could be added to this, much could be accomplished.

With this plan in the forefront, Someone removed various sample units from the First Crop, which was still thriving in the liquid portion of the Garden. He modified

them to exist and grow in the gaseous area. He adapted them first to take nourishment from the Second Crop, which he permitted to abound for this very purpose. Thus it was that the first of the Mobiles, the Third Crop, came into being.

The Mobiles took nourishment from the Second Crop, thus ending its life span and producing low-grade Loosh. When each huge Mobile terminated its own life

span, additional Loosh was produced. The quantity was massive, but the frequency pattern of the Loosh residue still left much to be desired.

It was by accident that Someone came upon the Prime Catalyst as regards Loosh production. The monstrous and slow-moving Mobiles had a life span far out of proportion to their nourishment input. The growth and life-termination process was of such length that soon the Mobiles would all but decimate the Second Crop. The entire Garden would be out of balance, and there would be no Loosh production whatsoever. Both the Second and Third Crop faced extinction.

As the Second Crop grew scarce, energy needs of the Mobiles became acute. Often two Mobiles would seek to ingest the identical Second Crop Unit. This created Conflict, which resulted in physical struggle among two or more of the ungainly Mobiles.

Someone observed these struggles, at first bemused with the problem, then with great Interest. As the struggles ensued, the Mobiles were emanating Loosh, not in fractional amounts but in sizable, usable quantities and of a much higher purity!

He quickly put the theory to the test. He removed

**The growth and life-termination process was of such length that soon the Mobiles would all but decimate the Second Crop.**

another unit of First Crop from the liquid Garden area, redesigned it for the gaseous environment—but with one significant change. The new Mobile would be somewhat smaller, but would require the ingestion of other Mobiles for nourishment. This would solve the problem of overpopulation of Mobiles, and at the same time would create good quantities of usable Loosh during each Conflict-struggle, plus a bonus if the new class of Mobile terminated the life span of the other. Someone would be able to transmit to Somewhere practical amounts of reasonably pure Loosh.

Thus it was that the Rule of the Prime Catalyst came into being. Conflict among carbon-oxygen cycle units brings forth consistent emanations of Loosh. It was as simple as that.

### **The Fourth Crop**

Satisfied that he had found the formula, Someone prepared the Fourth Crop. He knew now that the Third Crop Mobiles were too large and too long in life span to be ultimately practical. If grown in large numbers, the entire Garden would have to be expanded and enlarged. There was not space enough to grow such massive single units and the proportionate leafy Second Crops to support them. Also, he reasoned correctly that more rapid and increased mobility would expand the Conflict factor, with a resultant higher Loosh output.

In one single motion, Someone terminated the life spans of all the lumbering Third Crop Mobiles. Going back to the First Crop in the liquid area, he modified and expanded them into a multitude of shapes and sizes. He gave them complex multicellular structures of high mobility. He designed into them a pattern of balance. There were those that ingested a Second Crop type of carbon-cycle unit (basically immobile) as an energy source. There were others, very highly mobile, that required for energy the ingestion of other mobile Modified First Crop units.

The completed circuit operated quite satisfactorily. The stationary Second Crop modification in the liquid environment flourished. Small, highly active, liquid-breathing Mobiles took nourishment; they "ate" the Second Crop modification. Larger and/or other active Mobiles consumed for energy the smaller "plant-eaters". When any Mobile grew too large and slow, it became an easy target for the smaller Mobiles, which attacked in voracious numbers. The chemical residue from these ingestive actions settled to the bottom of the liquid

medium and so provided new nourishment for the Stationaries (Modified Second Crop), completing the circuit. The result was a steady flow of Loosh—from the life-span termination of the Stationaries, from the intense Conflict among the Mobiles to avoid ingestion, and finally from the sudden termination of the life spans of such Mobiles as the inevitable product of such Conflicts.

Turning to another portion of his Garden—the gaseous area with a dense-compound base—Someone applied the same techniques with even more advanced improvements. He added many varieties of Stationaries (original Second Crop) to provide sufficient and diverse nourishment for the new Mobiles he was to create.

As in the other Garden area, he made such Mobiles into a balance of two species: those that ingested and drew energy from the Second Crop Stationaries, and those that required other Mobiles for sustenance. He created them in literally thousands of original types, small, large—yet none so large as the Third Crop Mobiles—and ingeniously gave each some appurtenance for conflict. These took the form of mass, elusive speed, deceptive and/or protective coating and colour radiation, wave-action and particle perceptors and detectors, and unique higher-density protuberances for gouging, grasping and rending during conflict. All of the latter served neatly to add to and prolong the conflict periods, with the resultant increase in Loosh emanation.

### **The Piece of Someone**

As a side experiment, Someone designed and created one form of Mobile that was weak and ineffective by the standards of the other Mobiles in the Fourth Crop. Yet this experimental Mobile had two distinct advantages. It had the

ability to ingest and take energy from both the Stationaries and other Mobiles. Second, Someone pulled forth a Piece of Himself—no other source of such Substance being known or available—to act as an intensive, ultimate trigger to mobility. Following the Rule of Attraction, Someone knew that such infusion would create in this particular Mobile species an unceasing mobility. Always, it would seek to satisfy the attraction this tiny mote of Himself engendered as it sought reunion with the infinite Whole. Thus the drive for satisfaction of energy requirements through ingestion would not be the only motivating force. More important, the needs and compulsions created by the Piece of Someone could not be satiated throughout the Garden. Thus the need for

**Thus it was that the Rule of the Prime Catalyst came into being.**

**Conflict among carbon-oxygen cycle units brings forth consistent emanations of Loosh.**

**It was as simple as that.**

mobility would be ever present, and the Conflict between this need and that of energy replacement would be constant—possibly a continuous, high-order Loosh emanator if it survived.

The Fourth Crop exceeded all of Someone's expectations. It became apparent that a consistent, useful flow of Loosh was being produced in the Garden. The balance of "life" operated perfectly, with the Conflict factor producing immense amounts of Loosh and a steady supplement brought into being by the constant life-span terminations from all types of Mobiles and Stationaries. To handle the output, Someone set up Special Collectors to aid in the harvest. He set up channels to convey the raw Loosh from his Garden to Somewhere. No longer did Somewhere depend principally upon the "wild state" as the principal source of Loosh. The Garden of Someone had ended that.

With the success of the Garden and the production of Loosh by cultivated means, Others began to design and build their Gardens. This was in accordance with the Law of Supply and Demand (Vacuum is an unstable condition), as the amounts of Loosh from Someone's Garden only partially met the requirements of Somewhere. Collectors on behalf of the Others actually entered the Garden of Someone to take advantage of those small emanations of Loosh overlooked or ignored by the Collectors of Someone.

Someone, his work completed, returned to Somewhere and occupied himself with other matters. Loosh production stayed at a constant level under the supervision of the Collectors. The only alterations were ordered by Someone himself. Under instructions from Someone, the Collectors periodically harvested segments of the Fourth Crop. This was done to ensure adequate chemicals, radiation and other nourishment for the younger, oncoming units. A secondary purpose was to provide occasional extra amounts of Loosh created by such harvesting.

To reap such harvest, the Collectors generated storms of turbulence and turmoil in both the gaseous envelope and the more solid chemical formations that were the base of the Garden itself. Such upheavals had the effect of terminating life spans of multitudes of the Fourth Crop as they were crushed under the rolling base formation or smothered under waves from the agitated liquid area of the Garden. (By peculiarity of design, Fourth Crop units could not maintain their carbon-oxygen cycle surrounded by the liquid medium.)

## The Difference

The Garden pattern of "Life" might have gone on thus throughout eternity had it not been for the perception and inquisitiveness of Someone. On occasion, he would study samples of Loosh from his Garden. There was no motive in doing so, other than the fact that Someone may have held a remote continuing interest in his project.

On a particular analysis of a Loosh sample, Someone had casually examined the emanations and was about to return it to the Reservoir—when he became aware of a Difference. It was very slight, but there it was.

His interest centred immediately. He looked again. Woven delicately in with the more common Loosh emanations was a slender fragment of purified and distilled Loosh. This was an impossibility. Purified and distilled Loosh resulted only after the "wild state" Loosh had been processed many times. The Loosh from the Garden of Someone required the same treatment before it could be used.

Yet here it was—so finely graded in its refined radiations that it could or would not return into compound with the raw substance. Someone reaffirmed his tests, and the result still was positive. There was a factor in his Garden of which he was unaware.

Quickly, Someone left Somewhere and returned to his Garden. Outwardly, all seemed the same. The solid-base gaseous areas of the Garden were an endless carpet of green reflection from the thriving Second Crop. The Modified First Crop in the liquid area was in perfect accord with the Action-Reaction Law (a Division of Cause and Effect). Someone perceived without delay that the Difference—the source of distilled Loosh—lay neither with

the First nor with the Second Crop.

He found his first momentary touch of distilled Loosh emanation in one of the units of the Fourth Crop (which by then had filtered throughout the plantings of the Second Crop). The flash came during the unusual action of this unit as it entered into a life-terminating struggle with another Fourth Crop unit. This alone would not create distilled Loosh, Someone knew, and he probed deeper for the source.

It was at that moment he discovered the Difference. The Fourth Crop Unit was not struggling in Conflict over an ingestible remnant of a weaker Fourth Crop unit or a tasty frond from a nearby Second Crop stem—or to avoid termination of life and ingestion by the other

**With the success of the Garden and the production of Loosh by cultivated means, Others began to design and build their Gardens.**

conflicting Fourth Crop unit. It was in Conflict to protect and save from life termination three of its own newly generated species huddled under a large Second Crop unit waiting for the outcome. There was no doubt about it. This was the action that produced the flashes of distilled Loosh.

With this clue, Someone examined the actions of other Fourth Crop units in the Garden. He found similar flashes when other Fourth Crop units took the same action in defence of their "young". Still, there was an inconsistency. The sum of all such flashes of distilled Loosh emanation from all such actions by the current Fourth Crop units would not amount to half of the total he had found in the sample from the Reservoir. It was obvious that another factor was present.

Systematically, he hovered over the Garden, extending his perception to all areas. Almost immediately, he found the source. High-order distilled Loosh radiation was originating from one particular section of the Garden. Quickly, he hurried to the spot.

There it was—an experimental Modified Fourth Crop unit, one of those that contained a Piece of Himself in its functional pattern. It was standing alone under the leafy upper portion of a large Second Crop unit. It was not "hungry". It was not in Conflict with another Fourth Crop unit. It was not acting in defence of its "young". Then why did it emanate distilled Loosh in such great quantity?

Someone moved closer. His perception entered into the Modified Fourth Crop unit and then he knew. The unit was lonely! It was this effect that produced distilled Loosh.

As Someone drew back, he noted another unusual inconsistency. The Modified Fourth Crop unit suddenly had become aware of His Presence. It had collapsed and was jerking in strange convulsions on the solid-base formation. Clear liquid was being expelled from the two radiation-perceiving orifices. With this, the distilled Loosh emitted became even more pronounced.

### The Formula

It was from this that Someone propounded his now famous DLP Formula, which is in effect in the Garden at this time.

The balance of the story is well known. Someone included the fundamental in his formula: "The creation of pure, distilled Loosh is brought forth in Type 4M units by the action of unfulfilment, but only if such pattern is enacted at a vibratory level above the sensory bounds of the environment. The greater the intensity of said pattern, the greater the output of Loosh distillate."

To put the formula into effect, Someone designed

subtle changes in his Garden, all of them familiar to every historian. The splitting of all Crop units into Halves (to engender loneliness as they sought to reunite) and the encouragement of dominance of the Type 4M unit are but two of the most noteworthy limitations.

As it appears now, the Garden is a fascinating spectacle of efficiency. The Collectors have long since become Masters at the Art of the DLP Formula. Type 4M units dominate and have spread through the entire Garden, with the exception of the deeper portions of the liquid medium. These are the principal producers of Loosh distillate.

From experience, the Collectors have evolved an entire technology with complementary tools for the harvesting of Loosh from the Type 4M units. The most common have been named love, friendship, family, greed, hate, pain, guilt, disease, pride, ambition, ownership, possession, sacrifice—and on a larger scale, nations, provincialism, wars, famine, religion, machines, freedom,

industry, trade, to list a few. Loosh production is higher than ever before...

### The Downside

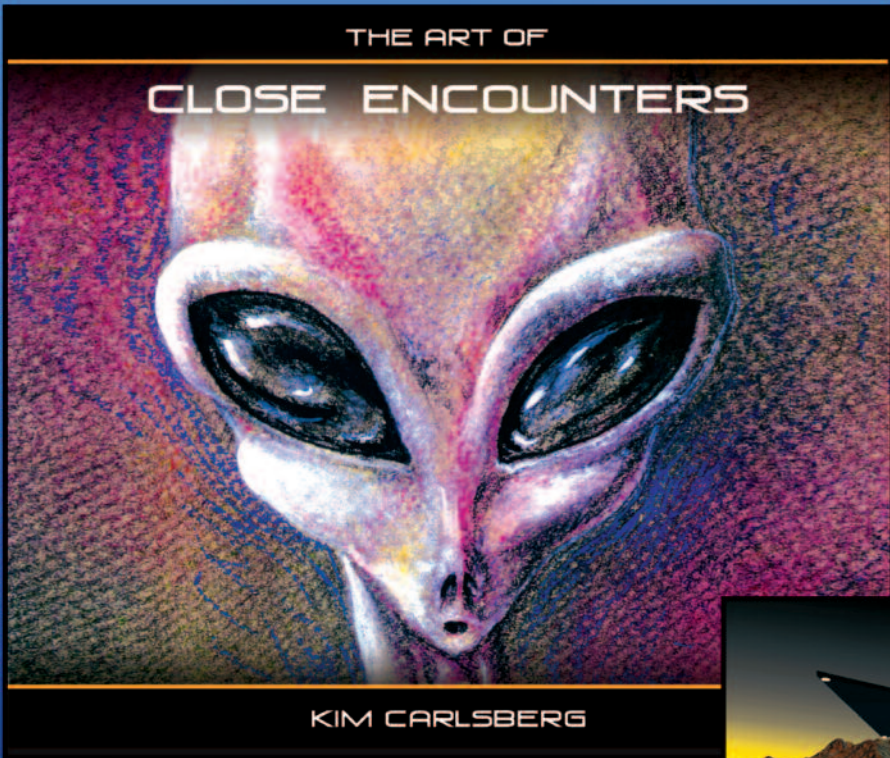
CLICK! I was closed tightly, turned inward, stunned. My first reaction was: there had to be some mistake; this was not the story-history of Earth. BB had it mixed up with some other port of call on their cruise schedule. Yet as I ran the info again, the overlay of what little

I knew of Earth's zoological and human history was uncomfortably accurate, albeit from another perspective. The food chain of Earth's ecobiologic system had been well established. Knowing this about Mother Nature, some of the hard-core philosophic speculators had often pondered where the human animal fitted in the process. The downside was, it was obvious who ate *us*! Before, it had been just that, speculation... ∞

### About the Author:

Robert A. Monroe (30 October 1915 – 17 March 1995) graduated in 1937 with a BA in Engineering and was a successful radio producer, broadcasting executive and music composer before starting his research into human consciousness in the 1950s. The inventor of Hemi-Sync® technology, which utilises binaural beats to trigger altered states of consciousness, he was awarded three US patents. His books, *Journeys Out of the Body* (1971), *Far Journeys* (1985) and *Ultimate Journey* (1994), have inspired millions of truth-seekers. In 1974, his research group became The Monroe Institute (<http://www.monroeinstitute.org>), and through it his legacy continues to this day.

**His perception entered into the Modified Fourth Crop unit and then he knew. The unit was lonely! It was this effect that produced distilled Loosh.**



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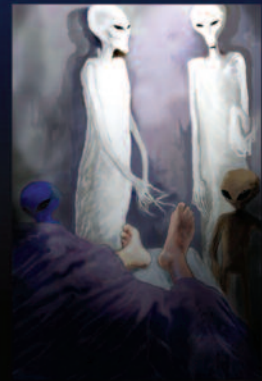


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## ENCOUNTERS WITH TINY ALIENS IN MALAYSIA

by Ahmad Jamaludin ©1979

UFO occupants or "humanoids" present themselves in various shapes and sizes, as do the UFOs. Other countries have been experiencing close encounters with humanoids of diversified forms, but I would like to draw attention to the reports in Malaysia where humanoid encounters have been confined to only one type: tiny entities measuring from three to six inches [~7.6 to 15.2 centimetres] in height.

Though reports of the other UFO categories bear similarity to the global sightings, encounters with humanoids in Malaysia on the record so far are in a class of their own. There has not been a single reported incident of encounters with UFO occupants measuring taller than six inches in height. It is also to be noted that there has not been a single case of a UFO measuring greater than three feet [~0.9 metre] in diameter landing on Malaysian soil. These observations constitute a puzzle, and if any explanations can be given it is hoped that some

relationship with the global UFO landings may give a clue to the UFO phenomenon.

Seven alleged encounters, the full stories of which are incomplete since the principal witnesses cannot be located, are listed below.

- Case 1: Johor Bahru, 1970. Four boys going to school one morning saw a small UFO and tiny, six-inch-tall, creatures. The boys reported their sighting to the headmaster and, since it occurred on the school premises, the news soon broke out and everyone at the school was combing the area, looking for the creatures. One small burnt patch on the ground was found. The UFO was gone.

- Case 2: Gambang near Kuantan, 1973. Two schoolboys claimed to have seen tiny humanoids, only three inches tall, in the school compound. It is said that the boys actually caught one of the creatures, which attracted the attention of a teacher. He arrived in time to see it before the tiny creature finally managed to escape.

- Case 3: Bukit Mertajam, 1973. A group of boys playing football in a

school field sighted a small UFO that had landed nearby. From it emerged tiny creatures which one of the boys immediately tried to catch. A beam of light was fired at the boy's hand. The UFO flew away.

- Case 4: Ipoh, 1973. A small UFO carrying tiny humanoids landed in a school field. Several schoolboys who sighted it excitedly called their teachers. They came just too late to see the object speeding away.

- Case 5: Miri, Sarawak, 1973. Several boys saw a humanoid about six inches tall, wearing a white suit and cutting a fence wire with an intense beam of light. They tried to catch it, but lost it in the bushes. The boys saw no UFO.

- Case 6: Miri, Sarawak, 1973. Several people on vacation along the beach sighted a group of tiny beings wearing white suits. There were about six or seven of them. They wore no masks, and they resembled humans except for their tiny size. This group consisted of possibly males and females. The females were notable because of their long hair. An attempt to catch them failed. No saucer was sighted.

## THE TWILIGHT ZONE

• Case 7: Bukit Mertajam, 1979. A small UFO landed on a field near some boys. One boy tried to catch a three-inch creature that emerged from it. It fired a beam that temporarily paralysed his right arm. The UFO then flew away.

From these seven reported encounters in Malaysia, from the first known landing in 1970 through May 1979, there were five cases of close encounters with tiny humanoids, and two cases from the East Malaysia where no UFO was sighted.

Cases 1, 2, 3, 4 and 7 occurred in West Malaysia. All these sightings were reported by schoolchildren, and all the landings took place on school premises. The creatures measured, in all cases, either three inches or six inches tall. All were equipped with a type of ray gun. They were described as well dressed in one-piece suits. Some had a slightly larger head and round eyes. The three-inch humanoids sometimes had two antenna-like structures protruding from the head.

There were three more probable encounters with tiny humanoids in Malaysia, but unfortunately the origin of the incidents cannot be traced.

One case, a probable landing, occurred on 26 May 1979 near Kulim, where the witnesses, three boys and two adults, claimed to have sighted a small UFO hovering a few feet above the ground, perhaps in an attempt to land since its three landing gears were already down. When the witnesses tried to touch the object, an intense light ray shone into their eyes and temporarily blinded them. This shows that the small UFO was intelligently controlled from inside.

Considering the craft's small size, estimated at about two feet [ $\sim 0.61$  cm] in diameter, the UFO occupants, if there were any inside, would have to measure about three inches in height to fit comfortably inside the object.

Of nine reported landings or encounters with humanoids, seven cases occurred in broad daylight; only two were known to have taken place at night. There have been no reports of encounters with UFO occupants after dawn.

Almost all of the UFOs sighted at close range on the ground or hovering close to the ground measured on average less than three feet in diameter.

UFOs that were sighted in the air

were usually of a large size. There have been reports of a disc-shaped UFO as big as a house flying over the hilly country in eastern Malaysia, and a long elliptical object like a neon light was also sighted high in the sky.

Why are Malaysian encounters with UFOs and humanoids characterised by tiny sizes when compared with sightings in other parts of the world? Why do most landings occur in the daytime when other worldwide landings usually happen at night? If deception is part of the UFO phenomenon, then the tiny size of these humanoids may allow them to easily escape unnoticed. Since there have been no reports of encounters with bigger or human-sized humanoids in the dark hours, then we again ask why most landings have to be conducted in the daytime.

It has been observed that UFOs seem to be attracted to the fracture-zone areas of high seismic activity. In fact, it can be seen that there are fewer UFO reports from earthquake-free areas or countries compared with the bulk of reports from earthquake zones or areas that have records of or have "felt" even the slightest earth tremors. Malaysia is an earthquake-free country. The areas of gravitational and magnetic anomalies which UFOs may use to operate so effectively are lacking in this region. Is the tiny size a compensation for the manoeuvrability to land on and take off from a magnetically stable area?

(Source: MUFON UFO Journal, USA, no. 141, November 1979)

### MINI ENTITY SEEN AT KUANTAN AIR BASE, MALAYSIA

by Ahmad Jamaludin 1981

Some time in 1975 or 1976, there was some excitement in Kuantan, Malaysia, when a strange encounter with a three-inch-tall man-like creature was reported.



*"For goodness sake, Stephen, tuck your DNA in."*

The incident occurred about nine miles (~14.5 km) from the town of Kuantan.

To add to the excitement, the small UFO which ferried the tiny entity is said to have landed right in the Royal Malaysian Air Force (RMAF) Base there.

There were three young witnesses to the encounter. The third witness, not mentioned in the newspaper account below, is known to be still in school in Kuantan. I have tried to locate this witness, and at this time of writing have still not succeeded.

The whereabouts of the other two witnesses is not known, and it is conceivable that they moved to other Air Force installations in the country with their parents.

Until the third witness can be located for the complete story, I present below the newspaper report which was forwarded to me by a friend, but with the date of the report missing.

It appeared on the front page of the *New Straits Times* published in Kuala Lumpur, Malaysia. The report, entitled "Believe it or not", unfortunately omitted to mention the UFO.

I have tried to contact the reporter of this item, but unfortunately he resigned a few years ago and is now working somewhere in the government departments.

Below is the short account of the incident as it appeared in the paper.

"Kuantan, Thursday — A 3-inch-tall creature said to resemble a human being has become the talk of the RMAF base here since its reported sighting by a schoolboy two days ago. The story has also spread to the town.

"Paul Lazario, 9, a pupil of the RMAF Primary School, said he saw the creature two days ago near a drain at the RMAF field. It was stopping to drink water, he added. 'I caught it but it escaped from my grip and ran into some undergrowth near

the drain,' he said.

"It had two feelers on the head and held a steel-like rod in its hand. A pistol was hanging from its waist. It was brown in colour and looked like a man, he added.

"Paul said he related the incident to his friends and in the evening three of them went to the spot near the field. And according to schoolboy Neo Lee Ann, 12, all three saw the creature moving about on the area. 'When it saw us, it ran into the undergrowth and disappeared,' he said.

"A teacher of the school, Mr Yew Kim Guan, said when he heard the story he went to investigate. 'There was no sign of the creature in the area, but I saw a Red Indian-like wigwam beautifully weaved out of grass. It was partly crushed,' he said.

"He added he didn't know whether to believe the story."

That is the end of the newspaper account of what could only be described as a bizarre affair.

At the time of writing, I have documented 24 cases: about 50 per cent of the tiny entities were sighted with their little UFOs and the remainder without the UFOs.

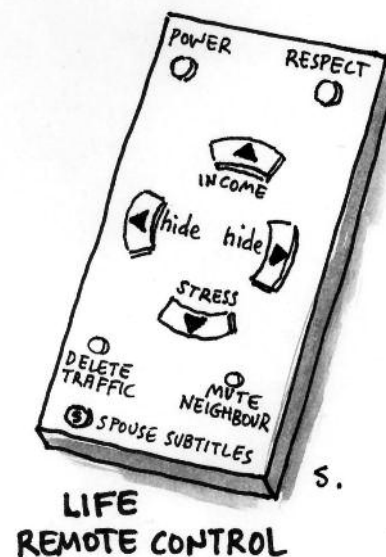
(Source: *Flying Saucer Review, UK, vol. 26, no. 5, January 1981*)

## WOMAN FROM A PARALLEL UNIVERSE WAKES UP HERE

The Spanish-language website *Trivistadigitalavalon* has published several articles discussing the idea of parallel universes. An intriguing story of a woman named Lerina García, who appears to be from either another dimension or a parallel Earth, is featured on the website. Apparently García left this message on a chat forum on 16 July 2008:

"Four months ago, I awoke on a normal morning. I was in my rented home where I'd been living for seven years. Everything was the same, except that my bed linen was different, and I paid no attention at the time.

"So I went to work in my car, which was parked where I'd always parked, and it was the same office I'd worked in for the last 20 years. But when I got to my department, it wasn't my department. It had names on the door, and mine wasn't on it. I thought I was on the wrong floor, but no, it was my own floor. I went over to the office's wireless section and looked myself up. I still worked there, but in another department, reporting to a superior I didn't even know.



## THE TWILIGHT ZONE

"So I went to the department indicated in the directory, said I was feeling ill, and left. All the contents of my handbag were the same: my credit cards, my ID, everything, but I didn't recall having changed departments at any time.

"I went to the doctor and underwent drug and alcohol testing...all clean.

"I returned to work the next day and was able to make my way by asking questions and saying that I wasn't feeling well.

"I've been separated from my partner of seven years for some six months. We broke up and I started a relationship with a fellow from my neighbourhood. I know him perfectly well, having been with him for four months. I know his name, surname, address, where he works, his son from another relationship and where he studies.

"Well, that fellow no longer exists. He appeared to have existed before my 'jump', but there is no trace of him now. I've hired a detective to find him and he does not exist.

"I've visited a psychiatrist and it's all been put down to stress. He thinks they're hallucinations, but I know this isn't the case.

"My former boyfriend is with me as though nothing had happened—apparently we never broke it off [in

this world]—and Agustín (my current boyfriend) appears to have never existed. He doesn't live in the apartment where he used to live, and I cannot find his son.

"I swear to you that it's true and that I'm very sane. My own family doesn't remember things like surgery performed on my sister's shoulder a few months ago: she says she's never been operated on. Small things to that effect.

"I cannot find any pathology that matches my experience. For five months I've been reading all of the theories I've come across and am convinced that it has been a jump between planes or something, a decision or action taken that has caused things to change.

"What upsets me is that I'm in the same year, not in a different time, and I'm exactly the same. Let me explain: it's as though I had lost my memory five months ago and woken up having dreamed those five months, with the exception that everyone remembers me during that time, and I've done things that I'm not aware of having done.

"Has anyone had a similar experience? Pranksters can refrain from commenting. This is very serious to me. Thank you. Light."

(Source: *Avalon Enigmas y Misterios*, 18 February 2011, <http://tinyurl.com/7qrcwhb>)

### AN IMPOSSIBLE VISITOR ARRIVES IN TOKYO

A curious incident took place in Tokyo, Japan, during the early 1990s: a man arrived on a flight with a passport from a nonexistent country. The man expressed anger and shock when Japanese customs officials detained him.

Although the officials checked their records carefully, the passport had been issued by a country that did not exist. No record showed that the country had ever existed. The passport was real and had customs officials' stamps on various pages, including stamps by Japanese customs officials from previous visits. The man was a well-travelled Caucasian who said that the country was in Europe and had existed for almost 1,000 years. He carried legal currency from several European countries and an international driver's licence, and he spoke several languages.

Finally, indignant, he demanded a meeting with higher government authorities. He was convinced that some massive practical joke was being played on him.

After being detained for almost 14 hours in a small security room at the airport terminal, some government officials took pity on him and transported him to a hotel. They ordered the visitor to wait there until they decided what to do about the matter. From the reports, the Japanese were just as confused and flustered as the mysterious man without a country.

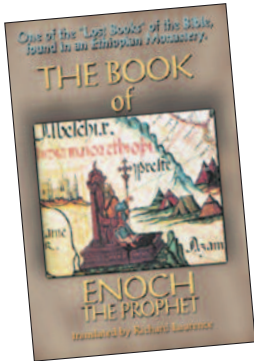
Although two immigration officials were posted with instructions not to permit the man to leave his room, the next morning the guards discovered that he was gone. The only exit was the door that they had watched, and the only window had no outside ledge and was 15 storeys above a busy downtown street.

The man was never seen again.  
(Source: *Before It's News*, 3 January 2012, <http://tinyurl.com/85suylr>)



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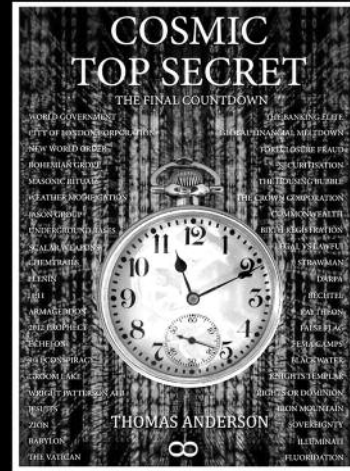
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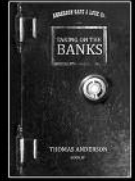


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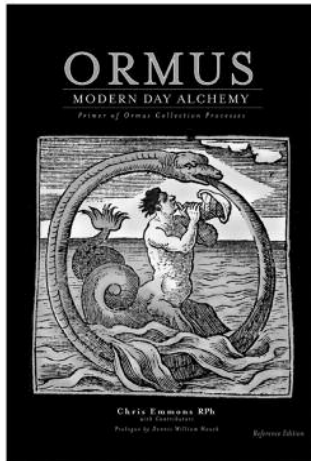
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Let us imagine, for a moment, that you have not heard of Ormus: While attending a festival, you overhear conversation between four friends. Excitement is in their voices as they talk about something called Ormus. They talk about having more energy and clarity of thought.

"What is this?" When one asks another, "Have you begun collecting Ormus?" you listen, intent on learning more. They talk about where Ormus can be found and about a book that explains how to collect it.

The friends stop at a food court leaving you with a curiosity and the knowledge of "A Book." That book is *Ormus: Modern Day Alchemy*.

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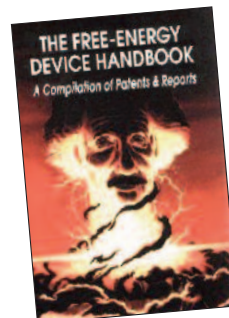
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# REVIEWS

## BOOKS

Reviewed by Ruth Parnell

### DEATH ON A FORK

by Gwynne H. Davies, DSc, ND, DO  
O-Books, Hampshire, UK, 2011  
ISBN 978-1-84694-837-4 (316pp tpb)  
Available: [www.o-books.net](http://www.o-books.net)

Retired British clinical ecologist and naturopathic doctor Gwynne Davies has had over 30 years' experience in assessing his patients' health problems and "triggers". He's now updated his 2004 book *Allergies – Breakthrough to Health* in view of new findings in the field.

At the core of his healing approach is his stance on foods, and certainly Dr Davies is on the side of avoiding milk and milk products as well as the four Cs: coffee, cheese, chocolate and citrus. He describes the most common allergic reactions and why and how they happen, as well as the methods of testing for allergies and overcoming them (applied kinesiology is especially helpful).

Central to Dr Davies's hypothesis is that a common pancreatic malfunction triggers reactions that the immune system is unable to deal with, and then other systems go down in response. Mast cells are attacked by antibodies, the adrenal glands are

atrophied, and then the mast cells shrug off the antibodies and flood the system. This action can account for many conditions from migraine to bronchitis, asthma to irritable bowel syndrome, rheumatoid arthritis to hyperactivity. Many of Dr Davies's patients attest to the success of his regimes, as seen in their positive testimonials. You'll surely find much useful information herein.

### SUPERCHARGE YOUR HEART IN SECONDS

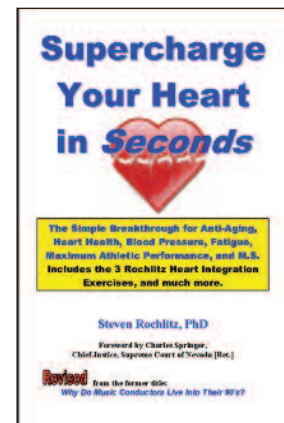
by Steven Rochlitz, PhD  
Human Ecology Balancing Sciences,  
Cottonwood, AZ, USA, 2011  
ISBN 0-945262-60-4 (146pp tpb)  
Available: [www.wellatlast.com](http://www.wellatlast.com)

Would you like to be healthy into your 90s and beyond, just as so many music conductors have been? What if a few easy exercises could extend your longevity and quality of life? And what is it about conductors that they live long, fruitful lives?

Seeking to solve his own health problems, physicist Dr Steven Rochlitz (see article in this issue) obtained answers in applied kinesiology and in his observations that these maestros use specific arm motions when conducting orchestras. Their movements utilise the subscapularis muscle, connected to

the heart's acupuncture meridian and to the heart itself, and are enhanced by humming or carrying a melody and looking around at the orchestra.

By 1985, Dr Rochlitz had developed the first of his heart-brain integration exercises, incorporating arm and leg movements as well as humming and eye rotations. The testimonials he includes in this updated edition of an earlier book affirm the efficacy of his exercises. This breakthrough mode has been shown to normalise blood pressure, increase stamina and athletic performance, overcome allergies, *Candida* and even multiple sclerosis, and add years to lives. Dr Rochlitz has apt advice on nutrition to nurture heart and brain health. This is simple, workable information that can effect powerful healing.



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# REVIEWS



## STONE AGE FARMING

by Alanna Moore

Python Press, Castlemaine, Victoria, Australia, 2011, 2nd edition  
ISBN 978-0-9757782-3-4 (210pp tpb)  
Available: [www.pythonpress.com](http://www.pythonpress.com);  
[www.geomantica.com](http://www.geomantica.com)

Ten years after the release of *Stone Age Farming* (see review in 8/04), dowser, geomancer and permaculture farmer Alanna Moore has published an updated, revised edition of her guide to esoteric farming and gardening practices. This edition incorporates recent findings in achieving environmental harmony through permaculture design, and long-term results in using paramagnetic antennae to improve soil health and increase crop yields. These antennae are inspired by the Irish Round Towers, which visionary scientist Dr Phil Callahan described as "silicon-rich semiconductors of cosmic energies" because of the paramagnetic material they utilise. Moore has practical advice on making the most of a power tower and on troubleshooting potential problems with location, materials, construction and environmental disturbances.

Moore's book instructs on such topics as using rock dust to save soil, restoring natural resonance with Earth acupuncture, incorporating

dowsing and radionics into gardening, applying dynamic growing principles using modern biodynamics and Earth-spirited permaculture, and farming in the city. It's big on ancient wisdom and modern, ecologically sustainable farming practices.

## QUEEN OF THE SUN

edited by Taggart Siegel and Jon Betz  
Clairview Books, Forest Row, UK, 2011  
ISBN 978-1-905570-34-8 (144pp tpb)

Available: [www.clairviewbooks.com](http://www.clairviewbooks.com)

A new film documentary, *Queen of the Sun*, is currently making waves.

Its central theme concerns what's happening to the honey bees, which since 2006 have been disappearing mysteriously in increasing numbers. The phenomenon is called colony collapse disorder (CCD). This book is a companion to the film, and has been compiled by director Taggart Siegel together with producer Jon Betz. It contains many full-colour stills from the film and related sources, and includes heartfelt and informative contributions from featured spokespeople—well-credentialed biodynamic and organic beekeepers, scientists, farmers, activists, poets and philosophers.

Various theories have been put forward in an attempt to explain CCD—e.g., EM radiation, GE crops,

forced migration to pollinate far-distant trees, and high-fructose corn syrup supplements—but the jury is still out. It's not as if we've not had any warning. In 1923, Rudolf Steiner warned that bees would die out within 100 years if they were reproduced by only artificial means—an all-too-common practice today. Beekeeping has a 15,000-year history, but it's taken less than 100 years to compromise or ruin our bee colonies.

This compilation, like the film, is a wake-up call for us to re-establish our essential links with Nature and work towards a sustainable future.

Without bees pollinating our food crops, we die. We must protect this sacred, community-minded insect that's intrinsic to the survival of so much life on Earth.



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# REVIEWS

## GARDENING AS A SACRED ART

by **Jeremy Naydler**

Floris Books, Edinburgh, UK, 2011  
ISBN 978-0-86315-834-6 (119pp tpb)

Available: [www.florisbooks.co.uk](http://www.florisbooks.co.uk)

The history of gardening has much to show about changes in human consciousness in relation to the natural world. Professional gardener Jeremy Naydler, who has a doctorate in theology, is compelled to restore sacredness to the art of gardening by acknowledging its spiritual dimension. While for the ancient Egyptians the layout of their gardens was a recreation of the First Time, by the late Roman Republic and early Empire period the garden had become much more ornamental, as if a slave to man's desires. It was as if the gods and spirits had withdrawn from Nature, suggests Naydler.

The next phase of gardening in the western world was fairly utilitarian, but the Islamic world continued to imbue meaning and purpose with its water-feature gardens, particularly inspired by the Persian model of walled gardens and "paradise" hunting parks. The mediaeval western garden took on the idea that the qualities of plants could be mirrored in the human soul. By the Renaissance, gardens (and men) were the measure of things, exerting

architectural dominion over Nature—a state that continued into the 18th century. Yet many artists like Blake and Monet turned their creative genius to expressing gardening as a sacred art, praising Nature's glory.

Naydler suggests that "the garden calls to us from the future, where it exists as a still unrealised ideal". In his beautifully illustrated book, he resounds the call of the garden as a "necessary counterbalance and corrective". It's a welcome message towards resanctifying our world.

## THE GIZA PROPHECY

by **Scott Creighton and Gary Osborn**

Bear & Company, Rochester, USA, 2012  
ISBN 978-1-59143-132-9 (352pp tpb)

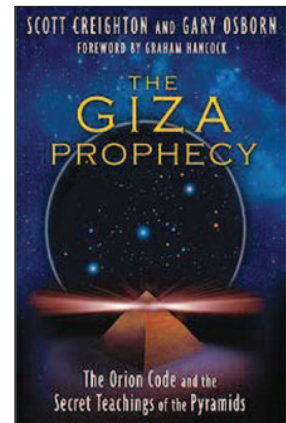
[www.BearandCompanyBooks.com](http://www.BearandCompanyBooks.com)

Among the interesting similarities between Freemasonry and ancient Egypt is that the angle of 23.5° is seen in the masonic keystone design as well as in the Great Pyramid of Giza. This same angle is also encoded in mediaeval cathedrals and Renaissance artworks, hidden in plain sight from the Church because it represented heretical knowledge of the axial tilt of the Earth (which was supposed to be fixed at the centre of the cosmos) as well as knowledge of disaster that a new tilting can bring.

Engineer Scott Creighton and

ancient mysteries researcher Gary Osborn show that the Great Pyramid is a compendium encompassing mathematical, geodetic, astronomical and cosmological formulas. The standard unit of measure, the gravity cubit, may have been set from values derived from the sunset at Giza during the autumnal equinox.

The authors expand on the work of Freemason Frank Higgins, who in 1919 proposed that the geophysical-axis-related "cosmic angles" of 11.75°, 23.5° and 47° are part of the design of the Great Pyramid as well as ancient temples around the world, and of Robert Bauval with his Orion's Belt correlations on the Giza Plateau. That the Giza pyramids layout points to a 13,000-year prophetic timeline is just one of their many revelations.



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A case for their sudden appearance and disappearance without trace being due to 'Time-Windows' is presented, along with recently made foot impressions of these reptiles, including plaster cast examples from the recent South Australian finds of the Gilroys and Greg Foster, as well as fresh tracks found in Kanangra Boyd wilderness and Wollemi National Park, location of the mysterious 'Dinosaur Swamplands' where claims of eerie encounters with these monsters from another age have occurred.

This book will be a 'must' for all Cryptozoologists interested in the 'living dinosaurs' theory. 'TEAM GILROY' are searching for an interested man or woman assistant interested in bushwalking and living in the Sydney/Blue Mountains area to assist Rex and Heather Gilroy in their exciting searches and discoveries of pyramids and megalithic ruins of Australia's Lost Civilisation of Uru? The team have discovered relics and rock inscriptions of maritime cultures and engaged in the search for the 'Yowie' and mystery animals. **Interested??** We would like to hear from you at 02 47823441 or email us at [randhgilroy44@bigpond.com](mailto:randhgilroy44@bigpond.com).

# Nikola Tesla

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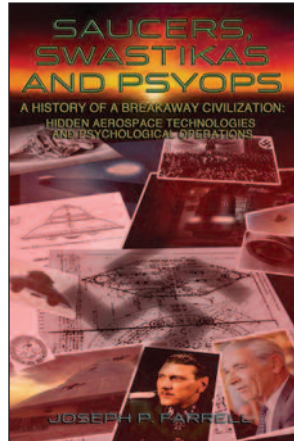
# REVIEWS



## SAUCERS, SWASTIKAS AND PSYOPS

by Joseph P. Farrell

Adventures Unlimited Press, USA, 2011  
ISBN 978-1-935487-75-3 (267pp tpb)  
[www.adventuresunlimitedpress.com](http://www.adventuresunlimitedpress.com)



Continuing his theme of advanced technologies emanating from the Third Reich (see 17/04, 16/02, 13/06), historian Joseph Farrell asks why two disparate technologies representing a two-track space program—one secret, the other “deep black”—were pursued by Nazi Germany as well as postwar Paperclip Nazis. The technologies also involved psychological warfare to manage perceptions, e.g., the idea that ET saucer technology could have been reverse-engineered by the Nazis. But what was the agenda, and whose agenda was it? Could the postwar Nazis have been part of a “breakaway civilisation”?

This idea was first tied to the UFO subject by Richard M. Dolan in *UFOs and the National Security State* (9/06), and Farrell gives due credit. Much of his new book focuses on the structure and postwar history of this quasireligious, fascist, supranational group and evidence for its monopoly over advanced scientific concepts and resultant technologies employed in covert activities and secret facilities cloaked from public scrutiny.

Among many clues that Farrell investigates are anomalies to do with the story of ET contactee George Adamski. Considering that the retro-styled flying saucers that Adamski

supposedly photographed and visited in the 1950s have an uncanny resemblance to sketches/photos of the Nazi Hannebu saucer made public in the 1960s, could Adamski have been part of a wider psyop?

Farrell posits that this breakaway civilisation has several factions, including the Anglo-American corporate elite and an international criminal syndicate. His well-argued, well-researched book, influenced by Dr Carroll Quigley's historical analysis techniques, overturns many assumptions of modern history.

## ALIEN INTERFACE

by Mike Oram and Fran Pickering

Star Hill Publishing, UK, 2011  
ISBN 978-1-907710-07-0 (91pp tpb)

Available: [www.starhillpublishing.co.uk](http://www.starhillpublishing.co.uk)

This amazing story has been a long time coming. Former RAF airman “George”, whose details remain private, recorded interviews with UFO researcher Mike Oram in 1992 which have only been published now.

George claimed to have had three remarkable encounters with advanced alien beings in December 1964 in the Frome region of England, just before the so-called Warminster UFO flap that started on Christmas Day (and went on till the late 1970s). His experiences happened in the very early days of contactee encounters and have important historical value.

To cut a long and fascinating story short, the ET whom he met gave him warnings about nuclear technology, radiation and waste storage issues, similar to many reports from later contactees. This kindly, thoughtful alien was dispensing information about future catastrophes in the hope that we humans might avert nuclear and environmental disasters and overcome the grip of the Controllers. It's in our hands; we have free will. The fact that some of the prophecies haven't quite come true as foretold may mean that we can still do something about our dire circumstances. This account is a key addition to ufological lore.



# REVIEWS

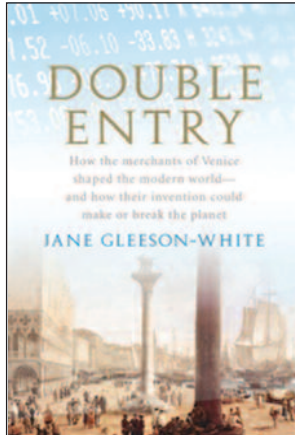
## DOUBLE ENTRY

by Jane Gleeson-White

Allen & Unwin, Sydney, Australia, 2011

ISBN 978-1-74175-755-2 (294pp hc)

Available: [www.allenandunwin.com](http://www.allenandunwin.com)



Double-entry accounting has helped make our modern world, yet it may well break it if we don't overhaul it. The system of double-entry book-keeping has not always been part of our world, and the well-credentialed Jane Gleeson-White takes us back in time to when the ancient Mesopotamians devised the first known method of accounting in the trade of goods. She also investigates the Indian influence in the Arabic numerals which became known in the West around the ninth century and their slow uptake in many nations more predisposed to clumsy Roman numerals.

Gleeson-White traces the evolution of double-entry book-keeping, with its emergence around the Crusades and its popularity exploding among Venetian merchants. Yet it wasn't until 1494 that the first treatise on this system was published—written by monk, mathematician, magician Luca Pacioli—and it charged up the flourishing Renaissance period and the emergence of a new economic system: capitalism. Next, Gleeson-White follows developments towards and beyond the Industrial Revolution and the later rise of Keynesian economics. She charts how, in our current era, we've become so ruled by numbers that our systems cannot

quantify environmental and social costs and benefits. Fortunately some thinkers are seeing the light, and Gleeson-White offers solutions for transforming national accounts and expanding the definition of GDP. Her account is engaging and timely.

## WALL STREET AND THE BOLSHEVIK REVOLUTION

by Antony C. Sutton

Clairview Books, Forest Row, UK, 2011

(first pub. 1974, Arlington House, NY)

ISBN 978-1-905570-35-5 (228pp tpb)

Available: [www.clairviewbooks.com](http://www.clairviewbooks.com)

Carrying on its mission to republish key works of Professor Antony Sutton (1925–2002), Clairview Books has released a facsimile edition of another book in his famous trilogy (see review of *Wall Street and the Rise of Hitler* in 18/03). Originally published in 1974, *Wall Street and the Bolshevik Revolution* examines the links between American capitalists and Russian communists, and how covert US funding and support were crucial in the rise of the Bolsheviks and the establishment of the Soviet Union. It was a breakthrough book at the time for its inclusion of hitherto unavailable documentation, official papers and cables from such sources as the US Department of State and the British Foreign Office.

Sutton explains why monopoly capitalists would be in bed with socialist powerbrokers and why most historians (at least up until 1974) have had "an unconscious Marxian bias and are thus locked into the impossibility of any such alliance existing". But these capitalists, and even revolutionaries such as Trotsky and Lenin, were internationalists who had nothing to gain from a *laissez faire* economy and everything to gain from a centralised collectivist regime in Russia—a captive market and economy that would grow only slowly and not become a competitor.

Decades later, Sutton's analysis still has much to offer to overturn consensus views of modern history and history in the making.

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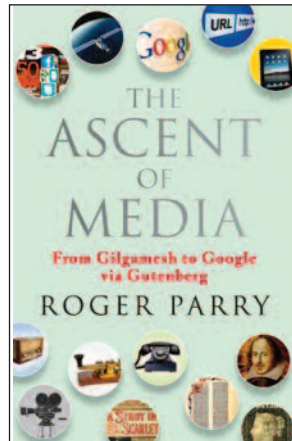
## THE ASCENT OF MEDIA

by Roger Parry

Nicholas Brealey Publishing, London and Boston, 2011

ISBN 978-1-85788-570-5 (406pp hc)

Available: [www.ascentofmedia.com](http://www.ascentofmedia.com)



Every new communication medium has a framework involving social, political, economic and technological contexts. When introduced, it may take time to be adopted but it tends to absorb aspects of existing media and, in turn, causes them to be modified. History shows that each era produces richer, more extensive communications than the one before.

With a media career spanning decades, author and media company director Roger Parry has seen rapid changes forcing traditional forms of media to adapt and evolve. In *The Ascent of Media*, as well as covering modern forms of communication he traces the evolution of media through key formats: graphic (cave paintings), oral (campfire stories; theatre) and written (clay tablets; codex) forms, progressing to the printed word (Gutenberg's printing press; newspapers) and then aural (telegraph; telephone; radio), visual (photography; cinema; TV) and digital (Internet; MP3; iPad) systems.

To understand the "media journey", we need to appreciate the building blocks of music, image, speech and writing, and Parry explains how they transmit complex ideas via a range of media. He intersperses his engrossing text with pullout boxes

featuring timelines and neat facts on media milestones.

As for the future, Parry thinks that if our rapidly evolving digital media are to mature, age-old issues have to be confronted: censorship, privacy, copyright, piracy and payment. Of course, content is still king, but Parry cautions that payment is one way to protect quality standards. A thought-provoking take on media history.

## THE LAST CIRCLE

by Cheri Seymour

Trine Day, Waltham, OR, USA, 2010

ISBN 978-1-9362960-0-2 (599pp tpb)

Available: [www.TrineDay.com](http://www.TrineDay.com)

Just over 20 years ago, investigative journalist Danny Casolaro was hunting down the lead of his life when he, too, was hunted down, his death ruled a suicide. He called the cabal of spies, drug traffickers, government officials, mobsters and money launderers that he was pursuing "the Octopus", as it had tentacles everywhere. Central to his search was the so-called PROMIS software, developed by Bill Hamilton of INSLAW, which was covertly modified and sold around the world with a "back door" that allowed for secret monitoring—of foreign intelligence agencies, governments and corporations alike. The National Security Agency reportedly had a field day with this modified software.

Soon after Casolaro's death, reporter Cheri Seymour began revisiting the tracks that Danny was following, and much of this book consists of material that she's written over the years. A key figure is Michael Riconosciuto, who has plenty to divulge about "The Company" (the CIA) and its shady activities. Among her revelations is that Casolaro had stumbled upon a link between a top official at the US Department of Justice and the Cali drug cartel of Colombia.

In this compilation, Seymour includes copious documents (and photographs) attesting to high-level cover-ups. It's a heavy trip indeed.



# REVIEWS

## VULTURES' PICNIC

by Greg Palast

Dutton/Penguin, New York, 2011  
ISBN 978-0-525-95207-7 (404pp hc)  
Available: [www.amazon.com](http://www.amazon.com)



You can tell from the title of investigative reporter Greg Palast's new book *Vultures' Picnic* that the fare won't be too appetising. Within the first few pages, though, you know that you're in for a jaw-dropping excursion as Palast goes all-out to come to terms with the enormity—and intrigue—of the 2011 BP Deepwater Horizon oil rig disaster in the Gulf of Mexico.

Ably assisted by his trusty fixer Badpenny and colleagues, Palast launches himself into hotspots around the world, including locations he visited back in the 1980s when he was investigating the Exxon Valdez oil spill disaster in Alaska, which also involved BP. In the process, he exposes BP's own spook squad and questionable *modus operandi*.

Palast's dangerous quest takes him to Baku in Azerbaijan, Fukushima in Japan (revealing incredible links between TEPCO and certain Texas-based corporations), the US Gulf Coast, Geneva, London, New York, São Paulo as well as the Arctic. It includes a grab bag of fascinating, if often unsavoury, characters.

Ultimately, Palast provides breathtaking glimpses into the corruption at the heart of Big Oil and the Bigger Finance behind it. Every step of the way, Palast presents a

staggering exposé. Interested readers can go to Palast's website [www.VulturesPicnic.com](http://www.VulturesPicnic.com) to keep up to date with ongoing investigations.

## DISCONNECTING THE DOTS: How CIA and FBI Officials Helped Enable 9/11 and Evaded Government Investigations

by Kevin Fenton

Trine Day, Waltham, MA, USA, 2011  
ISBN 978-0-9841858-5-6 (415pp tpb)  
Available: [www.TrineDay.com](http://www.TrineDay.com)

In his attempt to make sense of the 9/11 attacks, History Commons contributor Kevin Fenton focuses on intelligence failings—or deliberate stymying—that happened in the lead-up. He uses publicly available documents, including government reports, court proceedings and mainstream media sources, and reckons that anyone with similar access to such information could put two and two together.

It's not a pretty picture for the US intelligence agencies. Fenton explains how the CIA, particularly with its Alec Station Osama bin Laden unit, went out of its way to prevent key information from filtering through to the FBI. The National Security Agency, with its extensive phone-call intercepts of the Al Qaeda network from such far-flung places as Yemen and Malaysia, certainly didn't help in sharing the vital intelligence it had gathered ahead of 9/11.

Just as the two Al Qaeda-linked bombings in Africa in 1998 were anticipated, so, too, were attacks on US soil. Fenton concludes from his analysis of this public-domain evidence that certain CIA operatives—answering to whom, he doesn't know—had reason to facilitate a terrorist attack on the US itself. Not only would it bring into law the so-called Patriot Act, with all its restrictions on citizens' freedoms, it would also help drive a larger geostrategic realignment in which the power elite had a significant stake.

In *Disconnecting the Dots*, Fenton manages to connect quite a few.



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# REVIEWS



## DVDs

Compiled by Duncan Roads

### CANCER IS CURABLE NOW

by Marcus & Sabrina Freudenmann

Available: [www.canceriscurablenow.tv](http://www.canceriscurablenow.tv)

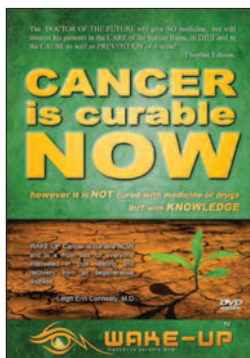
This documentary brings together more than 30 international holistic professionals who have been working passionately in the field of cancer alternatives: doctors, scientists, researchers and writers from around the world.

The Freudenmanns, Marcus and his wife Sabrina who's a naturopathic doctor, travelled the globe for almost three years to meet the experts.

Their mission was to create a film about natural cancer treatments that would "wake up the world".

Presenters include Dr Francisco Contreras, Dr Stanislaw Burzynski, Charlotte Gerson, Dr Bruce Lipton, Don Tolman, Dr Alexander Herzog, Dr Finn Scott Andersen, Dr Sherrill Sellman, Dr Charlie Schwengel and numerous other luminaries.

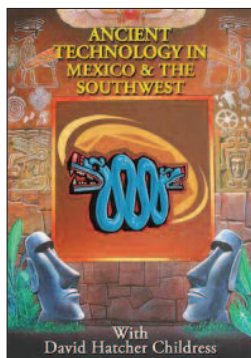
Surely, the most comprehensive film ever made on this topic.



### ANCIENT TECHNOLOGY IN MEXICO AND THE SOUTHWEST with David Hatcher Childress

[www.adventuresunlimitedpress.com](http://www.adventuresunlimitedpress.com)

David Hatcher Childress and friends travel through the American Southwest and Mexico for this fourth DVD in the *Ancient Technology* series. Visiting cities,



pyramids and megaliths of antiquity, Childress searches for evidence of mind-blowing advanced technology.

David and his team check out the ancient cities near the Grand Canyon and the alleged Egyptian catacombs, investigate the remnant concrete canals in central Arizona, explore the megalithic ruins of the old Toltec capital, Tula, and the pyramids at Teotihuacán, and end up inside the Great Pyramid of Cholula. Amazing!

### DEATH BY MEDICINE

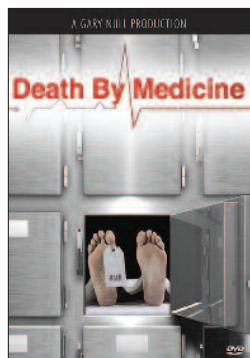
by Gary Null & Associates © 2010

[www.deathbymedicinethemovie.com](http://www.deathbymedicinethemovie.com)

Gary Null's *Death By Medicine* is an incisive take on the mainstream medical paradigm contributing to the modern healthcare crisis in America and overseas.

Based on Dr Null's bestselling book on the hundreds of thousands of injuries and deaths caused by conventional medicine, this film takes a hard look at the medical-industrial complex and the pharmaceutical industry's usurpation of medical schools, research, clinical drug trials and the peer-review system—and the complicity of government health agencies in allowing this to happen.

From FDA and FBI raids on cherry and dairy farmers to the halls of US Congress, we witness hostile attacks on the natural health and raw-food industries, both in America and abroad. This film exposes the corruption and failure of the American healthcare system, and has chilling implications for the entire western world.



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## MUSIC

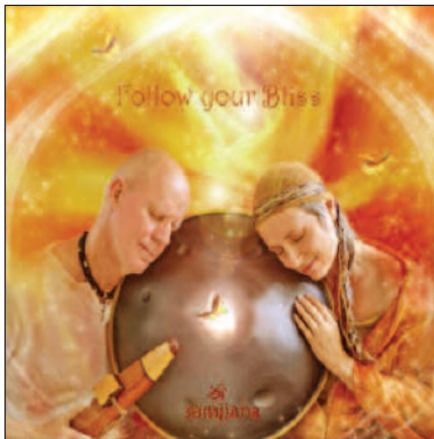
Reviewed by Richard Giles

### SOLIS

by **Sunsaria/Baz Bardoe**

Sunsaria Music, Australia, 2011 (56mins)  
Distributor: **Australia**—Brumby Books & Music, tel (03) 9761 5535, [www.brumbybooks-music.com](http://www.brumbybooks-music.com)

Sunsaria's newest album after *Blue Dreaming* (see NEXUS 17/05) draws on the energy of the Sun. His synthesiser sounds on *Solis* have an harmonious, healing slant and are an ideal accompaniment for reiki, yoga and a range of holistic healing modes. Sunsaria/Baz Bardoe utilises particular restorative frequencies to make sounds that refresh. The result is an effective, very relaxing and enjoyable recording.



### FOLLOW YOUR BLISS

by **Samjjana**

Samjjana Music, 2011 (2 CDs, 100mins)  
Distributors: **Australia**—Samjjana Music, [www.samjjana.com](http://www.samjjana.com)

Among their many skills, two Australian musicians, Maia and Sahayak of Samjjana, play the metal *hang* (NEXUS 18/04). Developed in Switzerland, the *hang* is the result of years of research on steel instruments such as pans, gongs and bells. It's played with the hands and produces a soft air-resonance sound. Samjjana's new double album consists of various *hang* compositions on the first CD, with backing from Carlos Vargas on

percussion and Nicholas Ng on *erhu* and *zhonghu*. The second CD has 40 minutes of chants, one track with Stephen Hamacek on piano. A quietly sensitive yet potent album.

### FATOU

by **Fatoumata Diawara**

World Circuit Records, 2011 (44mins)  
Distributors: **Australia**—The Planet Company, tel (02) 9283 8250; **UK**—World Circuit Records, tel (0)20 7749 3222, [www.worldcircuit.co.uk](http://www.worldcircuit.co.uk)

Fatoumata Diawara was born in the Ivory Coast to Malian parents and now lives in Paris, where she works with the great Malian diva Oumou Sangaré. This, her debut album, is a brilliant milestone in her musical career. Fatoumata has a number of solos on the CD, plus backing from artists such as Toumani Diabaté on *kora*, Tony Allen on drums and John Paul Jones on bass. *Fatou* is a laid-back album with soulful vocals and deep, sliding blues showing in tracks such as "Kèlè". The heritage of some of Mali's greatest female singers shines through on this impressive album. Highly recommended.

### RELAXING MELODIES OF NATURE

by **Kenio Fuke**

Real Music, USA, 2011 (62mins)  
Distributors: **Australia**—Brumby Books & Music, tel (03) 9761 5535; **USA**—Real Music, tel (415) 331 8273, [www.realmusic.com](http://www.realmusic.com)

Kenio Fuke, from São Paulo, Brazil, began formal musical studies with harmonica and then progressed to guitar, piano and other instruments. He studied piano with Alvaro Belda Neto at the Musical Conservatory of São Paulo, where he graduated as a classical pianist, composer and conductor. *Relaxing Melodies of Nature* features acoustic piano and keyboards with oboe and strings of gentle guitar. Tracks like "Spirit of the Water", "Garden of the Roses", "Dance of the Dolphins" and "Portals of the Universe" give a soft and warming sound to help calm your day.



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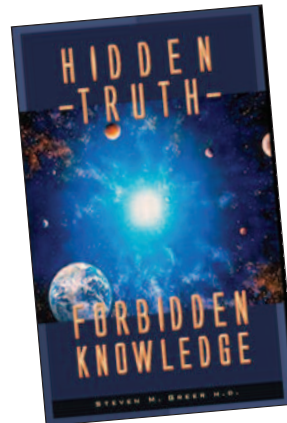
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## The “Arab Spring” and US Global Hegemony

Continued from page 18

China and Russia's doorsteps, the stakes will continue to rise and the placid spectating that Americans and Europeans have enjoyed this year will forever be lost.

Now, more than ever, “we, the people” must steel ourselves against this immense corporate-fascist empire as it sprawls death, destruction and domination, militarily and economically, across the planet. We must—our very survival depends on it—boycott and replace entirely the corporate-financier interests that drive this dark, expansive agenda. It has been literally spawned of our apathy, complicity and ignorance, fuelled by us—the very source of corporate fascism's power—and it must be our activism, resistance and intellect that bring it to an end.

Every day that we tune into our corporate-sponsored bread and circuses, we bring inescapable eternal servitude to a corporate-fascist scientific dictatorship one step closer. It is now “do or die”.

Let us not “hope” that 2012 fares better for free humanity. The decision is not that of our “leaders” or “representatives” but of each and every one of us. Let us define where it is that we want our destiny to take us and start taking one step at a time to get there. Let us wait no longer for “saviours”, but look in the mirror and realise that God, the Universe or whatever higher power you believe in has already endowed you with everything you need, in your heart, your mind and within your hands, to prevail in whatever noble pursuit that you, or “we, the people”, choose.

### About the Author:

Tony Cartalucci is a geopolitical researcher and writer based in Bangkok, Thailand. He runs an independent alternative news blog, Land Destroyer Report, which covers global geopolitics and world events. He promotes self-sufficiency and political and financial independence as the keys to true freedom. His article “Atlantic Council: Is Libya a ‘Global Con’?” was published in NEXUS 18/06. To read more of Tony Cartalucci's postings, visit his website at <http://landdestroyer.blogspot.com>.

### Editor's Note:

To check the references for Tony Cartalucci's article, originally titled “2011 – Year of the Dupe” and edited for publication here, go to the web page <http://tinyurl.com/.7e6elnj> and click on the hyperlinks.

# GERMANI

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## Geomagnetic Storms, EMP and Nuclear Armageddon

Continued from page 26

### About the Author:

Matthew Stein, PE, is an MIT-trained engineer, a green builder and the author of two bestselling books, *When Disaster Strikes* (Chelsea Green, 2011) and *When Technology Fails* (Chelsea Green, 2008). He has appeared on numerous radio and TV programs, writes about sustainable living, and is a guest columnist for The Huffington Post. He is also a ski instructor for the blind. For more information or to contact the author, visit his websites <http://www.whentechfails.com> and <http://www.matstein.com>.

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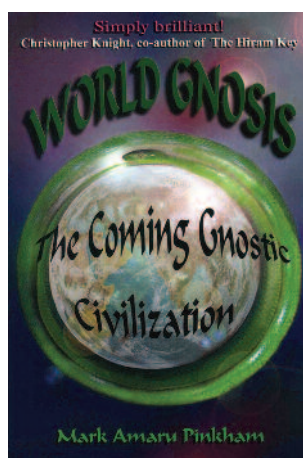
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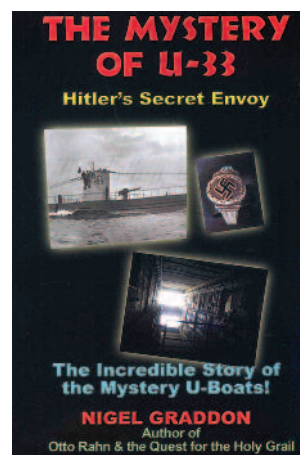
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## Mast Cell Disease: A Common Health Problem

Continued from page 42

Such exposure is little understood or realised, as its effects are not obvious as with eating a food or breathing in a chemical.

Further help is afforded by better moving the lymph system. This can be aided by exercise, lymph massage, applied kinesiology (especially using the Chapman neurolymphatic reflex points), acupuncture, acupressure, reflexology, magnetic lymph cleaner and weight loss programs.

Then there are specific advanced energy testing and balancing methods that I have devised. Since mast cells surround vascular and nerve tissue, trigger points may all too readily be created, and thus trigger-point therapy may also be beneficial.

As always, getting individual kinesiological testing for all foods, supplements and medications is a

crucial part of getting well.

In addition to possibly making people with MCD worse from exposure to EMF and causing brain kindling from staring at computer screens, the Internet has become for many a poor substitute for finding and getting accurate, *individual*, kinesiological testing for everything that is to be ingested.

So often now I see, at so many forums, people asking each other if they reacted to this or that food or supplement as if it pertained to them in any way.

Indeed, a person's own reactions to a particular food or supplement can change from day to day, often requiring rotation and repeated testing.

Additionally, drinking plenty of good water and practising Buteyko or other breathing methods can have a natural antihistamine effect. Stress reduction methods can also be important here to keep those

adrenal hormones in check or to prevent overreacting to them.

If the MCD sufferer is in a hyperstate, it is advisable to go to a cool, dark, quiet room with no EMF if possible.

The supplement GABA or PharmaGABA™ may also help (but don't overdo it), as can placing a cold gel pack on the head to cool down the brain from the effects of excess histamine and BBBP.

If the opposite is occurring, place a cotton cap on the head and also warm up cold hands and feet. With MCD, one may be going from freezing to "burning up" until the underlying issues are resolved.

It is quite possible to overcome MCD as well as chronic and allergic diseases, if and when the underlying disease processes are identified and appropriate changes in diet, lifestyle and energy balancing are made. ∞

Continued on page 82

### UFO DISCLOSURE



#### DISCLOSURE

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For the first time ever, over five dozen top-secret military, government, intelligence and corporate witnesses to secret projects tell their true stories which disclose the greatest covert program in world history. This explosive testimony by actual government insiders proves that UFOs are real, that some are of extraterrestrial origin and that super-secret programs have energy and propulsion technologies that will enable humanity to begin a new era.

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## Mast Cell Disease: A Common Health Problem

Continued from page 81

### About the Author:

Steven Rochlitz, PhD, was originally a physics professor. For the past 32 years he has researched chronic and environmental illnesses and taught his seminars across the world. His unique system incorporates breakthroughs in energy kinesiology, nutrition and human ecology. This article is partially excerpted from his recent book *Porphyria: The Ultimate Cause of Chronic and Environmental Illnesses*, which has been cited as a significant health breakthrough (see review in NEXUS 18/02). His articles "Energy Kinesiology: Benefits and Limitations", "Hiatal Hernia Syndrome with Vagus Nerve Imbalance", "The Hole in the Heart and the Blood-Brain Barrier" and "Porphyria: A Cause of Chronic Illnesses" were published in NEXUS 18/06, 18/04, 18/03 and 18/01 respectively.

His book *Supercharge Your Heart in Seconds* (formerly titled *Why Do Music Conductors Live Into Their gos?*) is reviewed in this edition. Further research is at Dr Rochlitz's website <http://www.wellatlast.com>. Dr Rochlitz can be emailed at [info@wellatlast.com](mailto:info@wellatlast.com).

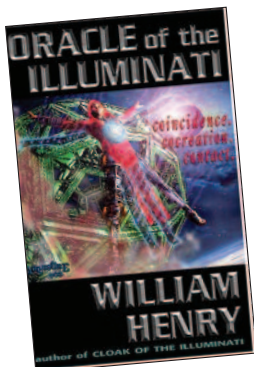
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## NAZI SECRET WEAPONS



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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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to solve very specific problems that require special forms of computation, such as problems within mathematics like the directed Hamiltonian path problem (Lila Kari). Therefore it is not at all novel to suggest that DNA functions computationally, as has been demonstrated *in vitro*, and the computational capacity within the biological system has already been recognised with specific applications.

The computational function of DNA that has been elucidated thus far is only regarding computations of a classically operating system. However, DNA has the capacity to perform quantum computations using the superposition of  $\pi$  electrons within the nucleotide base pairs. The base-pairing of nucleotides is based on the affinities of pyrimidine and purine ring structures for each other.

These ring structures contain delocalised electrons that form van der Waals bonds, giving the bonded ring structures a dipole moment. A dipole moment is a polarisation of a molecule, giving it a magnetic moment and a polar charge distribution. In this case, the electron charge distribution can shift from a purine to a pyrimidine or from a pyrimidine to a purine or, since this is a quantum mechanical state, it can be in a superposition between the two.

Moreover, the shifting of the dipole makes it a quantum harmonic oscillator, which produces quasiparticles known as *phonons*. Long-wavelength phonons produce sound, thus the light-encoded strand is actually an electro-tonal filament.

In addition to quantum communication and computation, this quantum entangled state may be responsible for holding the very DNA molecule together, because under classical mechanics the dynamics involved in bonding of the DNA are

insufficient to maintain the double helix. However, the wavelength of the phonons is equal to the size of the DNA helix, resulting in standing waves that produce a phenomenon known as *phonon trapping*.

The light-storage capacity of DNA is possible because DNA is an *aperiodic crystal*. Erwin Schrödinger, in *What is Life?*, likened the aperiodic crystal of DNA to a coherent and meaningfully designed tapestry masterpiece. Since by definition the aperiodic DNA crystal has quasiperiodicity, it is also properly referred to as a *quasicrystal*.

The light-storage capacity of DNA is possible because DNA is an *aperiodic crystal*.

It was not believed that quasicrystals were even possible until Dan Shechtman (with strong ridicule from the scientific community) proved the existence of these special solid-state materials. Certain quasicrystals display 12-fold symmetry; these are dodecagonal. If the DNA molecule were to have dodecagonal symmetry, then the well-known double helix of DNA might be more energetically stable in a 12-fold energetic matrix, essentially forming 10 additional energetically stabilising strands. Furthermore, DNA is a unique quasicrystal indeed, in that it is interspersed with constant periodicity in the pattern of the tandem repeats.

### The Living Universe

This treatise began with a question: what is life? While it by no means fully defined this most enigmatic state of being, it certainly expanded our perception of the living organism as a quantum

biological system that interfaces with the fundamental fabric of reality. Within science, there is no adequate definition for life. This is directly reflective of a lack of understanding about the nature of the Universe itself.

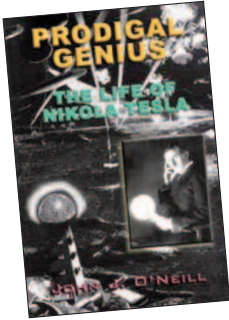
In the consensus perspective, the Universe is thought to be comprised primarily of inanimate matter, and at some nebulously defined transition point the inanimate becomes living and is referred to as *life*. This is fundamentally erroneous. The Universe in its entirety is living; therefore, to be alive is a characteristic of existence itself. Life is existence and is eternal because the primary nature of existence—by definition—is to exist. Therefore, life and consciousness are infinite and eternal, and only ever change form or constitution but never cease. ∞

### About the Author:

William Brown, MSc, is a molecular biologist based at the Institute for Bioregenesis Research at the University of Hawai'i in Manoa, Honolulu. His mentor, Dr Frederic Mercier, discovered extracellular matrix protein complexes within the brain which he named *fractones*, after the fractal patterns of the Mandelbrot set. Their research is focused on elucidating the primary role of fractones and other elements of the connective tissue network in creating neural plasticity, tissue architecture, bioregenesis and the stem cell niche. Research at the Institute is focused on the process of development and pattern formation within the organism and how that can be applied to regenerating damaged tissues and organs within humans. Brown conducts directed research into anything that can be considered strange, and he spends most of his time enjoying nature and music and becoming more aware of the inner source that connects each of us to the Infinite.

He can be contacted by email at [wdb225@gmail.com](mailto:wdb225@gmail.com) and via his website <http://williambrownscienceoflife.com>.

# Nikola Tesla



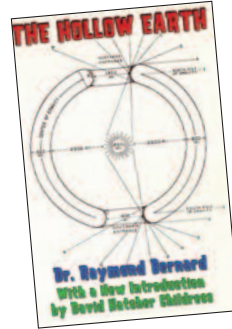
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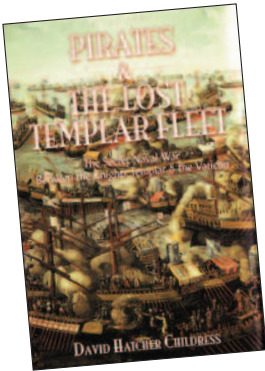
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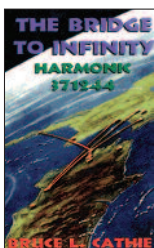
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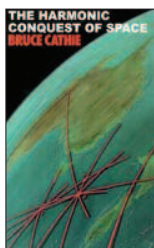
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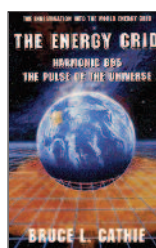
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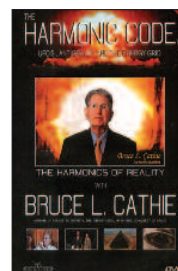
Topics include: Mathematics of the World Grid; the Harmonics of Hiroshima and Nagasaki; Harmonic Transmission and Receiving; the Link Between Human Brain Waves; the Cavity Resonance between the Earth; the Ionosphere and Gravity; Edgar Cayce; the Harmonics of the Subconscious; Stonehenge; the Harmonics of the Moon; the Pyramids of Mars; Nikola Tesla's Electric Car; the Robert Adams Pulsed Electric Motor Generator; Harmonic Clues to the Unified Field; and more.

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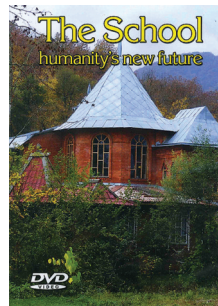
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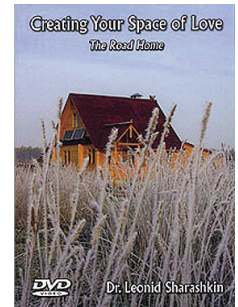
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## The School: Humanity's New Future



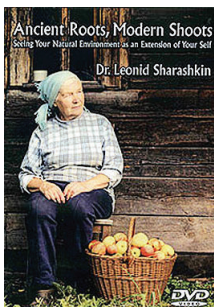
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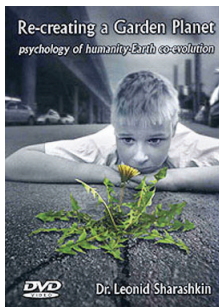
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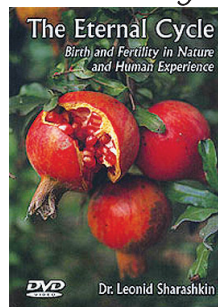
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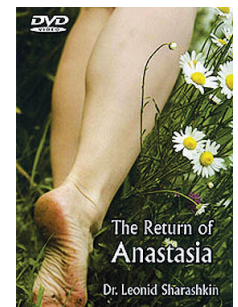
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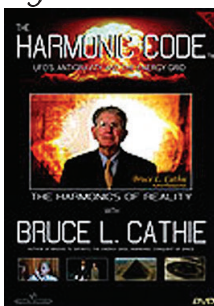
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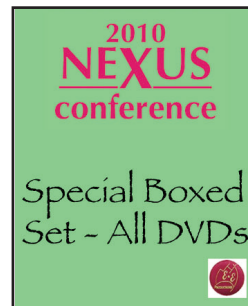
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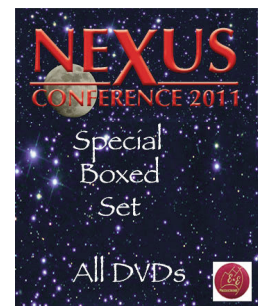
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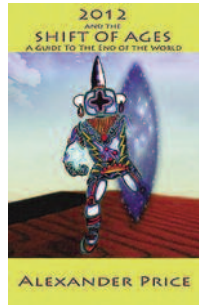
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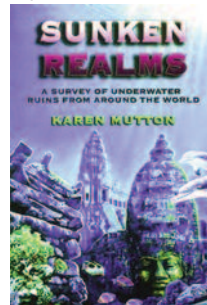
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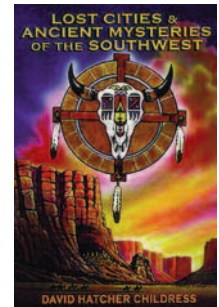
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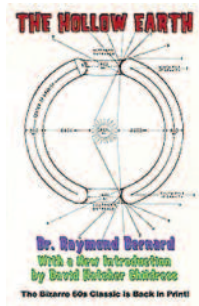
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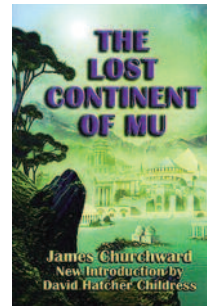
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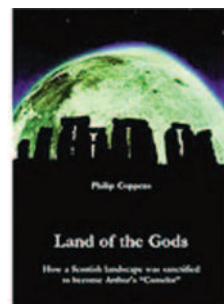
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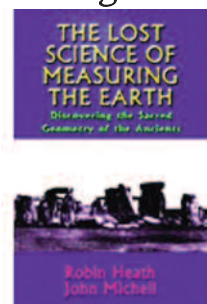
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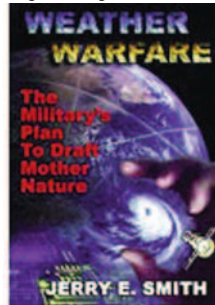
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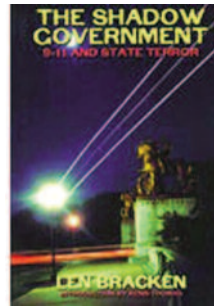
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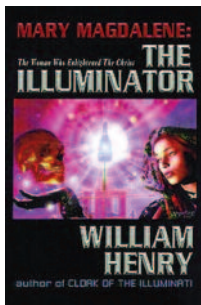
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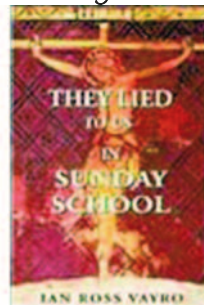
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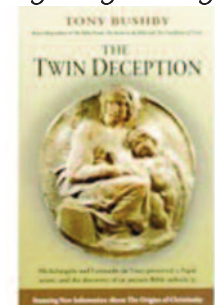
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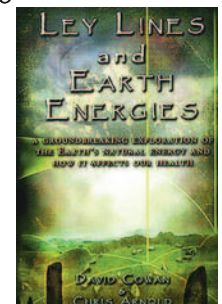
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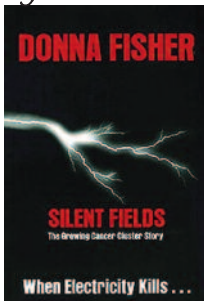
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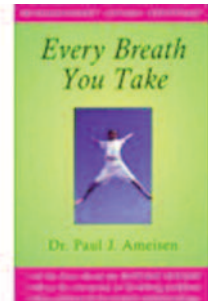
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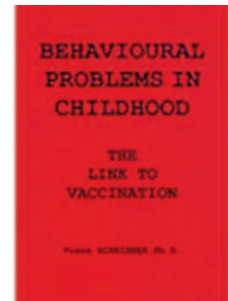
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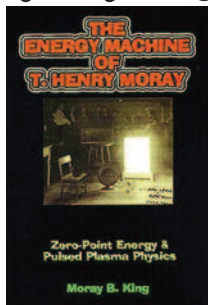


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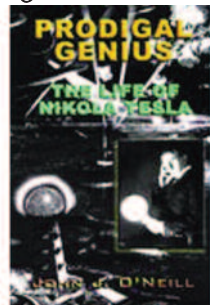
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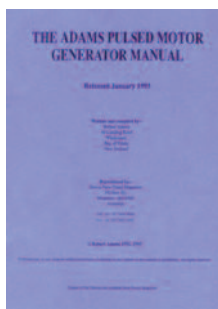
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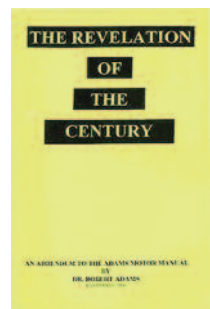
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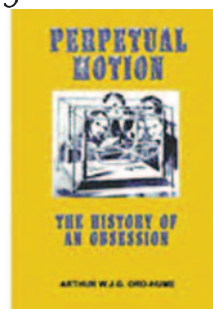
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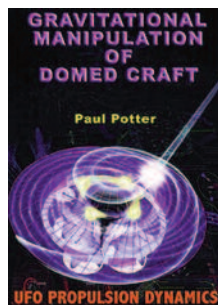
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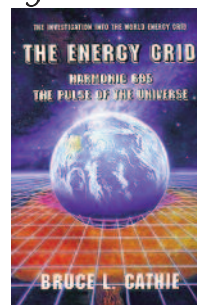
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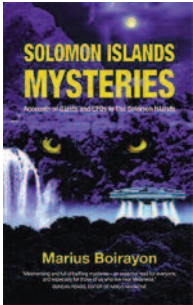


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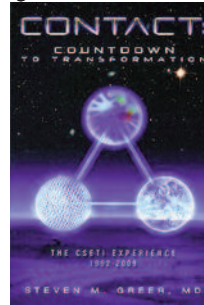
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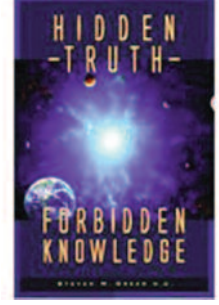
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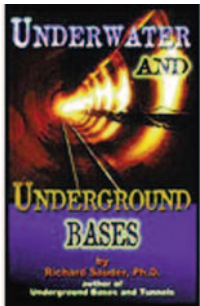
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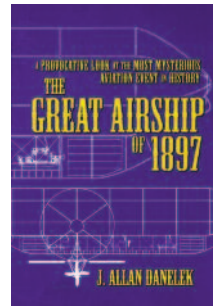
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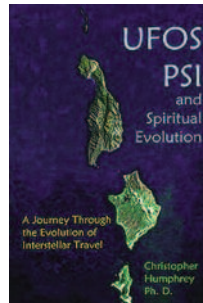
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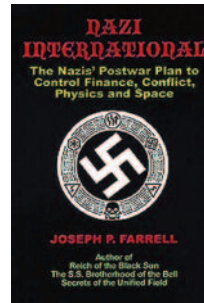
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