



The **SPECTRUM**

**“Achieve the wisdom of knowledge of Truth
as this will enable you to wisely follow the Laws of The Creation.”**

———— DEDICATED TO BRINGING YOU THE TRUTH ————

VOLUME 1, NUMBER 11

NEWS REVIEW

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APRIL 4, 2000

Harmonies For An Awakening World

Sound Healing

An Interview With Jonathan Goldman

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3/24/00 RICK MARTIN

The subject of Sound Healing is, without question, a very broad and intriguing topic. We were barely able to scratch the surface in our article that appeared on page 24 of the January 2000 edition of *The SPECTRUM* in conjunction with other topics. We received much positive feedback about that article and noted your strong interest in our presenting additional material.

We are pleased to deliver such a forum here. And we are even more delighted that what is presented is so well coupled to concepts that are a mainstay of this unique publication. We are a planet in transition, in a state of awakening to Higher possibilities, the unveiling of Truth and longstanding lies—and therefore of the healing that comes about through the moving toward such goals. It is thus most appropriate that the very fundamental phenomenon of sound be brought into our exploration of the facets of that healing equation.

Jonathan Goldman, you may remember from the earlier article on this

(Please see

Sound Healing, An Interview With Jonathan Goldman, p.18)

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Update From Our Editor

"You're the only paper I've seen—and I've seen A LOT of them—that doesn't have any 'agenda' to push; you simply present truth." That's approximately the way a compliment was gently, yet with some astonishment, directed to us a little while ago.

At first it seemed a somewhat strange and puzzling statement: After all, what ELSE would we be doing? And then it became clear that the use of the word "agenda" here meant "hidden agendas" or putting some kind of "spin" on all the things being presented, like, say, a fire-and-brimstone fundamentalist preacher or well-programmed academic might generally do.

Well, we don't know how to do what we do any other way! It would never occur to us to put any kind of "spin" or "agenda" on what we present to you each month in this unique newspaper. After all, Truth is stranger and more powerful than any fiction/spin/opinion.

Whether we're talking overlooked news items gleaned from all over, or personal interviews presented word-for-word as the speaker said (and often given more candidly to us than elsewhere), or the exquisite spiritual messages shared from loving Guides and Wayshowers from the Higher Realms of Creation—you get it just as we get it. No embellishments; no deletions or additions; no "spin" or "agenda" to slant or censor what the authors intend.

And that's just what the complimenter was pointing out as being unique and exceptional. Ok, we humbly accept the praise!

*For more about this subject, see Rick Martin's short-but-sweet story titled: **Doors Opening For The SPECTRUM: Video Tape Now Available.** That kind and observant complimenter was Dennis Grover, who said the above (and a number of other nice things) about us on his widely distributed Reno, Nevada cable television program on March 1.*

*His program is called Liberty And Justice For All. And Dennis is rather passionate about working to turn this country back around to its great and noble heritage as an experiment in true freedom for all. A project and organization that is very close to his heart—Justice Team One—we also share with you in another article titled **Serious Legal Help When Laws Go Wild: Justice Team One.** Be sure and check out that one, too; it is an endeavor sorely needed in these days where bureauc-rats, and the legal nightmares they ever-more-frequently dream up, are running wild—at the expense of the honest and law-abiding citizenry.*

Getting back to our newspaper for a moment, my longtime usual retort to questions about what we do and who we are, is to say simply that we are an equal opportunity offender. I like what Dennis had to say a lot better. And again, we surely appreciate such a high compliment from one who is a longtime, astute observer of the information highways.

This can quickly get into a heavy discussion of the unacknowledged power of both the written word and the spoken word. Both of these relate, at a deep level, to the subject matter of our Front Page story for this issue.

But we'll leave that topic for another time, when I can present some largely unknown (in this generation) information about the great word-genius Mark Twain—who happened to be a good friend of the great electrical-genius Nikola Tesla. Both were, of course, heavily persecuted by the powers-that-be for their respective heroic efforts toward awakening and freeing a sleeping populace.

And while we're on this subject of freedom, please take especially careful notice of the first two items in this issue's News Desk:

First of all, the House Committee on Ways and Means is holding a hearing exclusively on the Fair Tax proposal on April 11. The Fair Tax is a proposal to replace the Federal Income Tax with a single-rate retail sales tax. The Income Tax "monster" has gotten to be just about as bloated and parasitic a tick as is possible without a major insurrection on the part of the working public. Certainly it is time for an overhaul of major proportions!

Secondly, note that late-night talk-radio giant, Art Bell, has just announced his permanent retirement—again. Art has been responsible for bringing to the public airwaves much, much good information and many, many good speakers. If you read carefully between the lines of his announcement, I think you can discern a very-well-thought-out "chess game" going on behind the scenes with those dark ones who are trying their very best to silence this persistent voice of Truth. It would be wise for those who have orchestrated the terrible attacks on Art and his family to remember how energy flows boomerang in the presence of a Lighted mission. Do keep Art and his family in your prayers as David tackles Goliath.

*Well, it's probably not a big deal to a lot of you, but to us it is. This issue of *The SPECTRUM* begins a radical departure from our past philosophy of accepting no paid advertising. As we first announced two issues ago, and firmed-up in the last issue with rate schedules (again printed herein), the initial ads are finally appearing in this issue. We hope you will support our advertisers if their offerings are of interest to you.*

*We have a most astonishing and extensive readership, the quality of which is really difficult to put into words. I don't say that in any overly bragging way (well, maybe a little). But it is important to try to convey some kind of composite picture we have from your many gracious and heart-felt messages, both written and over the phone. YOU are an amazing group, you readers of this publication, and we thank each and every one of you for sharing your personal "spark" of *The Divine* which all fit together in a most exquisite mosaic.*

—Dr. Edwin M. Young, Editor-In-Chief 

The News Desk

3/31/00 DR. AL OVERHOLT

**URGENT LEGISLATIVE ALERT
ABOUT THE FAIR TAX PROPOSAL**

From EMAIL, 3/28/00: [quoting]

**YOUR IMMEDIATE ACTION IS
CRITICALLY NEEDED!**

The House Committee on Ways and Means is holding a hearing exclusively on the Fair Tax on April 11, 2000.

There will be a gathering in Washington DC on April 13, 2000.

We must ACT NOW and demonstrate to this powerful Committee the strong, unified support behind the Fair Tax.

The Fair Tax is a proposal to replace the Federal Income Tax with a single-rate retail sales tax. Please see the www.fairtax.org/volcentr/popup.html website, Americans For Fair Taxation, and give Chairman Archer an expression of your support for his efforts and the Fair Tax. Just click on the legislative alert banner on the front page of the website to send your e-mail. Then ask all your computer friends to do the same.

Ask your non-computer friends to call Rep. Porter Goss at 202-225-2536 or 941-774-8060 and urge him to support HR 2525, the Fair Tax.

LET'S MAKE APRIL 15th JUST ANOTHER DAY!

We earnestly hope that you will seriously consider this and join us in DC on the 13th. [End quoting]

When enough people have had enough, there is no stopping the groundswell of focused energy for reform and improvement. Vigilance and persistence are prerequisites to success, else such well-intentioned efforts either fizzle out or get cleverly modified into yet another way to rob us.

There are very powerful behind-the-scenes forces which certainly don't want any kind of reform in this department, so it would be no small achievement to have a genuine success here. Remember the longstanding three-prong attack on we-the-people by those so-called "elite" controllers of our world: (1) dumbing us down, (2) keeping us sick, and (3) keeping us poor through taxes. So this proposed legislation is a serious affront to one of these major people-control axioms.

**ART BELL ANNOUNCES
HIS RETIREMENT**

The following is a last-minute very

important inclusion as we go to press with this issue of *The SPECTRUM*. Art Bell announced in the second hour (11-11:30 p.m. Friday night, 3/31/00, his local Pahrump, Nevada time) his "retirement" from radio as of Wednesday night April 26, 2000. The following is from his website and begins with the statement he made on the air: [quoting]

In order that you all understand the gravity of the announcement I'm about to make, it's going to be necessary for me to repeat some very painful events that have occurred to my family over the past several years.

On May 16 of the year 1997, my son, Art Bell IV, was kidnapped, transported across state lines, and raped by a substitute teacher from his own high school. The assailant was HIV positive. My son was a minor. He was only 16 years old at the time.

The teacher involved was tried, convicted, and is now serving a life sentence. My son though, as you might imagine, was sent into a psychological tailspin which continues to this very day. We are trying very, very hard to help him recover and lead a more normal life. Some positive events have occurred toward that end and your prayers are welcome. Please keep them coming.

While the police work and the trial of my son's assailant were underway, difficult as it was for me to continue my daily radio programs, I did so. Because my son was a minor at the time of the crime, the records were sealed, his name was not made public, something our society does to protect its own, its future, its young people.

As our family was working through this trauma in private, an event beyond all bounds of decency and humanity occurred. On December 9 of 1997, just a few months after my son's ordeal, my own began. Ted Gunderson, a retired FBI agent, along with David Hinkson, and the assistance of others, aired a broadcast which—incredibly, absolutely incredibly—accused me of committing the very same crime my son had suffered, child molestation.

The program further stated that I had paid to cover up an indictment in Nye County, Nevada, my home. It further urged listeners to call me "on air" and ask if I had been indicted. Of course, these accusations were entirely false. But, nevertheless, the calls poured into my open-line, unscreened program, asking if this was true. I had no choice but to block out all these calls and keep my silence for fear of my son's situation becoming public.

This broadcast was made on WWCR, world wide shortwave radio, in Nashville, Tennessee.

This station has been described by newspapers and civic-minded organizations as one of the country's leading broadcasters of hate radio. The individuals, WWCR and its sister-station WNQM, have allowed to broadcast over the airwaves, [such topics as those which] include a man who wrote a book entitled *The Hitler We Loved And Why*, and another man who stated over the airwaves that Jews are the children of Satan and that African-Americans are "mud people".

In addition to broadcasting these proponents of hate and violence, this radio station has consciously decided not to spend money on a delay switch, not to conduct a careful background check of the people it places on the air, and to allow individuals to say almost anything they want in foreign languages, without having staff on duty who can even understand what they are saying.

In my opinion, WWCR is one of the most irresponsible stations permitted to broadcast over the airwaves of this country.

Now, the fallout from that broadcast has been unbelievable. Besides the unrelenting accusatory calls, others repeated this false rumor as though it was fact, resulting in several related lawsuits. Many of you may have heard my defense played out on the airwaves and the Internet.

No matter how hard I have tried to set the record straight, my torment and that of my family continues. Recently, a radio host in Toronto, Canada opened his morning show with the words: "I am Art Bell and I molest little children." All of this sent me into a psychological tailspin. I felt I had been dealt a blow I might not recover from. Still I continued my nightly broadcasts, as best I could.

In October of 1998, my son came to a crisis point, a situation so critical that nothing but my full-time attention would help. So, on that fateful day, October 13 of 1998, I resigned on air with no intention of returning. But thanks to the efforts of my network, my best friend Alan Corbeth, Kraig Kitchin (CEO of Premiere Networks) and Randy Michaels (CEO of Clear Channel), I was able to return, but the pressure of having to defend myself against baseless, vile claims that I was a child molester eventually forced me to reduce my on-air hours.

Why the individuals behind the December 9, 1997 broadcast by WWCR decided to make such a patently false and harmful broadcast remains for the courts to decide. A major moment in this litigation is going to occur April 28 in Nashville, Tennessee. If justice prevails, a trial, perhaps a protracted one, may follow. It would be untrue for me to say this has not affected my air work; it has. It would be unfair to all of you not to give you my full-time best. I can no longer do that. The reality that, after suffering the fate of my son's own molestation,

I now stand destined to be tainted for life as a child molester, has proven simply too much to bear. God knows, I have tried.

For my son, I pray that somehow his wounds will heal, his mind's troubles fade into something of a normal life. For myself an ordeal looms ahead to clear my good name of accusations I committed a crime, committed against my own son. Nobody ever said life would be fair—only to be lived as the hand is dealt to you. For all the years of joy my work has provided, I want to thank all of you and whatever Creative Force allowed it.

I have decided to retire from the broadcast business at the end of this month, my last show to be April 26, 2000.

I will not do any media interviews on this subject. I have already said more than any private person would have said, a private world I now look forward to returning to. Any further questions should be addressed to my attorney, Gerard Fox, at the law firm of Fox, Siegler & Spillane, in Los Angeles, at: (310) 229-9300. — Art Bell [End quoting]

Art's network public relations office also released a statement to supplement his own, which goes as follows: [quoting]

FOR IMMEDIATE RELEASE

Contact: Amir Forester
818-461-5404

ART BELL SIGNS OFF

LOS ANGELES, March 31, 2000:

Art Bell, the radio host famous for his spontaneous and compelling conversations of all things unexplained, officially resigns. His last broadcast will be on Wednesday evening, April 26, running into Thursday morning, April 27.

Art will deliver a statement on his show tonight (2 a.m. EST, 11 p.m. PST) addressing his retirement from not only radio broadcasting, but also all other forums of media including book publishing, television, etc. He is looking forward to living an anonymous lifestyle.

"We have and will continue to support Art" said Kraig T. Kitchin, president/COO of Premiere Radio Networks. "I hoped he would return full time, but understand his inability to do so and agree this is the best course of action. A new host of *Coast to Coast AM* will be introduced to affiliates and listeners imminently through Art's own introduction. *Coast to Coast AM* will continue to pursue the subject matter in the same entertaining and intriguing ways. In addition, affiliates and advertisers are being informed of the changes as they happen. The network is committed to delivering ratings results consistent to Art's."

Premiere Radio Networks, Inc., a subsidiary of Clear Channel, currently syndicates more than 60 radio programs and serves more than 7,800 radio station affiliates. Premiere is one

of the top three radio networks in the country, and the leading provider of morning show material nationwide. The number one syndicator of programming, Premiere features the following personalities: Rush Limbaugh, Dr. Laura Schlessinger, Jim Rome, Dr. Dean Edell, Michael Reagan, Phil Hendrie, Naomi Judd, Blair Garner, Lionel and Rick Dees. Premiere is based in Sherman Oaks, California, and has eight offices nationwide. [End quoting]

It should be obvious to any aware of how things work "behind the scenes" that the cruel attacks upon Art and his son have been deftly orchestrated to accomplish this goal of getting him off the air. However, this is not the first time Art has announced a "permanent" retirement. It would be most helpful to keep Art (and his son) in your thoughts and prayers—and KNOW that The Light will ALWAYS triumph. We can expect Art Bell to rebound stronger and wiser for having tackled the dark ones head-on!

SCARY, SCARY STOCK MARKET!

From the INTERNET,
<RonWortham@aol.com>, 3/31/00: [quoting]

Being facetious about it being Friday, but it often happens that way, for a reason.

I am writing this BEFORE the stock market opens Friday, to say that Monday may be interesting.

Why? Well, yesterday one of the largest, prestigious, and most established investor funds called it quits.

They simply said that the market had become too irrational and they could no longer justify making any predictions or investments for their participants.

So the Tiger ceases to roar and the Jaguar returns to the cave and is handing back all their investor's money.

<http://hv.greenspun.com/bboard/q-and-a-fetch-msg.tcl?msg_id=002sYm>

Also, a tension has apparently arisen between Simmons at Treasury and Greenspan at the Fed.

Opposite policies.

Simmons' lowering rates, Greenspan raising them.

Gyrations occurring in the market changes.

Some up radically, others down radically.

We are talking entire markets, not just individual stocks, because the latter is considered to have rational causes.

As one market indicator, I watch the doom and gloom letters of sophisticated investors in the market. People actually responsible for large amounts of money there. Have never seen so many such letters as I have gotten in the last two days.

Why Monday?

Well, Friday starts a downturn, and people have over the weekend to think about it.

They think, "What is the psychology?"

"Stay ahead of the crowd." "If it is going to go down, sell." "The same dollars will buy even more stock later."

But you have to remember, it is not a FREE market. It is a CONTROLLED market.

BIG, BIG, BIG money has kept the party going. And may still try to do so. And may even be able to do so, for a while. But they don't have PERFECT control, and REALITY will eventually catch up.

Market rules are set by men.

Reality Rules are set by God.

Guess who wins in the long run?

Eternity is more than a long time.

May I remind you that when I say "Monday may be Interesting", I am not predicting it. Just observing. Because no one can predict that which is BOTH Controlled and Irrational. [End quoting]

Any thinking person can see that the stock and commodity markets are worse than Las Vegas crap shoots. At least in Las Vegas the odds are better defined and more honest. Remember the insightful article back in the January issue of this newspaper by Nick Guarino. If you take what Nick had to say in conjunction with the above insights, their combined picture should act as a serious caution to any conscientious investor.

DRAMATIC CLUES OF MAJOR CHANGE: EDGAR CAYCE'S PREDICTIONS BEING VERIFIED

From E-MAIL, 3/26/00: [quoting]

"Krsanna Duran" <timestar@atnet.net>

Volcano Montserrat began erupting March 19, a Class X solar flare erupted March 22, Mt. Etna exploded with lava March 23, followed by another Class X flare on March 24. Located in the Caribbean near Martinique, Montserrat's eruption followed by Mt. Etna's may be the sign that Edgar Cayce predicted would mark the beginning of massive Earth changes. "The Sleeping Prophet", Edgar Cayce predicted that the Earth changes he prophesied would begin when Martinique and Etna erupted simultaneously.

March 24, 2000: Mount Etna Explodes. Sicily's Mount Etna exploded for two hours in a spectacular show on Wednesday night, shooting blazing lava 660 feet into the Mediterranean sky. The Poseidon Monitoring Center reported that a series of strong tremors preceded the explosions, which spewed a fountain of red lava from the volcano's southeast crater. Local authorities said the eruptions did not threaten any nearby communities. Etna is Europe's highest and most active volcano. Its eruptions have been historically recorded back to 1500 B.C. [from *Discovery On-Line*]

March 23, 2000: Huge Iceberg Breaking

Off Antarctica. An iceberg twice the size of Delaware is breaking away from the Ross Ice Shelf in Antarctica and will soon be afloat.

Scientists from the Antarctic Meteorological Research Center at the University of Wisconsin reported on Wednesday that polar satellites show clearly defined fissures delineating the enormous piece that is about to be set adrift in the Ross Sea.

The new iceberg will be 183 miles long by 22 miles wide. One of the scientists, Matthew Lazzara, said: "This is a very big iceberg, close to a record, if not a new record." He reported that the iceberg is much larger than the one that broke away last October, threatening shipping lanes off the lower tip of Argentina. The group did not have information on how the new iceberg would affect shipping in the region. [from *Discovery On-Line*]

[*Editor's note: That large iceberg has since broken off—while a second, completely unexpected and somewhat smaller iceberg "followed the leader" on 3/31/00.*]

Krsanna Duran, <<http://www.atnet.net/~timestar/iam.htm>>. Timestar Predictions, posted March 1.

MARCH 6-18:

Solar eruptions will begin to increase in this window before reaching a mini-peak in late March. The number of moderate earthquakes (4-6 magnitude) will increase along with volcanic activity on the Atlantic seaboard from Canada to Brazil. The Montserrat volcano in the Caribbean is likely to become more active. Larger earthquakes (6-8 magnitude) are possible on the South Pacific and Indian Oceans.

MARCH 17-29:

Look out for whale/dolphin beachings and other creature disorientation as well as volcanic eruptions in the far northern Atlantic. The Moon glyph is situated in the south Pacific area associated with old Lemuria. Activity in this window reflects the feminine receptive polarity that complements the active stimuli of the Sun. This is a key site where islands will rise in the next four years and underwater volcanoes will be active here.

MARCH 26-APRIL 7:

Surprise storms, meteorites, and gamma ray bursts are likely in this window. The Earth glyph is situated in the south Atlantic area associated with old Atlantis. The Sandwich Islands in the south Atlantic may be outcroppings of areas that were scientific bases during the Atlantean era. Atlantean technology buried in the south Atlantic may be periodically activated, causing sudden storms in the present time. Large earthquakes (6-8 magnitude) are likely in the North Pacific.

VOLCANO MONTSERRAT ERUPTS

March 22, 2000: Montserrat's Soufriere Hills Volcano exploded late Monday, sending a thundering 30,000-foot cloud of ash into the Caribbean sky. The eruption sent up incandescent rocks and triggered avalanches of fiery boulders.

Boulders cascaded over the Belham Valley Bridge where Britain's Prince Andrew stood last week during his visit to the British island.

The huge ash cloud created thunder and lightning as it rose and forced air traffic controllers to divert aircraft around the island.

Seismologists had predicted that, after a six-month period of quiet, the volcano was ending four years of explosions, but last November, the mountain again came to life. Chelston Lee, a spokesman for the Montserrat Volcano Observatory, reported on Tuesday: "There were loud noises and thunder, glowing rocks flying in the air." The explosion blanketed the island's northern "safe zone" with a coat of ash.

The reawakening of Soufriere Hills Volcano is a blow to the British territory that has been rebuilding a habitable safe zone about five miles away from the mountain. [End quoting]

Mother Earth is in the early stages of a major cleansing as she and we enter into a higher frequency region of space and as those high-frequency energies effect a cleansing action within all of us. It would surely be a wise move to check and upgrade your emergency supplies, and be attentive to clues around you—especially if you reside in unstable geographic areas already living on borrowed time.

ROUSE YOUR RABBLE! FORGOTTEN FACTS ABOUT HILLARY CLINTON

From the INTERNET, sent by a thoughtful reader, 3/27/00: [quoting]

Back in 1969 a group of Black Panthers decided that a fellow Black named Alex Rackley needed to die. Rackley was a fellow Panther suspected of disloyalty. Rackley was first tied to a chair. Once safely immobilized, his friends tortured him for hours by, among other things, pouring boiling water on him. When they got tired of torturing Rackley, Black Panther member Warren Kimbo took Mr. Rackley outside and put a bullet in his head. Rackley's body was later found floating in a river about 25 miles north of New Haven, Connecticut.

Perhaps at this point you're curious as to what happened to these Black Panthers? In 1977, that's only eight years later, only one of the killers was still in jail. The shooter, Warren Kimbro, managed to get a scholarship to Harvard. He later became an assistant dean at Eastern Connecticut State College. Isn't that something? As a '60s radical you can pump a bullet into someone's head, and a few years later, in the same state, you can become an

assistant college dean! Only in America.

Erica Huggins was the lady who served the Panthers by boiling the water for Mr. Rackley's torture. Some years later Ms. Huggins was elected to a California School Board.

How in the world do you think these killers got off so easy? Maybe it was in some part due to the efforts of two people who came to the defense of the Panthers. These two people actually went so far as to shut down Yale University with demonstrations in defense of the accused Black Panthers during their trial.

One of these people was none other than Bill Lan Lee. Mr. Lee, or Mr. Lan Lee, as the case may be, isn't a college dean. He isn't a member of a California School Board. He is now head of the U.S. Justice Department's Civil Rights Division.

Ok, so who was the other Panther defender? Is this other notable Panther defender now a school board member? Is this other Panther apologist now an assistant college dean? No, neither.

The other Panther defender was, like Lee, a radical law student at Yale University at the time. She is now known as The "smartest woman in the world". She is none other than the official Democratic candidate for the U.S. Senate from the State of New York—our lovely First Lady, the incredible Hillary Rodham Clinton.

Pass this on! [End quoting]

See the Bush-Greenspan series elsewhere in this issue of *The SPECTRUM*, by Sherman Skolnick, for even more "credentials" which can be bestowed upon this prima donna of the political arena. Hillary has been a very busy lady, quite skilled in the dirtier side of "successful" political action and surely has "earned" her current status—from many years of being a dutiful puppet of the dark so-called "elite" who control this planet from behind the scenes.

BIG OIL AND THE PLAN FOR POPULATION CONTROL

From the INTERNET, <<http://sightings.com>>, 3/9/00: [quoting]

By Byron T. Weeks, MD

There are legitimate concerns about pollution. The very air we breath is poisonous. Smog is irritating to the lungs and cases of chronic bronchitis and emphysema are increasingly common. People are dying. The forests are shrinking. The discharge of pollutants into the lakes and rivers is poisoning the waters, and when the great rivers have collected all the contaminating oil and sludge and discharged it into the oceans, the shrimp, the salmon, the oysters, the fish, the whales, and the dolphins get sick and die. And vital oxygen-giving plankton is gradually disappearing from the seas.

We now have very large and effective

environmental movements who are telling us that the pollution of the ecosystems is killing the planet. These well-intentioned groups are being funded by big oil and the other large corporations, and they are convinced that the causes of pollution directly relate to overpopulation. They claim that there are just too many people on the planet and, like infection in a host organism, they are causing the Earth to sicken and die. There are too many people with too many gasoline powered cars, using too many petrochemicals and plastics, all of which end up in the soil, in the water, and in the air we breath.

So now we are told that the world population must be reduced to an environmentally sustainable level. Plans are afoot to do just that. The globalist plan is to reduce the population over the next 20 years to about ten percent of the present total by means of famine, NBC (Nuclear-Biological-Chemical) warfare, contaminated vaccines, and mass murder. They plan to “re-wild” large parts of the planet, especially in North and South America, and bring back the mighty forests, and the flora and the fauna that existed before Columbus. They are importing wolves and grizzly bears back into the populated areas. Mountain lions may not be hunted, in order to increase their numbers and restore the “balance of Nature”.

Top members of the ultra-rich elite (the New World Order) such as Ted Turner and the Rockefellers, have bought up vast tracts of land and established huge ranches. They are raising large herds of elk, antelope, and buffalo which will be used in the re-wilding process. Eventually, according to the master plan, the forests and the rivers, and the vast, fertile plains will be teeming with wildlife, and the people, with their cattle and horses and sheep, their smog-belching automobiles, and their factories laden with chemical smoke, will all be gone. The disarmed farmers, ranchers, and townspeople will one day be moved out of the Heritage sites and UN Biospheres, and it will be done by the lethal force of UN soldiers and armed gangs, if necessary.

Deliberate attempts to reduce the food supply are underway. Hybrid seeds which germinate only once are replacing natural grains. Farmers are paid not to grow crops. Use of chemical and natural fertilizers is being reduced. The World Trade Organization, along with NAFTA and GATT are strangling the stock raisers, the wheat farmers, and the potato growers by rendering profitless what they have long produced, and importing grains, beef, wool, and produce from foreign countries where labor is cheap and people are just another commodity. According to the master plan, North America, the bread basket of the world, will revert to wilderness once more. South America will be depopulated and the jungles of the Amazon will return to their

former unpolluted and pristine state.

So goes the great GLOBAL 2000 plan as devised by the globalist Committee of 300 and the Club of Rome.

But wait just a moment, here! Are these theories valid? Who are the real major polluters of the planet? Who sinks the oil wells and produces the gasoline? Who builds the internal combustion engines? Who manufactures the petrochemicals, and the petroleum- and coal tar-derived pharmaceuticals? Who, through the power of great wealth, has influenced the Congress and the state legislators to pass laws prohibiting the development of non-petroleum, non-polluting energy sources? Do the people know that the researches of Nikola Tesla, Wilhelm Reich, Neuman, and others, who have developed the overunity engines and other free energy devices, have been suppressed? There are ways of drawing limitless energy from the Van Allen belt, and from the electromagnetic fields of the Earth itself.

There are actual methods of producing energy by extraction of burnable hydrogen from water. There are batteries and fuel cells being developed that could deliver several days of power to electric cars. It has been known for years that free energy could actually transform the world and release the people from their semi-slavery, their bondage to Big Oil and Big Business, and the predatory taxation of Big Government, for cheap sources of power could decentralize the population centers, allowing the people to leave the teeming, smoky cities and make their homes in idyllic rural areas. Free energy and cheap sources of power would one day actually enable mankind to live in comfort without the petroleum and coal pollution that is killing the planet.

But the inventors and developers of free energy have been repeatedly suppressed through litigation, and some have even been murdered, and it is not difficult to figure out who was behind it all. Free energy would enable actual further increases in the world population, and would raise productivity, increase individual wealth, and make possible the release of all mankind from servitude to big business, big oil, and their funding of big government to keep themselves rolling in wealth at the expense of the ordinary citizen.

I am forced to remind you that both of the major political parties and the two major candidates presently running for the presidency of the United States of America are in thrall to the evil New World Order. The same is true in most of the larger countries of the world.

The criminal hypocrisy of the globalist hegemony must be revealed, for they are the real conspirators. Depopulation is not the answer. The monstrous plan for arbitrarily killing off 90% of the people, so that the ultra rich can continue to pollute the ecosystem, must be stopped.

So, what is the answer? It is FREE

ENERGY. We don't need to be eternally dependent upon the petroleum cartels. Plastics can be made from vegetable oils and fibers. Lubricants can be synthesized from vegetable oils. We must gradually and drastically reduce the use of petroleum and its products and begin to allow the free use of these new products and the known sources of limitless power. [End quoting]

There is absolutely no argument from *The SPECTRUM* on the above very well put statement. Awakening the suspicious people through truthful information is the route to a reversal of the plans of these so-called “elite” controllers. The question (and test) is whether many of the sleeping masses will bother to awaken before, like sheep, they are casualties of the slaughterhouse.

Now think about this statement that was made by one who should know: “Y2K will not blindside us like a truck; it will sneak up on us like an infestation of fleas.”

Some interesting facts:

Of well over 70 oil refineries reporting, most of them are either shut down or operating at very reduced capacities and their problems have gone up exponentially since January 1, 2000. Imagine that! This is not reported in your controlled media; it is on the Internet however. See <<http://nckodokan.com/charts/refineries1.html>> as one source and then run searches. And then consider this:

OPEC—THE NEW VILLAIN

From THE McALVANY INTELLIGENCE ADVISOR, March 2000, page 15, Jim Seabourn, 3/18/00: [quoting]

The Organization of Petroleum Exporting Countries (OPEC) is made up of Algeria, Libya, Nigeria, Indonesia, Iran, Iraq, Kuwait, Qatar, Saudi Arabia, the United Arab Emirates and Venezuela.

These nations hate us, of course. All of them. They only do business with us because they need our money. This is what makes them such terrific fall guys for Mr. Greenspan. It is what makes him so lucky. He gets to blame his inflation on the OPEC oil producers, who nobody likes in the first place. With the current oil price blowup, the OPEC oil producers are in a position to become the bad guys (the scapegoats) in the world economy. They'll be blamed for knocking down Alan Greenspan's house of cards, and they've done nothing but act like the cartel they are.

THE MYSTERY

There is one factor in the current oil situation that is most mysterious and which the press seems to totally ignore. The world is currently experiencing an amazing epidemic of refinery and pipeline outages—perhaps sufficient to have affected production. Recent

numbers of outages are stunning: 1997 had 6; 1998-29; 1999-90; and 2000-64 in January alone. [According to other reports I've seen, this is expected to increase until at least this summer before it starts to go back to normal.]

In large part, the causes of these outages are being kept largely under wraps and the press is not investigating the failures in any meaningful way. There is, of course, intense speculation that hidden Y2K problems are behind the rash of failures. There is some confirmation of this possibility from industry insiders, but the reports are somewhat sketchy. It is also possible that the industry deferred for many months the regular maintenance needed by the aging infrastructure during the panic to repair their Y2K problems.

If these oil infrastructure problems are real, whatever their cause, they will greatly exacerbate the global oil situation. No worse time could have been chosen. [End quoting]

Remember that the Y2K problem was known decades ago and was purposely not fixed sooner as part of the plan of the so-called "elite" for creating yet another panic in order to maintain control of the populations through fear and drained personal resources such as high gas pump prices.

CENSUS BUREAU SAYS IT WON'T PROSECUTE NON-FILERS

Excerpted from the INTERNET, <<http://sightings.com>>, 3/24/00: [quoting]

Americans critical of census questions unrelated to obtaining a national head-count were given some answers by Census 2000 Media Relations Director, Neil Tillman, who addressed everything from sampling arguments to enforcement actions.

Criticism of the census has revolved around many aspects of the decennial operation, but one of the questions most objected to by critics concerns inquiries into a person's race.

In an exclusive, in-depth, WorldNetDaily interview, Tillman explained the reason for race-related questions rests chiefly on the need to reapportion congressional representation—referring to the *Constitution's* sole stated purpose for the count. Such inquiries, said Tillman, are made to ensure each congressional district is racially diverse.

According to Census Bureau Director Kenneth Prewitt, households that provide the government with the mandated information are the glue of America.

"Every household that returns the form does strengthen the ties that do bind us together as a civilized society" Prewitt said at a press conference yesterday.

But not everyone agrees. WND (WorldNetDaily) has been bombarded with letters from Americans who object ideologically to the redistribution of wealth, and so are returning their census forms having answered

only the question regarding the number of individuals in their household.

The penalty for not answering every question on the survey is \$100. False answers garner a fine of up to \$500. However, the law is unclear as to enforcement of such fines.

Apparently, lack of legal clarity is irrelevant, as Tillman revealed the Census Bureau is not going to collect any such fines.

"The Census Bureau is not an enforcement agency" he said, adding that any enforcement would have to come from the judicial system.

Although Tillman indicated lack of compliance will be handled on a case-by-case basis, he plainly stated the Bureau will not seek prosecution for incomplete forms.

"We don't want to intimidate people [into participating]" he said.

In cases where forms are incomplete, enumerators will contact households and "make every effort" to gather the requested information, but no fines will be levied.

The reason for completing the questionnaire "boils down to being a good citizen" Tillman said.

"The *U.S. Constitution* says the purpose of the census is to make an enumeration; that is, to take an accurate count of Americans for the purpose of apportioning congressional districts," he said. [And that is ALL!]

"But the federal government has gone far beyond that constitutional mandate, and uses the census to ask dozens of probing questions—including your official government racial classification, how much money you earn, the number of toilets in your home, whether you have trouble bathing, and how many cars you own."

Dasbach said answering only the head-count portion of the census is a way for Americans to "strike a blow for liberty, privacy, and limited government".

Julie Foster is a staff reporter for WorldNetDaily. [End quoting]

In the 3rd paragraph he says that they ask racial questions so that they can make every congressional district racially diverse. It is used in actual practice to control the races according to the politburo's desires.

The next 2 paragraphs state that by answering the questions it glues—binds—us together. It sure does, by giving the politburo information that helps them FENCE US INSIDE THEIR CORRALS—like sheep. Do we want to supply them with this much "glue"? The *Constitution* promises us privacy!

The census puppets also state that we should give the information "so we'll be good citizens". Politburo's definition of a good citizen is someone who always says "Yes, MASTER!"!

Another very good reason to think before you answer the questions is that it has been documented that the Census Bureau made ILLEGAL use of the Census to round-up the

Japanese during World War II to put them in the concentration camps—here in the "free USA"!

FEDERAL JUDGE PUTS BRAKES ON CENSUS BUREAU

From the INTERNET, <<http://sightings.com>>, 3/28/00: [quoting]

By Sarah Foster, <www.worldnetdaily.com>

Americans who refuse to answer questions they consider invasive on their Census questionnaires will be able to sleep a little easier—at least for now.

A federal judge ruled yesterday that the Census Bureau has no automatic right to ask questions felt to be personal or intrusive and that it cannot threaten or prosecute citizens who refuse to answer such questions.

U.S. District Judge Melinda Harmon granted attorney Mark Brewer, of the Houston-based firm of Brewer and Pritchard, a temporary restraining order in a Census suit filed by five Houston, Texas, residents. Attorneys for the government conceded that none of the five plaintiffs will be subject to actual or threatened prosecution during this litigation which is expected to go to the U.S. Supreme Court.

The ruling is especially far-reaching.

"For the moment, this will prevent prosecution against any American who chooses not to answer questions other than the number of people living at their address—that's all that's required by the *Constitution*" Brewer told WorldNetDaily. "It's a huge victory for the *Constitution* and for privacy-loving Americans, because we now have a ruling in a federal court case.

"The Census Bureau cannot extract this information under threat of criminal prosecution—that was the issue I presented to the court" he said.

The penalty for not answering each question asked on the forms is \$100. False answers can cost up to \$500 in fines.

The five—Edgar Morales, Laique Rehman, Nouhad Bassila, George Breckenridge, and William Jeffrey Van Fleet—are American citizens.

Brewer said his clients are not part of any organized group, "though that is what people have assumed. They are just ordinary people who want to be counted, but who do not want to give up their privacy to do so. That's the bottom line."

"What the court did today" Brewer explained, "was to order that the Bureau could neither threaten nor actually prosecute these people for not answering any question other than how many folks live at that address. It's the first time to my knowledge that this has happened in the 213 years since we've had a *Constitution*."

As he put it: "We hit a home run."

Recalling his day in court, Brewer said he told the judge she was "the only barrier standing between government on the one hand and these five—I think very brave—people and the American people generally on the other. I pointed out that the government lawyer had just told her that he can ask anything he darn near pleases. Where does it stop?"

Almost as important as the ruling itself is that the government conceded that the plaintiffs have "standing", meaning they had a right to bring an action against the Census Bureau in the first place.

"This removed what was potentially the biggest impediment to the case moving forward" said Brewer. "We're now looking forward to phase two, which is when the case will be submitted on summary judgement in two weeks."

"This is what they call a three-judge court case" he explained. "It's federal, but it's a very unusual procedure. There are only a few instances where it's permitted by federal law, this being the primary one: pertaining to census and apportionment. The case is filed like any other case in federal court, then it is referred by the chief judge of the circuit."

In this case, that's the Fifth Circuit in New Orleans, headed by Judge Carol King.

Said Brewer, "The way it works is that when a motion of temporary restraining order is filed, which we did on March 23, the single judge who gets the initial assignment of the case can hear it. That's really about the only thing the judge can hear and rule upon. Then the three-judge court is convened and the case is submitted on trial—and here it's for a summary judgment because there's no dispute of the facts.

"Both sides have the right of appeal" Brewer continued, "and we're assuming they (the Census Bureau) will appeal it. And if we lose—we'll appeal it. Either way, it's on its way to the Supreme Court."

Brewer is handling the case pro bono—that is, without charge, for the public good.

"One of the things I stressed to the judge" said Brewer, [is that] neither the plaintiffs nor I want to interrupt the census. To the contrary. I want to ensure its constitutional integrity and validity. But when you look at the lowered response rate, which by the Census Bureau's own admission is going to occur with the use of the long form, then you can only conclude that they are intentionally erecting a roadblock to getting an accurate count. They are intentionally sacrificing an accurate count in order to obtain information through statistics that they're not even entitled to obtain.

"Unfortunately, we know the government is capable of misusing census data" he said. "The federal government was only able to find, round up, and imprison Americans of Japanese ancestry in 1942 by the illegal use of Census

Bureau data." [End quoting]

It's about time something was done about confining these hoodlums who want every bit of our privacy, any way they can obtain it.

MALE SEXUAL DYSFUNCTION
TRIGGERED BY ASPARTAME
(NUTRA SWEET)

From the INTERNET, <<http://www.sightings.com>>, 2/23/00: [quoting]

By James Bowen, MD 719-332-0033

(For Immediate Press Release—Permission to Publish)

From Betty Martini <Mission-Possible-USA@Altavista.net>, 2-23-00, <<http://www.dorway.com>>.

Aspartame damages the hypothalamus. The hypothalamus produces gonadotropin-releasing hormone (GRH). The GRH goes down the stalk between the hypothalamus and pituitary and causes the pituitary then to produce gonadotropins. The ganglia goes to the testicles and causes them to produce testosterone. When you're causing hypothalamic destruction with neuroexcitotoxins like NutraSweet, you're suppressing the formation of male hormone without which there is no sexual drive or pleasure. In original studies Aspartame triggered atrophied testes and testicular tumors.

Aspartame destroys the myelin sheaths and, when that happens, the nerves and sheaths try to regenerate, but now the signals can be crossed. So the pleasure receptor of the penis sends the signals, but it arrives at the brain at a different receptor and not recognized as pleasure. Also, the ganglia collections of nerve sheaths and cells that are kind of little mini brains that lie inside the thorax and abdomen in front of the spinal cord are important in both sexual arousal, penile tumescence (erection), and in producing orgasm.

The methyl alcohol-type of poisoning from NutraSweet is the foremost known cause of degeneration of the sheaths and the ganglia. Also methyl alcohol-type poisoning is the foremost known cause of antimyelin antibodies, so that thereafter the immune system can carry out similar destructions in the absence of Aspartame.

Now, the excitatory area of the cerebral cortex which allows men to be excited, interested, and pleased by sex, atrophies when the testosterone is suppressed. Moreover, you have an independent neurotoxin generated by the isolated phenylalanine. Anytime you have a neurotoxin making the brain sick, sexual pleasure is obliterated because the brain is the most important sexual organ. You have classic alcohol poisoning and alcoholism, and alcohol poisoning is notoriously famous for wiping out the male animal.

Serotonin and dopamine levels are suppressed. With your serotonin, dopamine, and other neurotransmitters in the brain

obliterated, life becomes one long, dark, hopeless, sleepless, pleasureless night. Turns the goodness of sex into a wistful memory instead of a reality. Pepsi isn't so peppy after all!

— James Bowen, M.D., 1720 North Watts, Portland, Oregon 97217.

Sexual Dysfunction is listed on the FDA report of 92 symptoms triggered by Aspartame from 4 types of seizures to coma and death. Send an empty e-mail to <help@dorway.com> for a map of the 600 pages on Aspartame on <www.dorway.com> [End quoting]

So the drug and chemical companies make the males impotent, and then sell them Viagra as a remedy, which from the reports coming out is causing many other serious problems and even death. The so-called "elite" play all of the angles. They leave no escape—unless we wise-up and begin to spot the game being played at our expense.

TOP LOS ANGELES COP SLAMS
PROP 21 "A BAD LAW"

From the INTERNET, <<http://www.sightings.com>>, 2/20/00: [quoting]

"Proposition 21 is a bad law that goes way too far" said LAPD Cmdr. Dan Koenig, formerly the department's gang coordinator and a founder of the D.A.R.E. youth program to prevent drug abuse. Koenig said the measure would not affect gang crime, because Los Angeles gang members are, on average, 23 years old.

<<http://www.latimes.com/print/metro/20000218/t000015993.html>>

If you are a California voter, please inform yourself about Prop 21 and get to the polls March 7. [See end note]

This law:

- * Makes \$400 worth of "vandalism" (including writing your name in wet cement) a felony good to jail a child for up to one year.

- * Lets cops wire-tap the homes of families with "suspicious" children (suspicious—three or more who look like they might be in a gang).

- * Is designed to put more kids in jail even though juvenile crime rates are way down.

It was sponsored, like all pro-jailing initiatives, by the California Correctional Peace Officers Association (CCPOA), the trade group that paid Pete Wilson \$2,000,000 for his 1998 re-election bid. They have a lot to thank Mr. Wilson for. California has more people in prison than any state in the Union per capita, and the US leads the world in prisoners with 25% of the world's total.

Only Hitler, Stalin, and Mao found it necessary to jail such a high proportion of their citizens: <<http://www.brasscheck.com/heartfield/gallery2.html>>

If you are inclined to help, go for it. The bad guys are ahead on this one as of the last

polls:

The Criminalization Of Childhood, Ken McCarthy, <ken@brasscheck.com>, 2-20-00:

"Despite numerous studies that show there has been a sharp decrease in juvenile crime rates since 1993, the media spotlight on young offenders has created the illusion of a new breed of juvenile "super predators". This is particularly true in California—home to one-fifth of America's 100,000 young prisoners—where a punitive measure called the "Gang Violence And Juvenile Crime Prevention Act" has made it onto the March 2000 ballot. Proposition 21, as it is known, is sponsored by former Governor Pete Wilson and a host of multinational corporations, including Chevron and Transamerica."

—Carrie Ching from "Putting More Juveniles Behind Bars":

Children are far more likely to be the victims of crime than the perpetrators of it and crime rates among juveniles have gone DOWN steadily since 1993. But that didn't stop CCPOA from inspiring its former man in the governor's mansion, Pete Wilson, to call for the jailing of more children.

What is CCPOA? The California Correctional Peace Officers Association (CCPOA) The trade association for prison guards, one of the fastest growing professions in California. Since 1984, California has built twenty-one new prisons, and spends nearly \$4 billion a year maintaining them. CCPOA membership has doubled in the last ten years alone, and annual dues, reflecting the prosperity of its members, have tripled. The CCPOA was among Wilson's largest supporters, giving him over \$2,000,000 for his 1998 governor's campaign alone.

Who else is sponsoring Proposition 21? Oil and utility companies like PG&E, ARCO, and Chevron. Chevron is one of the many companies in this country that utilizes cheap prison labor. (25% of all people in jail or prison on Earth are imprisoned in the United States.) California offers a Department of Corrections Joint Venture Program that gives corporations sweetheart deals on leased state land and even lets them set up operations within prison walls. The lure? According to materials promoting the program: "state tax incentives, discount rates on Worker's Compensation Insurance, and no benefit expenses".

How does Proposition 21 propose to deal with the "falling" rate of juvenile crime?

* The minimum damages to qualify for felony vandalism would be reduced from \$50,000 to \$400. A child convicted of writing his or her name in wet cement would be subject to one year in prison.

* Police officers would be permitted to initiate an investigation of any "suspicious-looking" group of three or more young people and wiretap their family's homes in search of

evidence of "gang activity".

* Children as young as 14 could be tried as adults, and children as young as 16 sentenced to life imprisonment without parole or the death penalty.

Is any of this even remotely necessary? Here are some facts:

* In the eight years between 1990 and 1998, California's juvenile felony rate dropped 30 percent.

* California's juvenile homicide rate is down 61 percent.

* Nationally, the rate of violent crimes committed by juveniles is lower than it was twenty years ago.

It's high time that people all over America declare war on organizations like CCPOA and put people in the management of law enforcement, whose goal is to serve and protect, not serve themselves at the expense of the most vulnerable members of our society. [End quoting]

If you think the above doesn't pertain to you because you don't live in Los Angeles, I have news for you: If they get this passed in Los Angeles, they are coming for your hometown VERY SOON!

PHANTOM LIMB MYSTERY SOLVED

From the INTERNET, <para-discuss@tje.net>, 3/22/00: [quoting]

Part Sherlock Holmes, part Oliver Sacks, V.S. Ramachandran figured out how to rewrite the brain's map.

Norman Doidg — *National Post*

Lord Nelson had one. After an attack on Santa Cruz de Tenerife, during which he lost his right arm, he began to experience vividly the ongoing presence of his lost limb, a phantom limb. Nelson himself thought it was "direct evidence for the existence of the soul" reasoning that if an arm can exist after being removed, so, then, might the whole person exist after the annihilation of the body.

For centuries the phantom limb remained a medical and neurological mystery. Phantom limbs are not mere phantom presences, though; they are lively entities. Some who have lost arms in automobile accidents can feel their lost arms gesticulating when they talk, waving hello to friends or reaching spontaneously for the ringing phone.

Yet, unfortunately, they often give rise to a chronic pain, bringing them to the attention of physicians. Yet how to remove a pain from a limb that isn't there? Medical explanations till recently had been twofold. Some wondered whether it wasn't a kind of wishful thinking—a denial of the painful loss. But most doctors assumed that the nerve endings at the farthest end of the amputation were being stimulated or irritated by movement. Yet even when the nerves were cleanly cut, the phantom often remained.

The phenomenon has finally been figured out, by one of the most intriguing neurologists of our time, Dr. V.S. Ramachandran, whose book *Phantoms In The Brain* makes extraordinary reading and places him among the great science writers, alongside Dr. Oliver Sacks, who wrote the introduction.

Ramachandran is an original. He eschews a small-minded science that insists that the only science that counts is large statistical studies. He is a sleuth, solving mysteries, beginning with single cases, in the manner of Sherlock Holmes or Freud.

As he puts it, with his usual flair, if one presented a pig to a skeptical scientist, insisting it spoke English, then waved his hand, and the pig spoke English, would it make sense for the skeptic to argue "But that is just one pig. Show me another and I might believe you!"

Ramachandran has made numerous discoveries about phantoms and other mind-brain conundrums. But perhaps his most important contribution is to show that numerous brain maps can be modified.

We are each born with a map in our brain to which sensory surfaces of our bodies are connected. The map was first drawn by the brilliant Canadian neurologist Dr. Wilder Penfield. The brain, though made of nerve tissue, has no sensory endings. Because some brain surgery doesn't require general anaesthetic, patients can remain conscious.

While operating on epileptics, Penfield stimulated parts of the brain map, and asked the patients where they felt the stimulus in their body. It was in this way that he constructed the first map of the sensory cortex. Interestingly, on the map, the face is upside down, sitting on the trunk with the lips close to the arms. The genital area is mapped close to the foot.

No one knew what to make of these connections. Martha Farah of the University of Pennsylvania had noted that babies, curled up in utero, often have their hands touching their cheeks and their legs crossed and folded up against their genitals, and wondered whether these four areas were jointly stimulated during brain-map development.

A breakthrough insight came when Ramachandran read a paper by Dr. Tom Pons of the National Institutes of Health. It had always been assumed that brain maps in adults were fixed. But Pons had worked with monkeys that had undergone a procedure in which their nerve fibres from one arm to the brain had been surgically cut. Eleven years after the cut, Pons tried stroking the useless hand, and found, as expected, that there were no signs that the brain sensory region was being stimulated. But Pons was shocked to find the part of the brain that mapped the monkey's face showed signs of being stimulated.

Immediately, Ramachandran figured out this

might explain the phantom-limb phenomenon. He found a phantom-limb patient to test his hypothesis. The poor man had a chronic itch that he could never scratch. Ramachandran found that when he touched the man's face, it evoked the phantom-limb sensation. Knowing that Penfield's map had shown that the lips were close to the arm, he reasoned that somehow the adjacent facial regions on the brain map had taken over the mapping of the missing limb. He even helped the man relieve his chronic itch by getting him to scratch his lips.

Ramachandran went on to make other important discoveries. Several patients who had lost a leg reported, with great embarrassment, that when they had sex, they felt their orgasms with great intensity all down their phantom lost leg. Ramachandran, instead of dismissing them as crazy, pointed out that the genitals were next to the feet on the brain map. The genital stimulation had invaded the phantom foot. (Ramachandran wonders whether foot fetishism derives from this genital-foot connection.)

Women who have had mastectomies have reported sexual excitement when their ears, clavicles, and sternums are stimulated. All three are close to the nipples on the brain map.

Some patients have a chronic sense that their phantom limbs are frozen. Ramachandran discovered all these people had their damaged arms placed in slings for several months before they were amputated. The brain seemed to record for all time the fixed position of the arms. His genius was to ask: If paralysis can be learned, can it be unlearned?

He then invented a mirror device that tricks the brain into learning to move the frozen phantom arm by watching one's normal arm move in the mirror. He's since used it to allow patients to rewire their brain map, to forever rid themselves of the painful phantom. V.S. Ramachandran has thus become the first doctor to perform the impossible: the successful amputation of a phantom limb. [End quoting]

This series of discoveries could help many people who presently suffer from these annoying or downright debilitating "phantom limb" effects.

THE FORD MADE OF HEMP

From the INTERNET, <<http://www.davidicke.com>>, 3/9/00: [quoting]

Excerpted from:

GROWN TO DRIVE METAL, PLASTIC, GLASS—AND PLANTS? WHAT KIND OF CARS ARE THEY BUILDING?

by Curt Guyette

What some might call the car of the future has already made its big debut. The unveiling came in Dearborn—more than 50 years ago. David Morris, executive director of the

Minneapolis-based Institute for Local Self-Reliance, described the event in a recent issue of his organization's newsletter:

"On August 14, 1941, at the 15th Annual Dearborn Michigan Homecoming Day celebration, Henry Ford unveiled his biological car. Seventy percent of the body of the cream-colored automobile consisted of a mat of long and short fibers from field straw, cotton linters, hemp, flax, ramie and slash pine. The other 30 percent consisted of a filler of soymeal and a liquid bioresin.

"The timing gears, horn buttons, gearshift knobs, door handles and accelerator pedals were derived from soybeans. The tires were made from goldenrods bred by Ford's close friend Thomas Edison. The gas tank contained a blend: about 85 percent gasoline and about 15 percent corn-derived ethanol."

To prove the vehicle's superiority, Ford demonstrated the strength of the car body by smashing an ax against the trunk, only to have it bounce off. For some it remains a landmark event.

"That's one of my favorite pictures" says Richard Wool, who is at the vanguard of an emerging industry that's rediscovering what Ford thought to be a better way of making cars. Following in Ford's track, Wool is developing adhesive bioresins from soy oil at the University of Delaware.

"To Henry Ford", wrote Morris, "the vegetable car was the perfect vehicle for driving the American farmer out of a 20-year economic depression. But after World War II, the maturation of the petrochemical industry and the export-driven revival of American agriculture, seemed to relegate the idea of a biological car to the dustbins of history. Fifty years later, at the twilight of the 20th century, Ford's dreams are again attracting attention. Working independently, scientists, engineers, and entrepreneurs are finding more and more ways to incorporate vegetable-derived products into your standard car."

From *Popular Mechanics*, December 1941:

Over in England it's saccharine for sugar; on the continent it's charcoal "gasogenes" in the rumble seat instead of gasoline in the tank. Here in America there's plenty of sugar, plenty of gasoline. Yet there's an industrial revolution in progress just the same, a revolution in materials that will affect every home. After twelve years of research, the Ford Motor Company has completed an experimental automobile with a plastic body. Although its design takes advantage of the properties of plastics, the streamline car does not differ greatly in appearance from its steel counterpart.

The only steel in the hand-made body is found in the tubular welded frame on which are mounted 14 plastic panels, 3/16-inch thick. Composed of a mixture of farm crops and synthetic chemicals, the plastic is reported to withstand a blow 10 times as great as steel

without denting. Even the windows and windshield are of plastic. The total weight of the plastic car is about 2,000 pounds, compared with 3,000 pounds for a steel automobile of the same size. Although no hint has been given as to when plastic cars may go into production, the experimental model is pictured as a step toward materialization of Henry Ford's belief that some day he would "grow automobiles from the soil".

When Henry Ford recently unveiled his plastic car, the result of 12 years of research, he gave the world a glimpse of the automobile of tomorrow, its tough panels molded under hydraulic pressure of 1,500 pounds per square inch from a recipe that calls for 70 percent of cellulose fibers from wheat straw, hemp and sisal, plus 30 percent resin binder. The only steel in the car is its tubular welded frame. The plastic car weighs a ton—1,000 pounds lighter than a comparable steel car. Manufacturers are already taking a low-priced plastic car to test the public's taste by 1943. [End quoting]

This reminds me that a professor I had in organic chemistry in 1949 told my class that tire companies can make a tire that would outlast the life of the car—if they wanted to do so.

Just think: an almost indestructible, environmentally friendly car body with a free energy-type of power to run it was possible many decades ago. And yet we still remain slaves to an outdated petrochemical industry.

POLICE STATE

From *THE SPOTLIGHT*, 2/28/00: [quoting]

Forty-three miles northeast of Lubbock, Texas, is the town of Lockney. Lockney's school district has passed a regulation that all teachers and students from sixth through 12th grade must pass drug tests. Parents must sign consent forms and, if they refuse, their child will be treated as failing the test and will be punished as a drug user, according to *The Lubbock Avalanche Journal*. An ACLU spokesman, on a local radio talk show, practically begged parents to initiate a court case, but none would buck the school police for "fear of retaliation". [End quoting]

If this was a test to measure how docile the sheep would be in small-town America, then it appears many are indeed ready for the slaughterhouse. Once a precedent is set in one location, it is only a matter of time before the same formula is applied over the entire nation. Remember the story of the frogs in a pot of water that is ever-so-slowly being brought up in temperature; do those frogs ever suspect they're

I was seldom able to see
an opportunity until it had
ceased to be one.

—Mark Twain

the makings of soup? Probably not until it is too late!

NATO MOVIE?

From *MILITARY* magazine, Mar. 2000: [quoting]

After watching how Clinton got NATO to start what was to be a three- or four-day bombing strike on Yugoslavia, followed by him assuring Milosevic that there would be no ground campaign, which resulted in Milosevic driving ethnic Albanians out of Kosovo and presenting NATO with a massive refugee problem, everyone around the world came to the conclusion that Clinton started a war with no plan on how it was to be conducted. Next came more blunders, with more civilian buses being bombed than Serb tanks, and you sure as hell didn't want to be the night janitor in a government building in Belgrade. We were told the reason we didn't want to bomb where Milosevic lives was because he has a painting by Rembrandt there. Next came the bombing of the Chinese embassy with three missiles. Was the staff at NATO using a script from an old Peter Sellers movie? [End quoting]

Don't for one minute think this was all a big blunder. What better way to disguise or diffuse hidden agendas than by such "apparent" mistakes.

MONSANTO'S LATEST GENETICALLY ENGINEERED CORN

Excerpted from the INTERNET, *EarthVision Reports*, 3/1/00: [quoting]

Reply-To: <illusions@beyond-the-illusion.com>.

SAN FRANCISCO, February 29, 2000: In August 1999, Monsanto petitioned the US Environmental Protection Agency (EPA) to approve a new variety of corn genetically engineered to kill corn rootworms, important pests in the US Corn Belt. The corn has been engineered to produce a specific toxin originally derived from a soil microorganism, bacillus thuringiensis (Bt). Bt corn varieties that have been grown commercially in the United States since 1996 target European corn borers, whose adult stage is a moth. Monsanto's new variety of Bt corn is the first to target corn rootworms, whose adult stage is a beetle.

The Union of Concerned Scientists (UCS) calls on EPA to deny approval of Monsanto's new corn variety because of inadequate testing for environmental impacts and lack of a credible resistance-management strategy.

EPA is reviewing company data on the new crop and is expected to make a decision later this year whether or not to allow the Bt corn seeds on the market. The public comment period on the application ends March 20. Write to EPA and urge the Agency to deny

Monsanto's application.

Corn rootworms have become major pests in some parts of the Corn Belt—costing growers hundreds of millions of dollars each year in reduced yields and insecticide use. For the last few decades, many farmers have kept corn rootworms under control by using either insecticides or rotating corn and soybeans. The two-crop rotation held the rootworms in check because the adults laid eggs in cornfields and then died off when that field was rotated to soybeans. Recently, however, some of the pests have adapted to the two-crop rotation by laying their eggs in soybean fields so the worms have a ready food source the next summer, when the field is rotated to corn.

Past control of corn rootworms by alternating corn and soybeans is a testament to the power of crop rotation to suppress pests, although sustainable farmers generally recommend three-to-six-year rotations as a more effective method. Had multiple-crop rotations rather than continuous corn or two-crop rotations been the norm the past few decades, corn rootworms would in all likelihood not be the problem they are today.

Action: Write EPA and tell them not to approve commercialization of Bt corn targeted at rootworms because:

* Monsanto has submitted only an outline of a resistance—management strategy.

* Because rootworms present different problems than corn borers, the company will need to do considerably more research before it can devise a comprehensive plan to delay the evolution of resistance to Bt in corn rootworms. [End quoting]

Evidently Monsanto wants to be hurt again like they've recently been hurt with public and professional outcry and backlash—but then again, maybe they're playing the "wear us down" game and figure we'll get too tired to do anything else if they hit us again.

COMPUTERS & SOFTWARE: INTERNET GRID CONNECTION

A Dallas company has found a way to send voice, video, and computer data through the power grid [*your house's electric lines*]. If it catches on, the new technology will permit nearly instantaneous data transfer between any two computers connected to the grid.

For years researchers have been trying to send phone and data signals over power lines, but they had not been able to overcome line noise and the tendency of transformers to scramble signals. Media Fusion's solution is a proprietary technology called Sub Carrier Modulation. Devised by physicist Luke Stewart, the company's chief scientist, the technology sends data not through the power lines themselves, but on a microwave signal placed on the magnetic field surrounding those lines. To generate this signal, the company has

installed a microwave laser, or maser, at the NASA Stennis Space Center in Starkville, Mississippi. The maser has *enough power to meet the data needs for the entire country*, says the company.

All that's required in the home are outlet connectors, into which you plug the computer's power cable and modem. When you boot your computer, the Stennis substation senses it and opens a connection. Your computer then thinks it's connected to a standard phone line.

If your Internet service provider supports the technology, you could link directly to its server, eliminating the slow process of breaking data into small chunks, routing it through several computers, then reassembling it. In fact, Stewart says the technology is fast enough to handle high-density data like interactive television. But you'll only get the full benefits when linked to another grid-connected computer. Calls routed to computers on standard telephone lines will move at conventional speeds.

The company is currently testing the system in 100,000 homes in Texas and Oklahoma.

If all goes well, Stewart hopes to begin licensing the technology to phone, cable, and utility companies within a year. Media Fusion estimates that the in-home hardware will cost less than \$60; prices for the service will vary by provider. — Charles Wardell

[End quoting]

If this technology is now available in the public sector, wonder how long it has been utilized in the secret and military domains? And just what kinds of surveillance applications do you think such technology affords those who may want access to your personal computer contents?

JURY EXONERATES COL. BO GRITZ & ASSOCIATE SHELDON ROBINSON

From the INTERNET, <<http://www.sightings.com>>: [quoting]

By Verne E. Fuerst, the *Voice News Online*, Winsted, CT 06098.

Volume 4, Issue 17, March 17-23, 2000

<<http://www.thevoicenews.com/issue/jury.html>>.

A jury of Six Petit-Jurors found Lt. Col. James "Bo" Gritz and co-defendant Sheldon Robinson of Dallas, Texas, "NOT GUILTY" of all charges levied against them by the State, on Tuesday, March 8, 2000.

This long overdue verdict came after just one day of deliberation, two months of intensive trial, and more than ten months of jury preparation, etc. at the Enfield Superior Court (GA-13) under the direction of Judge Nicola E. Rubinow. Upon dismissal of all charges against James "Bo" Gritz and Sheldon Robinson, similar charges pending against Jim Gritz, the son of Col. Gritz, will also be dismissed. This case has been pending since

September 30, 1996.

Unfortunately, the costs to the defendants in terms of personal loss, hardship, and financial ruin, due to the State's mismanagement and gross lack of forthrightness in this matter, will result in a number of lawsuits, attempting to at least financially repair and "make whole" again those persons severely damaged.

The most regrettable and unforgivable plunder and tragedy created by the Connecticut Family Court System in the case of Jon and Ben, the two minor children of Linda Wiegand, calls for an independent investigation by a special police crime squad, as was suggested by Senior Assistant State's Attorney John Massameno in 1998. The objective of such an investigation is to bring to trial and justice those individuals culpable in the commission of crimes and subsequent cover-up. Since when can the State take two small, severely abused children from their biological mother and place them deliberately into the custody of their alleged abusers? This grievous offense was committed by officers of the family court and other state officials, over the repeated objections and desperate pleadings of the children's biological mother, Linda Wiegand.

Upon the rendering of the jury's "NOT GUILTY" verdict and total vindication on all charges, "Bo" Gritz told me, in an exit interview, that "It isn't over! Linda Wiegand is going to challenge Connecticut's Courts!"

What "Bo" Gritz had in mind was summed-up in a written statement he handed me, saying: "This case is not about me, my son Jim, or Sheldon Robinson—it never has been. This is about little children wrongfully awarded into the custody of the persons they say raped them. It is about intimidating 'extralegal' court tactics, and a constipated state bureaucracy that cannot protect victims. It is about making large sums of money through phony defamation suits; judges approving outrageous assessments forever placing righteous parents in jeopardy and contempt; not caring what is right, and the fact that Connecticut would rather bury a protective mother and her small sons, than face a sue-happy attorney." Incidentally, this latter attorney used to be court clerk at DCF.

"Bo" Gritz continues: "America should take note that Jon Wiegand made a 65-page sworn court-recorded deposition on August 1, 1996 at the CT Department of Children & Families (DCF) in Hartford, detailing the many sexual assaults endured by both him and his younger brother, Ben. When appointed attorneys couldn't force Jon to retract his testimony of abuse, the statement was sealed and the boy required to return home with the perpetrator!"

The Colonel then referred to "a two-year investigation by State's Senior Assistant Attorney John Massameno, submitted to his superiors on October 28, 1998, which concludes that Jon and Ben were abused and that Linda Wiegand had acted correctly in

breaking a court order and taking her sons underground. Still the boys remain in the predator's hands and Linda Wiegand continues to be persecuted by Assistant State's Attorney John Malone of Enfield. When Prosecutor Massameno volunteered to testify as a defense witness in my trial, he was disallowed (barred from testifying). His report, exonerating Linda Wiegand and exculpatory to me, was sealed and a gag order applied to curtail distribution of the State's Attorney's findings! Massameno said that [there should have been an arrest], but 'no one in Hartford wanted to be a hero'. Prosecutor Malone would have continued the cover-up if Massameno had not demanded release of his findings."

"Sheldon Robinson from Dallas, Texas, was arrested on bogus charges using fabricated police information hoping he would turn state's evidence against me or Linda Wiegand," continues Gritz's statement. "Prosecutor John Malone also offered me a free ride if I would just sign a statement implicating Ms. Wiegand in a criminal conspiracy. Malone was perfectly aware of the contents of Massameno's report. When questioned by Judge Nicola Rubinow, Malone's response was: 'I just do what I'm told'! Officer David Reese from the Suffield Police Department was proven to be, at best, incompetent. He admitted to numerous mistakes and gross sworn oversights."

Gritz's statement continues: "Attorney Louis Kiefer, the former DCF court clerk, representing Thomas Wilkinson, sues any person, entity, media, or government official who probes his client. Kiefer sued and lost his case, including an appeal, in Federal District Court against the State of Vermont for arresting Wilkinson. Others (including the *Hartford Advocate*) have settled out of court for large sums of money (approximately \$300,000). He manipulated an outrageous Exparte award of \$500,000 for Wilkinson, plus \$50,000 in fees for himself, and more than \$3,000/month in alimony and child support—all at 8% interest, compounded while Linda Wiegand was underground. Kiefer blocks any custody challenge by Wiegand through contempt motions for her non-payment of what now amount to more than \$800,000!"

Gritz: "All of these facts have come to light as a result of our trial and are part of the court's transcript. The court now cannot deny Ms. Wiegand the testimony of Sr. State's Attorney John Massameno. Free of criminal charges, she will now face the family court (DCF) in correcting the many past wrongs. I feel contempt for any system that denies abused children a voice or the protection of the law. Reports referred to can be found at the following website: <www.angelfire.com/tx/reachme>. Call 559-787-3482 for Linda Wiegand's comments."

Gritz: "Both Sheldon and I have lost family, home, and employment. We are bankrupt after

seven months of jury selection, numerous court delays since 1996, and two months of trial. Based on trial information, Sheldon and I have reason to believe that State's Attorney Malone engineered the preparation of faulty evidence and perjured witnesses. We will seek both federal and state remedies."

Judge Nicola Rubinow, in an interview, commented: "This was one of the most difficult trials I have presided over in my 20+ years of experience." She thanked the jury for their patience and counselors for their exemplary conduct during trial. She did, however, not congratulate the vindicated defendants.

Ms. Wiegand, in a telephone interview, stated that "My first priority will be and always has been the well-being of my two children, Jon and Ben. I am grateful to 'Bo' Gritz, his son, and Sheldon Robinson for their many sacrifices and efforts on behalf of my children and I. Thank you also to all those wonderful people who came out and supported Bo, his son, and Sheldon at the trial. The rest will be up to a fair and impartial proceeding in court soon. [End quoting]

For those who don't know about this: Bo stepped in to help this woman to regain custody of her children and was arrested. This court case was the result of that offer of help. If you want the rest of the story, you'll have to get it from the website. It is too long and involved to cover here.

It does point out the crooked courts and their cover-up of child molestation cases in the family services areas of governments in many cities in this country. This case is similar to tens of thousands of cases of cover-up of child molestations and even disappearing children.

For those of you who are not aware of such as Project Monarch or the many secret satanic cults which often involve high-up police and political personages—all of which require children for their despicable practices—be aware that such exist and are frequently the root cause for so many coverups and apparent "mishandlings" of cases. Two others that come to mind (of many) are the McMartin preschool case several years ago in Southern California, and the now infamous Jon Benet Ramsey case.

If anyone can get to the bottom of this case, it is Bo Gritz, who deserves much support and encouragement for his fortitude in pursuing this matter through the treacherous waters he knows he is likely to encounter.

ILLINOIS TEAM MAKES 3-D IMAGES WITH PLAIN LIGHT

From the INTERNET, <para-discuss@tje.net>, 6/25/99: [quoting]

Thursday, June 24, 1999

By Maggie Fox, Health and Science Correspondent

Scientists said on Thursday they had

invented a new kind of camera that takes three-dimensional pictures using visible light.

It cannot project an image, like a hologram, which uses a laser beam. But it can create an image that can be viewed in three dimensions on a computer and even “walked through” using virtual reality, the researchers said.

David Brady of the University of Illinois at Urbana-Champaign and colleagues combined two kinds of technology—computer tomography (CT), which is used to scan the inside of the body, and interferometry, which makes it possible to see an image without focusing on it.

“The most immediate applications are in microscopy” Brady, an electrical engineer, said in a telephone interview.

CT scanning can do this but it is scanning—meaning an image is recorded line by line. Brady’s system more resembles photography in that it records the entire image at once.

So instead of a cell having to be put onto a slide for microscopic examination, it could be suspended in a droplet and photographed in real time and in three dimensions.

For everyday consumers, the camera might offer 3-D television without the need for special glasses. You would be able to record everything in a room and a person would be able to walk in and see everything” Brady said.

Writing in the journal *Science*, Brady’s team said they based their system on the radio interferometry that astronomers use to look at distant objects in space.

“With interferometric cameras there is no need to focus” Brady said.

“The image is in focus at all depths.”

This can be viewed on a computer screen—something many people already do with images taken by digital cameras.

“People think of an image as something that is recorded on film, but when you go to digital systems there is no reason to think of it that way at all” Brady said.

Brady’s research was funded in part by the Department of Defense Advanced Research Projects Agency (DARPA), which he said would like to use it for military applications.

A camera that worked without having to focus would be “smarter” he said. “They have cameras spread throughout the world—a lot more cameras than people” he said. These include cameras viewing from satellites.

“If a missile is flying through the air for example, it makes it easier to track if you don’t have to focus on it.”

TAXPAYERS’ WARNING! BOGUS IRS NOTICES

From the INTERNET, 3/17/00: [quoting]

Source quoted from *The Bob Livingston Letter* of March, 2000,

“YOUR FRIENDLY IRS” IS NOT AT

ALL FRIENDLY

Page 12 Titled: “Computer Notices—An IRS Bonanza”

The IRS has developed a huge automated computer system that brings in billions of dollars. This system, like all IRS activity, operates on intimidation and bluff. (Do you recall the IRS spending huge sums of money to upgrade their regular computers—and the job didn’t get done? Now you know why.)

The IRS sends out tens of thousands of computer form notices every year demanding payment with no agent’s name and little or no explanation on the computer generated letter. Most people pay or they will soon get follow-up computer letters demanding payment with assessments for interest and penalties. **Fully half of the collection notices are phony or incorrect, according to the General Accounting Office.**

The point is, the computer notice system does not allow for “taxpayer” response, questions, or explanations. It circumvents the tax court process where there is, at least, a 60% chance to abate the tax. The IRS knows that you can’t communicate with (their) computer.

They can demand collections and never confront the “taxpayer”. Section 6213D of the IRS tax code allows the IRS to make assessments through automated computer notices that are not subject to deficiency procedures. Normal deficiency procedures allow a taxpayer a hearing as to the facts in tax court. Deficiency procedures are related to the normal audit but not to computer notices that demand immediate payment. (Justified or not.)

THERE IS AN EXCEPTION IN FAVOR OF THE TAXPAYER IN SECTION 6213D of the tax code. Of course, few people know about it, so they pay off the demand notice within the 60-days allotted time period.

If you respond in writing and demand cancellation and abatement of the alleged tax liability, the IRS has to cancel the tax and issue a deficiency notice if there really is a tax due. Do not ask questions or raise other issues.

Simply demand abatement of the tax. This stops the tax demand for immediate payment and allows for the normal tax court deficiency process.

All income tax procedures and so-called tax law is, in truth, merchant law.

It is not constitutional law. This means that all IRS notices must be responded to or the taxpayer becomes subject to assessment and collections procedures. It quickly becomes an entangled nightmare, and unless one is judgment proof, the IRS can and will collect as they are backed by real and present police power.

Peter A. Carminati
P.O. Box 21

Brooksville, ME 04617

PH: 207-326-4736

FX: 207-326-8757 [End quoting]

This shouldn’t surprise any of us. They are going to try to get money out of us any way they can, so why not automate the process! Remember that the illegal IRS is the extortion arm of the equally illegal Federal Reserve private money laundering system. It will be a major turnaround for this nation when enough people wake up to this scam (first put in place in 1913) that it gets abolished. John Kennedy wanted to do that (and several other “threatening” things) and it earned him an early demise engineered by the behind-the-scenes so-called “elite” power lords. The message was loud and clear and dutifully followed by subsequent presidents.

“SEEING” CHIP TO REACH BREAKNECK SPEED

From INTERNET ZDNET homepage, for 3/22/00: [quoting]

Scientists say the GVPP chip mimics the human eye. Currently up for auction, the chip will handle 20 billion instructions per second.

In what promoters hail as a breakthrough technology that can do everything from make cars safer to select ripe fruit, a new “seeing” chip that mimics the human eye is currently for sale in the world’s first high-tech auction.

The chip, GVPP for “Generic Visual Perception Processor”, has been developed over 10 years by privately-held Bureau d’Etudes Vision Holding S.A., a French research firm.

Emulating the human eye in its ability to sense different colors and detect movement, the GVPP can handle some 20 billion instructions per second compared to the mere millions handled by Pentium-class processors, and could be mass-produced for as little as \$6 apiece, BEV says.

Modeled on the visual perception capabilities of the human brain, the GVPP is a single chip that can detect objects in a motion video signal and then to locate and track them in real time far more dependably than competing systems, which cost far more, according to company scientists.

The chip is an industrial, rather than medical, invention and is not aimed at conquering human blindness. But with dozens of potential applications in a myriad of industries, its inventors are confident that the GVPP will quickly blossom into a multi-billion dollar business.

[End quoting]

The proof will be in the applications that *actually* materialize, not the hype that surrounds an initial announcement like this. The human eye is a most exquisite device capable of detecting subtleties that, until now, completely escaped our best engineering attempts to emulate.

HOW THE BODY WORKS

From the INTERNET, 3/00: [quoting]

Digestion and Absorption are two different processes, handled by different parts of the body, but sometimes people aren't clear about the difference. So here's a quick review: Digestion starts in the mouth with the excretion of digestive enzymes from the salivary glands. The enzyme amylase, in particular, is produced in large amounts. Amylase helps to break down complex carbohydrates or starches into simpler sugars before the food enters the stomach. You can demonstrate this to yourself by chewing on a piece of bread for a couple of minutes; notice how it will begin to taste sweeter, the more you chew on it. Once foods enter the stomach, gastric juices (enzymes, hydrochloric acid, etc.) work on the food in an attempt to break it down into smaller food particles. Inadequate stomach acid or stomach acid that is too diluted will inhibit this process. Cold drinks, especially when taken with food, will force food out of the stomach before much digestion has taken place. A very small amount of warm or hot liquid is preferable if you want something to drink while eating.

Proteins and carbohydrates are mostly handled by stomach juices, while fats are broken up once they enter the Duodenum, the first section of the small intestines.

The stomach acid that was secreted by the stomach and is now mixed in with the digested food is also neutralized (or buffered) by pancreatic secretions into the Duodenum. After buffering and moving out of the Duodenum into the next two sections that make up the small intestines (the Jejunum and the Ileum), any food that is not sufficiently digested (reduced to very small particles) will not be absorbed by a healthy and fit small intestine. Absorption takes place when very small nutrient particles move through the intestinal wall of the small intestines into the bloodstream. Larger-than-normal food particles can be absorbed through an unfit intestinal wall, when one suffers from a common condition called leaky gut syndrome. This can set up a host of allergic reactions once these larger particles enter the bloodstream. They are often mistakenly seen by the immune system as foreign protein.

Another common, but underrated small intestinal condition is called Celiac Disease. With Celiac Disease, absorption is greatly reduced due to the loss of the finger-like villi projections normally present in a fit and healthy small intestine. Scaring of the supportive tissue will further reduce absorption by as much as 70%. Classical Celiac Disease is caused by a sensitivity to wheat gluten, but the same condition can arise from cow's milk albumen and soy protein. Nutrient absorption ends when the intestinal chyme (unabsorbed food, fiber, etc) exists IN the small intestines and

enters the large intestine or colon. Water absorption, as well as bile and cholesterol re-absorption mostly takes place in the colon. Intestinal gas is the waste product of bacteria that are normally found in the colon which is digesting the unabsorbed and undigested food particles in the chyme. More unabsorbed food results in more gas. Chewing food into a liquid-like consistency before swallowing will allow much greater digestion, which in turn will lead to more nutrient absorption. More nutrient absorption will lead to greater vigor, health, and energy. [End quoting]

It does us all good to refresh our memory of these processes. Such a description is also a reminder of the generally amazing nature of our body's functioning.

QUOTES TO PONDER

From the INTERNET, 2/22/00:

"Today's mighty oak is just yesterday's nut that held its ground."

"All truth passes through 3 stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."

HOLDING THE FIRE

Six years ago, ethnic tensions between the Hutu and Tutsi tribes in Burundi erupted into horrific violence. This is the story of one young man's triumph over hatred.

From *GUIDEPOSTS*, December 1999, P.O. Box 1479, Carmel, NY 10512: [quoting]

In 1996 I came to America for the first time, as an alternate on the Olympic track team of Burundi, my central-Africa homeland. My teammates chose me to carry the Olympic torch on its way to Atlanta. I was so excited and happy to be a part of this great ceremony, but when I saw the torch of the runner before me, the fire coming toward me to light my own torch, suddenly I saw another fire three years earlier, one I nearly did not survive.

My mother, thankful I had been born healthy despite her difficult pregnancy, gave me my name. In the language of our country, *Tuhabonye* means "a son of God", and my mother saw to it that I was raised as such, taking me to church regularly.

But by 1993, when I was 18, though I was on scholarship at a Christian boarding school in the village of Kimbimba, I was not so concerned about being a son of God. I was preparing for the exam that would determine admission to university, and I was training for races. Ever since I was a small boy racing my friends to school, I loved to run as fast as my legs could take me. Now I focused on running fast—I was national champion in the 400 and 800-meter races—and studying hard. They were my only hopes of succeeding in my poverty-ridden country.

The night of October 20 I couldn't sleep. I

decided to get up and study for the next day's biology test. Out of habit, I checked my classmates' beds in the moonlit dormitory. My friends had voted me representative for our class, and I tried to look out for them. They were sleeping soundly: Marcel and Desiré, members of the Hutu tribe; Victor, a Tutsi like me. Despite the historic rivalry between our tribes, we were friends, had been since grade school. Recently, Burundi's first democratically elected president, a Hutu, had taken office, and I prayed he would bring peace to our country.

The next day, just before the test, a boy ran to me. "The president has been killed!" he cried. "By Tutsi. Now the Hutu want revenge. Look!"

Outside, a Hutu mob from the village, waving machetes, rushed toward the school. "They know you are Tutsi" the boy said. "They will kill you!"

"But why?" I asked. "I have done nothing." It was too late. The mob forced its way into the school. I was astonished to see some of my classmates join them. "Find Tuhabonye!" someone shouted. "Don't let him run to the soldiers' camp for help."

Though the camp was 26 miles away, he was right, I could run there easily. But the rioters rounded me up along with scores of other Tutsi—students, villagers, even small children. We were forced to empty our pockets, then remove our shoes and clothing. A village man I had bought school supplies from began tying us up. I tried to talk to him, but he ignored me. When he wrapped ropes around my upper arms, I made certain to clench my muscles so my biceps bulged, pushing outward on the bindings.

We were herded toward the village gas station. At the door stood a tall man holding a thick stick. He clubbed us as we were crammed into the building. He hit me so hard on the chest my knees nearly gave way.

The door slammed shut. I relaxed my biceps and pulled the now-slack ropes off. Desperately I looked for a way for us to escape. The windows in the front were barred. Those in the back were too high. We were trapped!

Then I heard glass shattering in front. The tall man and the school-supplies seller shoved big eucalyptus branches, drenched in gasoline, through the broken panes. Another man tossed in a burning twig. Like a hundred snakes, fire slithered across the floor, then reared to attack us. We tried to extinguish the flames, but they were everywhere.

I held my breath against the smoke until my lungs stung as they did at the end of a race. I couldn't shut out the screams. People crumpled to the floor, dead. The fire took my classmates one by one, and I could do nothing to help them! Soon it would be my turn, and I thought, *I just want death to come quickly.*

For a moment the screams stilled, and a

feeling I had never known came over me. I heard a voice, not in my ears, but in my heart:

“You will not die.”

The voice was so strong, so real, wherever it came from, I knew I could believe it. I crawled into a corner, curled on my side and covered my face with my arm. Bodies piled on top of me.

I lay there a long time, shielding myself from the fire until the flames dwindled to a flicker and I no longer heard the mob outside. When I finally dared lift my head, it was night. Bodies were all around. I could see a few men in front of the building. Perhaps the back was unguarded. I stared at the high windows there, then at the mountain of charred corpses. I had no choice. Cringing, I climbed. The windows did not open. I broke the glass.

Outside the men ran to the sound. If I jumped, they would cut my throat. Maybe if I went headfirst I could end my life—and the horror.

But again there came that voice in my heart: “You will not die.”

The voice was strong, and I was not. I jumped. Somehow I landed on my feet.

The men cowered and pointed. “His back! He’s on fire!”

I glanced over my shoulder and saw flames feeding on my skin. Now the fire had me! I started running, running as I had never run before.

One of the men recognized me. “It’s Tuhabonye! Get him!”

I tripped and fell into a drainage ditch. The mud cooled my burning back. The men stopped some distance behind me in the darkness and said, “He must be dead. Let’s go.”

Just before sunrise, I heard the guns of the army. They would force the Hutu to retreat. I got to my knees, but when I tried to stand, pain speared every nerve in my body. My feet were terribly burned. Panic had kept me from feeling it before.

Eventually soldiers found me and carried me to a hospital. A nurse said to a doctor, “Will he live?” When I caught sight of my body, I knew why she’d asked. My right arm and leg had gaping holes where flesh had been consumed by fire. I coughed up blood from being clubbed. I lay on my stomach, counting the hours until my next dose of pain medication. Sometimes I dozed, but then the nightmares would come. I saw my classmates reaching their hands through the flames, calling for help. My own screams woke me.

Days later my mother arrived. At the doorway to my ward, she whispered, “Thank you, God.” She told me my family had held my funeral, believing I had perished in the gas station.

Others came. Some I knew, but most were strangers, curious about the one who had survived the fire. I myself did not understand why I had lived when everyone else had died.

I tried to make sense of it. What was that voice I had heard? Why had friends tried to kill one another? Could people really carry such hate inside?

In the bed next to mine, a man who had lost a leg in a different attack ranted about retaliation. Many in the ward plotted revenge, their minds ablaze with hate. They urged me to join them. I looked at my hands, hands that had never hurt even an insect. Then I looked at my burned body. Must I seek vengeance against those who had betrayed me?

One morning a visitor brought me a *Bible*. There was nothing else to do, so I began to read. It helped me forget the pain, even more than the medication did. Every day I studied the words about God the Father, and His Son. And as I read, day after day, I came to understand. The voice I had heard that terrible night, that was so strong I believed it despite the flames of death licking at me—it could only have been the voice of God. No one but God could have saved me.

But what had He saved me for? Though my feet were healed, the seared flesh on my right leg had contracted so I could no longer straighten it. I couldn’t walk, let alone run. I loved so much to run I believed I was born to do it. One night, when it seemed the doctors could do no more for me and I was ready to lose all hope, I heard the voice once more, sure and strong:

“You will run again.”

A friend visited a few days later. When he helped me hobble outside, I spotted his bicycle. “I’m thirsty” I said. “Go inside and ask the nurse for some water.” As soon as he left, I mounted the bike. I shoved off with my left leg, put my right foot on the pedal and pushed. Sweat popped out on my skin. Black dots swam before my eyes. I clenched my teeth to keep from screaming. But with all my strength, with all my will, with all my belief in the voice of God in my heart, I pushed. Something in my leg gave. Then it was moving!

After three months, I went home to my mother. I finished my education at a school in the city of Bururi. In 1994 I began training to race again. The next year I returned to competition, and I ran well enough to be chosen as an alternate on our national team.

Now, in 1996, I was in America, waiting by the side of the road to Atlanta, the flame of the Olympic torch bearing down on me.

The runner touched my torch with his. In my hand a blaze of yellow and red leaped. For a moment I was overwhelmed to have fire so close to me again. Then, remembering how far I had come, I held the fire high. I lifted it toward God, and I ran.

After my trip to the Olympics, several American universities invited me to enroll. A few days before leaving home for Abilene Christian University in Texas, I was strolling the streets of Bururi with my friends. They were ahead of me when I saw the Hutu man from whom I had purchased school supplies in Kimbimba. My heart jumped as if something had grabbed it. Our eyes locked. Without a mob, he was helpless. I could call to my friends. We could beat and kill him. I could call the police, the soldiers.

The man fell to his knees before me. My friends looked back, a question in their faces. If I caused this man to be killed, his friend would kill me, and my friend would kill his friend. The hatred between us would continue to burn, as deadly as the fire that had taken the lives of my classmates. I couldn’t do anything to stop the hating then. Could I now?

I listened for the voice I had heard that night and answered in my heart:

“Let it go. Forgive.”

I knew what I must do. I would lift the fire of hate toward God, our Father, who could save us from it.

“Go” I said. “Get out of here.”

The man scrambled to his feet and ran away.

I felt good, like I did when I ran as fast as my legs could take me. This was a beginning.

My mother named me well, I think. Tuhabonye, a son of God, like every one of every tribe, everywhere.

—By Gilbert Tuhabonye, Abilene, Texas
[End quoting]

The power of forgiveness is perhaps the most important lesson we can all learn to master if we hope to make this world a better place. 

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The SPECTRUM, see page 62 for details.

Serious Legal Help When Laws Go Wild: *Justice Team One*

3/23/00 RICK MARTIN

Having recently traveled to Reno, Nevada as guests on the cable television program called Liberty & Justice For All, for which Dennis Grover is the host, we had occasion to discuss with Dennis the organization which is close to his heart, namely, Justice Team One. It is the kind of organization that many "patriots" have talked about setting up, but have never managed to accomplish. It is the type of organization that can serve as a conduit for a very effective, hands-on, legal defense. So, with our own mandate of offering you information which we feel is worthy of your attention, here we list some specifics about Justice Team One:

Justice Team One (JTO)
2790 Wrondel Way #41, Reno, Nevada 89502
Voice/Fax: (775) 329-5968
Email: info@justiceteamone.org
Website: <http://www.justiceteamone.org>

JTO has one mission and one mission only—to fund legal research and counsel to people who are victims of laws and the bureaucrats who create laws that violate people's rights. Bureaucrats at every level of government violate their own laws and it's time they were held accountable.

JTO is anti-abuse, not anti-government. There are no hidden deals, offers, or "smoke and mirrors" hype. What you will find in JTO is a means to restore justice in our courts. You will find a way to help; you will find a way to be helped. You will be promised nothing except the dedication and expertise of Americans whose efforts directly benefit you and your family regardless of your political, religious, or ethnic heritage.

The success of Justice Team One rests with you, the American Citizen.

There are good laws that put bad citizens who murder, rape, and steal in prison where they belong. These bad citizens cause harm and violate the rights of honest citizens (victims).

Then there are other laws that seize assets,

impose fines and prison (often without due process) on honest citizens who violate what government agencies—from Congress down to County level—term to be crimes against all citizens. These laws create "crimes" against the "state" or whatever governmental faction put them in place.

The majority of these laws, codes, directives, and ordinances are self-serving for two reasons: (1) Bureaucrats, agencies, and special interests enacted them without a vote of the people; (2) The forfeitures and fines are not distributed to those people alleged to be "protected".

These other laws create victimless crimes. It is estimated that 70% of our prison population is made up of these "violators".

Justice Team One is organized for action when a private citizen becomes a victim of the "law" rather than the victim of another private citizen turned criminal. It has 3 totally separate divisions that do not overlap in any way.

THE FUND:

This part is up to you as an American citizen concerned with the unchallenged existence of these "other laws" that violate your rights on a daily basis. Fundraisers and personal donations are being actively sought daily.

THE PROFESSIONALS, LAWYERS, PARALEGALS, INVESTIGATORS & RESEARCHERS:

There are many of these professionals willing to work toward changing the present direction of America and restoring our judicial system to that which dispenses justice. Unfortunately, these people have business expenses and the need to feed their families. American professionals in these categories are being sought at this time for participation in the mission.

THE SELECTION BOARD:

These people are responsible for the review

and selection of cases to be funded by Justice Team One. This is the area of abundance. There seems to be no limit to the violations of people's rights in this country that could be stopped with proper representation and procedures. People with experience and working knowledge of acknowledged rights are being sought to assist this board.

* * *

Over a century ago, a British judge was late for court so he hailed a cab and told the driver to take him to the Royal Courts of Justice. "Where are they?" asked the driver. "You mean to say that you don't know where the law courts are?" asked the judge incredulously. "Oh! The law courts" replied the driver. "But you said 'the courts of justice'!"

MORE INFORMATION ABOUT JUSTICE TEAM ONE

The Professional Team, Lawyers, Paralegals, Investigators & Researchers:

A database of these professionals willing to work for the rights of American citizens is now being built and categorized by area and/or expertise. With their permission, they will be listed on the JTO website. JTO is actively seeking men and women who believe in justice and are willing to take on this challenging mission. A board made up of members from each profession will determine participation.

Anyone interested in being associated with JTO is required to send the Board a brief resumé with a letter explaining his or her reasons for wanting to be part of the team. Those intimidated by government agencies, political power, fraternal organizations, judges, peer review, and political correctness need not

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JTO requires only positive action. There are no “pro bono” requests; everyone gets paid. The men and women working with JTO in this area are not eligible to participate in the case selection committee or any aspect of the administration of the fund. The mailbag for this part of the endeavor is growing quickly.

The Case Selection Committee:

These people have a thorough understanding of the *Constitution*, the acknowledgment of people’s rights, and the specific duties and restraints put on governments by the document. Violations of the *Constitution* for the united States and violations of individual state constitutions by lawmakers are the very essence of JTO. The mailbag for this group is in overload. There is no shortage of these violations and intrusions upon American citizens.

Areas of concern are the illegal taking of business and personal assets, private property restrictions, illegal seizures, putting children in harm’s way, illegal taxation and fines, abusive law enforcement, restrictions on alternative medicine, spiritual belief persecutions, and so on.

The list of what bureaucrats dream up to regulate seems endless. The beauty of each area of concern is that, once a few cases are won in each category, the work will quickly spread to other lawmakers considering citizen restriction and manipulation.

In the near future this committee will need more help. If you are interested, please send a letter stating your qualifications to identify possible illegal government intrusions into the lives of others. Members of this committee are ineligible to participate on either the Professional Team or the Fund administration.

The Fund:

Presently the Fund is managed by a board of 3 trustees charged with the sole duty of money management. The trust company selected has 14 years of unblemished performance in maintaining and prudently investing funds for a maximum return with minimum risk. The earnings from the fund are used to finance the cases selected to JTO. By allowing the principle fund to continually grow, your support will work constantly for the mission of JTO.

The trustees are charged with insuring that management and administrative costs are minimal. Donations are not tax deductible. The success of the JTO mission is directly proportional to the success of the fund; it is the very heart of the operation. Without the fund there is no mission, and without your help there is no fund.

The website will provide you with more information on Justice Team One. 

The Lever That Moves The World

Editor’s note: We make no apologies in admitting that the following is a “tease” of sorts. Savor this exquisite little meditation offered by a group of Tibetan monks with ancient roots, called the Ishayas, who we will be featuring in more detail in an upcoming issue of The SPECTRUM. They are a most interesting group and more recently have come to the United States to better fulfill their communication mission at this time.

For now, sit back and enjoy the following by “MSI” and know that there is an intriguing story behind this message—and many more which were entrusted to this group 2000 years ago (by Guess Who?) for dissemination at this current time of planetary awakening. Perceptive readers will immediately notice a strong resemblance between this message and those “spiritual” messages we regularly present in The SPECTRUM and which are collected in the two (so far) volumes called WISDOM OF THE RAYS: The Masters Teach. The Truth is universal and knows no boundaries or limitations as to sources of dissemination. We are surely in the midst of a most exciting time, full of surprises!

SPRING, 2000 “MSI”

The Lever That Moves The World

Service Is Love Made Manifest

We make a living by what we get.
We make a life by what we give.

— Winston Churchill

Service is joy; service is the source and goal of any thinking human’s relationship with the rest of humanity.

The most evolved humans have always known that true joy comes from giving. They live for others. Their thought is for others. There is nothing they would not do to further the growth of others. They have realized this One Truth: there is no true happiness in growth for oneself alone; all true growth is always rooted in compassion.

Service is giving back the gift of our life to The Source of our life. Service is a reciprocal relationship between our self and the rest of humanity.

True service is love made manifest. Service

relieves the suffering of everyone of the Earth by healing the root of all suffering: the mistaken belief in separation. True service is always a gift of love. It is never ego-based. It seeks nothing, it gives freely to all.

Service is a natural response to the recognition that all of life is interconnected. We are all part of each other. Everyone is an out-picturing of everyone else. When one sees this clearly, one dedicates one’s life to healing all the sundered and scattered parts of ourselves. None are rejected; all are accepted with love. There is no sin that can take one away from the perfect love of The Ascendant.

Only the ego believes in separation. Only the ego believes in the possibility of mistakes. Only the ego judges and condemns. When the ego is given up, the dream ends.

The Universe is intimately interconnected. The smallest change anywhere changes the whole. It is not possible to change anything without changing everything, for the One Ascendant is everywhere.

When life is dedicated to judgment, to the ego, to fear, the growth of the entire Universe is as if slowed. It’s “as if” slowed because there is no real possibility of slowing the Universal Plan; there is only the false appearance of slowness. When life is dedicated to the healing of humanity, to the Holy Spirit, to unconditional love, the entire Universe responds with joy and unlimited expansion.

A wise person once said: “Give me a lever long enough and a place to stand, and I will move the world.” There could be many levers that could move the world with sufficient time and trouble, but the lever that moves the world effortlessly is service in love.

Where does one stand to move the world easily with the lever of service? The Ishayas have always maintained that the only true place to be centered is in the one-pointed faith of flawless commitment.

Commitment is everything. Until one has committed one’s life, there is no potential for growth or progress. This is true for one who commits to anything. Nature does not support vacillation. But all of the Universe responds to and supports action in accord with the upward currents of evolution. If one commits one’s heart, mind, body, and soul to the Ascending River of Life, all of life progresses at lightning speed into the Heart of God. 

Sound Healing

An Interview With Jonathan Goldman

[Continued from Front Page]

subject, is a musician/author/teacher who operates with one foot planted firmly in this world and one in the “Higher Octaves” of reality. He has been kind enough to spend some additional time here, at our request, responding to a wide range of questions concerning the fascinating and important subject of Sound Healing—frequencies, tones, intentions, and vibrations.

We had a lot of time prior to the interview to discuss a number of aspects of this subject, and, in fact, some of the questions I posed required more extensive answers than I at first thought would be necessary. Therefore, Jonathan Goldman elected to utilize certain key questions as “springboards” for launching into a more thorough discussion of several aspects of Sound Healing not well developed in our earlier treatment of this subject.

And, as is often the case with conscientious, obviously Guided responses, we are pleased and surprised where the journey has taken us. So, too, we would like to thank Jonathan Goldman for being so willing to generously share his expertise with us. This is a subject “whose time has come” and one that, vibrationally, will touch each of our lives, sooner or later.

Jonathan Goldman is an authority on Sound Healing and pioneer in the field of harmonics. He is the author of *Healing Sounds: The Power Of Harmonics*, now in its seventh printing, from Element Books. Jonathan has studied with masters of sound from both the scientific and the spiritual traditions, including the Dalai Lama’s Chanting Gyuto and the Gyume Monks, and he has been empowered by the Chant Master of the Drepung Loseling Monastery to teach Tibetan Overtone Chanting.

Jonathan is Director of the Sound Healers Association, P. O. Box 2240, Boulder, CO 80306; phone: (303) 443-8181. The Sound Healers Association is on-line at the healingsounds.com website address. The Sound Healers Association is a non-profit organization dedicated to education and awareness of the uses of sound and music for healing.

He is also President of Spirit Music, which produces music for meditation, relaxation, and self-transformation, including: *Chakra Chants*, *Trance Tara*, *Dolphin Dreams*, *Gateways*,

Hermetic Harmonics, *Song Of Saraswati*. His overtone chanting is featured on the Grammy-nominated *Dream* by Kitaro, with whom he has performed. His newest release *Chakra Chants* is winner of the 1999 Visionary Award for the “Best Healing-Meditation Album”. Spirit Music may be contacted at the same address and phone number as that of the Sound Healers Association.

Jonathan teaches Healing Sounds seminars at universities, hospitals, holistic health centers, and expos throughout the United States and Europe. He has appeared on national television and radio and has been featured in *USA Today*. He holds a Master’s Degree in the Independent Study of Sound Healing from Lesley College. He is a lecturing member of the International Society For Music And Medicine. He lives in Boulder, Colorado.

Jonathan’s most recent book is titled *The Lost Chord* (not *The Missing Chord*, as I inaccurately stated in the January 4 article). As stated previously, Jonathan Goldman will be presenting the 5th Annual International Healing Sounds Intensive 2000 on July 8-16 (9 days); you may obtain further information about this by writing to Spirit Music or visiting the website.

And now, with that background information behind us, let’s move directly into a fascinating discussion on a subject the possibilities of which are limited only by our understanding of the Power within us all.

Martin: There may be some confusion in the minds of our readers about the subject of Sound Healing. I’ve been asked such questions as: “What do you do? Do you just sit there and listen? Do you have to focus on something specific? Do you have to meditate? Do you have to close your eyes? How does it work? How do you use this? What are the “technical steps” that the person experiencing Sound Healing must be aware of?”

Goldman: I think before we begin to explore the arena of “what I do”, it’s first necessary to have an understanding of “what sound does”, i.e., the basic principles of using sound as a healing and frequency-shifting modality.

The basic principle of Sound Healing begins with the understanding that everything in the

universe is in a state of vibration—from the chair you may be sitting on, to the pages of this newspaper. The ancients understood this, and now, of course, scientists are validating this.

Everything IS in a state of vibration—from electrons moving around the nucleus of an atom, to planets moving around stars in distant galaxies. And if it’s in a state of vibration, it’s creating sound.

Now, this vibrational essence of the universe includes, of course, the parts of the human body. Every organ, bone, tissue, etc., is in a state of vibration, and therefore putting out a frequency. When we are in a state of health, we call this “sound” health. Everything is vibrating at its natural healthy “resonant” frequency.

But what happens if some part of the body begins to vibrate at another frequency? It begins to vibrate out of harmony with the body, out of balance with itself. This is what we call “disease”.

Sound, incidentally, is a waveform. One way of measuring this waveform is how many vibrations, or waves, the sound is creating per second. This is called its frequency. Very low sounds vibrate very slowly. Very high sounds vibrate quickly. The lowest note on a piano is about 40 cycles per second (also called Hertz or Hz, after the German physicist Heinrich Hertz, 1857-1894). The highest note on a piano is about 4000 cycles per second. We hear from about 16 Hz to around 16,000 Hz (more when you’re younger).

I would like you and your readers to contemplate that sound, however, is much more than what falls within the audible spectrum.

Dolphins, for example, can receive and project information (actually being able to project holographic thoughtforms on their sonics) at around 180,000 Hz. This is more than 10 times higher than the frequency that we human can even hear. However, while we might not perceive these dolphin frequencies as sound, I’m sure our friends in the ocean certainly do. So, it’s really important to think of all vibrations as being sound—not merely those that fall within the audible bandwidth of a human’s hearing.

Getting back to the idea of healing with sound, think of the body as this incredible orchestra that is playing this wonderful “Symphony of the Self”. When we are in a state of “Sound Health”, all our sonics are working together in perfect harmony and we are this wonderful orchestra creating an overall harmonic of health.

But what happens if the 2nd violin player loses his sheet music? Pretty soon the string section sounds off. Soon after, the entire orchestra will begin to sound poorly. This is a metaphor for what we call disease.

I come from a family of doctors—my grandfather, father, and brother are all MDs. And I have the greatest respect for allopathic

medicine for treatment of certain conditions. However, traditional medicine, at this point in its development, has the approach, when dealing with the string player of our orchestra who has lost his sheet music, of either giving this player enough drugs so they simply pass out, or cutting their head off with a broadsword, so they no longer play the wrong notes.

Now, while this certainly alleviates the immediate problem, you do have a bit of a void created by the absence of the missing violin player.

What if you could somehow give this player back his music? What if you could somehow project the correct resonant frequencies to that part of the body, which was vibrating out of harmony, out of tune? This would conceptually create a curative response. This is one of the basic principles of using sound for healing.

I've been in this field for over 20 years, and I spent about 10 of those years chasing after the "magic frequencies"—the ones that seem to promote healing or create transformational experiences. And it's interesting: When I spent those 10 years collecting frequencies, I noticed something very unusual. There would be people claiming extraordinary effects and successes from the frequencies they were using. And personally, I believed their research and reports. But what was most unusual is that none of the frequencies matched. You'd have different scientists and researchers using different frequencies, and some of them would be healing the same imbalance. With different sounds. It all became very confusing to me.

How, I wondered, could it be possible that different frequencies would heal the same ailments?

The same thing would be true with mantra chanting—where one guru would have his disciples chant a particular mantra for, say, the "crown" chakra, and another guru have his disciples chant the same mantra for the "heart" chakra. And the devotees would have the resonance and effect in that chakra.

What was going on? Same sounds affecting different areas? Different sounds affecting the same area? It didn't make sense.

Then, in meditation about 10 year ago, I received the Guidance that there was another aspect of the phenomenon of Sound Healing and it was this: intent. Intent is the energy behind the sound. As my friend Steven Halpern says: "Sound is a carrier wave of consciousness" and the intent is the consciousness of energy of the sound.

So, I created a formula, which I still think is one of the more important things I've brought down to the planet. It was first described in my book *Healing Sounds*. The formula is this: FREQUENCY + INTENT = HEALING. This means that the energy behind the sound being created is as important as the actual sound.

In other words, you could make one sound and put in two different intentions, and you would have two different effects. Or you could have two different sounds with a very similar intention and you might cause a very similar effect.

I have observed this over and over again since that time, and I think it's really quite important—particularly with regard to music and with the use of the human voice. Intent or Intention or Intentionality—whatever you want to call it—seems to really be making itself known in the subtle-energy medicine field, where they are practically demonstrating the importance of intent.

It's my belief that this formula, FREQUENCY + INTENT = HEALING, is, at this point in our development, a formula with all parts being of equal importance. I say this, because I believe, as we continue our acceleration of consciousness and evolution into what may be called higher dimensionalities, the importance of INTENT will grow and grow, while the importance of the actual frequency will become less and less important.

From, say, a 5th-dimensional viewpoint, we may find that INTENT is 80% or 90% and FREQUENCY is 20% or 10%. As some mystics have said: "All is consciousness." And, therefore, INTENT is a major aspect of consciousness. So the more we evolve, the more our consciousness, interacting with the sound, will be the determining factor for the produced effects of the sound.

However, for those of us still operating on a 3rd-dimensional consciousness (and in truth, almost everyone I know still has resonance there), it's really important to pay attention to the frequency of the sound.

We must begin to understand the "psycho-acoustic" effects of the sound—that is, the effect of sound upon the mind/body. For example, my intent might be to calm you down; but if I come up to you and shout in your ear, the odds are that, on a purely physiological basis, the loud shout will cause you to react in a negative and possibly even violent manner. The sound would cause the "fight or flight" adrenaline release in your body—your heartbeat, respiration, and brainwaves would speed up, your nervous system would tense up. You'd definitely pull away from the sound, and probably push me away at the same time.

Because of the psychoacoustics of the situation, this is a natural response to loud sounds—the "fight or flight" response. And I think that, in most cases, regardless of my intent, you would have the same reaction. So it's very important for us to become aware of the psychoacoustic effects of a sound, as well as the intentions that we want to put on the sound.

I believe there are probably saints and other extraordinary beings on this planet who can probably belch, or make any sound, and create

any response they want. But I think, for most of us, until we can levitate, walk through walls, that sort of thing, it's important to pay attention to intention. I believe that we're going to find the aspect of intent to be of great significance as our consciousness continues to expand and evolve.

I remember several years ago, a friend of mine who is a well-known medical doctor did an experiment with a well-known scientific researcher. Putting it simply, the doctor put his hands over petri dishes with bacteria in them. Over one dish he projected the thought "grow". Over the second dish he projected the thought "stay the same". And over the third dish he thought "shrink". And that's exactly what occurred.

The frequency, which was the energy from his hands, whether you want to call it Reiki or Therapeutic Touch or whatever, was basically the same. It was his intent that differed. And he was able, with his intent, to affect the outcome of the experiment.

I think this is just one example of the power of our thoughts, our consciousness. And we are going to see more and more people becoming aware of this—how we basically co-create reality. It's an exciting concept and one which may change the very way in which we interface with the world.

With all this said, I would like to suggest that the importance of frequency, in terms of influence and effect on 3rd-dimensional reality, cannot be overstated. It is extremely important. We live on the physical plane, and this plane is certainly influenced by specific resonant frequencies. There's no doubt about that.

Many years ago, a wonderful Swiss doctor named Dr. Hans Jenny did some experiments which he called "cymatics"—Greek for waveform (since sound travels as a wave). He took plastics, pastes, liquids, etc., and put them on a metal plate that he resonated with sound. These different substances would vibrate with the sound and create the most extraordinary shapes. Sometimes these inorganic substances would look like underwater life, or some microscopic organism. It's quite extraordinary. It makes you understand about the power of "The Word" that the ancients always talk about—that original creative sound.

Jenny found that even slight variances in the frequencies that he was using would create differences in the shapes and forms and these substances. The actual frequencies are very important.

The more precise and exact these frequencies are, the more precise and exact their effect will be. The statement about every organ, bone, tissue, etc., being in a state of resonance is correct. And the idea of disease being an out-of-tunement of these parts is also correct. The question remains about how to find the exact resonance of an out-of-tune part of the body.

Another question is whether this part of the body is resonating on one frequency or a series of frequencies. I know some scientists who are working with a composite of three different frequencies to affect a certain part of the body, or to affect an imbalance. I know of another scientist who utilizes five different frequencies to create this same effect.

What's very interesting about these composite frequencies is that they are not very musical at all. In fact, when you listen to them, they're kind of harsh-sounding and really unpleasant. That is because they are frequencies meant to be encoded into the body and not necessarily listened to with our ears. There's a big difference.

So this idea of using resonant frequencies for healing is very real and very true. And from a truly 3rd-dimensional approach, these frequencies must be really exact. If you think of the extraordinary bandwidth of just the audible frequencies, you'll see how difficult this could be.

I know of one doctor who was working with sound to reduce pain. He claimed to have found the right frequency that would do this. But it had to be accurate to a 1/10th of a cycle per second in order to work. That's pretty precise. And it came about through trial and error, which is certainly one way of determining frequency response.

There are other ways, too. You can use pendulums, kinesiology, psychotronic devices, scientific devices, pure observation, or whatever works. You can use yourself or someone else as a guinea pig, and then keep trying with different frequencies until you come up with the one that works for the situation you're dealing with. Of course you hope, then, that your resonance matches everyone else so you can effectively use what you've discovered on someone else.

So you can see, it's very complicated. I had at one time hoped that everyone who was doing this type of work would effectively pool their information.

You note the frequencies of Dr. X, and then you compare them with those of Dr. Y and Dr. Z, and maybe you won't have to reinvent the wheel. Then you've got something that really works. But I don't think that will happen.

Martin: Why not?

Goldman: I remember about 15 years ago when I was at a Music Medicine Conference and I met a doctor from another country who was working on a chair that projected sound into the body. I think he was using it for treatment of arthritis or something.

I knew a lot about sound at that point, and I knew a lot about other people's work with frequencies as well.

I asked him what frequencies he was using and he became very silent. "I cannot tell you" he replied. "There is too much money in it for the person who discovers the correct

frequency."

I imagine that attitude is pretty pervasive in certain of the communities that are working with sound and trying to discover the "magical frequency". The effects of greed are pretty interesting, but I'll discuss that later. I'll also discuss some aspects of the potential healing that can be created through sound later.

Right now I'd just like to say that, from my perspective, extraordinary healing can result from sounds that are not particularly precise—IF THE PERSON USING THE SOUND IS ABLE TO OPERATE FROM A HIGHER-DIMENSIONAL LEVEL. The more one is able to encode intention onto the sound, the more effective I think the sound will be—particularly if you are anywhere in the ballpark near the natural resonance of what is needed.

Spirit gives us a lot of grace, especially when you're working with sacred sound. But most people—particularly scientists who are researching specific frequencies—don't know this, won't accept it. It goes outside their realm of belief. So it doesn't occur. And they're still searching for the "magical frequency".

Maybe, just maybe, they wouldn't have to look so hard, if they could try to view things from a higher level of consciousness.

Martin: Would you discuss the role of music and harmonics in stress reduction?

Goldman: This brings us to the topic of psychoacoustics—the effects of sound and music upon the body and the brain. It also brings us to another topic, which is the uniqueness of the individual. Both of these topics interface with the concept of music and harmonics for stress reduction.

I'd first like to create a very simple delineation between sound and music, and this is just the definitions as I'm using them and not necessarily how other people define them. I like to think of sound as being basically single tones (with their associated harmonics), that don't really change much with respect to the elements that are defined as musical—that is: rhythm, harmony, melody, etc.

A chant, for example, that is on one note, perhaps a long extended "Om", would be considered a sound. But if you add the other elements like rhythm, harmony, or melody, and your "Om" changed pitch so it became a melody—a song—well then it would become music.

I've created this delineation simply because, with many of the recordings that I've made, I call them sounds so that people don't listen to them with the expectation of walking away humming a melody or something. My recording *Dolphin Dreams*—which was initially created for the birth of my son, many years ago, and has since become one of the more popular recordings for the birthing process AND for the reduction of stress—consists of ocean sounds, heart beat, choral voices, and

dolphin sounds.

I call it a "sonic environment" because it creates a field of sound attempting to emulate the energy inherent in a dolphin-assisted water birth. It's beautiful to listen to and soothes practically every person who listens to it. But I would not necessarily call it music.

Interestingly enough, recently some people did a college textbook on listening, and included a chapter on *Dolphin Dreams*. Because the way the sonics are constructed, it really stimulates the ear and brain with many different sounds, and is quite a listening experience. But the authors of this textbook suggest to the reader that the recording does not fit into the category of music as people normally perceive of music. I agree.

Now, of course, this delineation between sound and music is not really correct. Because, for example, the "music" of Tibet is really single-tone chanting. I've merely made the distinction between sound and music for Western listeners so they won't be surprised when they listen to something and it strikes them as being very different, and perhaps non-musical, from anything they'd normally expect.

Getting back to the topic of psychoacoustics, sound as I've defined it has the ability of affecting the frequencies or pulsations of the body and the brain. In particular, some years ago it was discovered that two slightly out-of-tune frequencies (say 100 cycles per second and 105 cycles per second) would cause the predominant lobes of the brain to entrain, or change their rhythmic pulsations to the difference between these two frequencies. With the above example, it would be 5 cycles per second. So, one could utilize this effect to create sounds that would change our brainwaves—and this is important.

[Editor's note: Indeed it is important! The above may well be the most important paragraph you've read so far.]

If I may jump in here and get technical for a moment, the above-described phenomenon is called heterodyning and—just to mention one practical application with radio waves—recognizing this effect allowed modern (after about 1927) radios to be much more streamlined than the cumbersome tuning necessary in earlier designs—that is, modern one-knob tuning instead of the older three-knob tuning.

The exact mathematics of heterodyning says that when two frequencies interact with each other, there is produced, besides the original two frequencies, both the sum and the difference. Thus, using Jonathan's example above, in addition to the original 100 Hz and 105 Hz frequencies, there is also produced frequencies at a very low 5 Hz and at a much higher 205 Hz, though at reduced amplitudes or intensities.

And while this is not the time or place to get into a big discussion of this subject, just

know that heterodyning is a very, very important key in a diverse span of applications ranging from, say, Royal Rife's amazing light microscope and healing device, at one end of the spectrum, to many covert mind-control technologies, on the other end. As exploited in the "black operations" arena, with heterodyning you have a "disguised" way of producing, perhaps at subliminal levels, very low and very high frequencies, both of which can have profound effects upon biological organisms.

Expanding this heterodyning idea to the more complex frequency waveforms of music only further opens up an entire vista of possibilities—both good and bad!

Many people who are stressed out are putting out beta waves—high frequency brain waves between 13 and 25 cycles per second. These brain waves are good for doing day-to-day activities that require concentration, etc. But too much beta and we get stressed out.

With alpha brain waves (around 8–13 cycles per second), we're in a much dreamier, calmer state. With theta (around 4–8 cycles per second), you find much healing and shamanic work occurring. With delta (around 0.5–4 cycles per second), very very deep meditation and associated experiences occur. This seems to be the brain wave state where much channeling occurs.

As our brain wave frequency decreases (and with that our heart beat and respiratory rates as well), we enter deeper states of relaxation and meditation. So, this sonic entrainment phenomenon is useful for people creating music which is designed to help induce relaxation. And there are a number of different recordings which utilize this knowledge.

What is interesting, however, is that many of the sacred and shamanic tools from different traditions also have the ability of create sonic entrainment. Tibetan bells are an example of this. So it's probable that the ancients had knowledge of this entrainment phenomenon, but we Westerners simply had to name it in order to discover it.

Sound and music rhythms are also useful to affect body rhythms. There are shamanic rhythms that seem to slow down heart beat, respiration, and then brain waves. Drumming is another way in which entrainment occurs.

Regarding rhythms—musicians have unconsciously known about the entrainment phenomenon for years. If you want to get people up and dancing, you play something fast. If you want to chill them out, you play something slow. It's not magic. But I think the conscious awareness of this is different.

I remember one time attending a concert of a spiritual group who basically sang very beautiful and slow songs. At some point, the leader of the group said something like: "We don't know why, but whenever we do this next song, people always get out of their seats and

dance. Perhaps it's magic!"

Well, I was at the concert and the next song was really uptempo and fast paced. And everyone did get up out of their seats and danced. But it wasn't magic. It was psycho-acoustics and sonic entrainment.

So, if you're looking to reduce stress, it's probably best to listen to music that is slow pulsed. It's that simple. It doesn't have to have sonic entrainment frequencies specifically on it. Slow music is usually enough to help calm us down and help induce relaxation.

With that said, I must also note that there is something called the "iso principle", which basically means meeting a person where they are at vibrationally. If someone is really vibrating at a highly stressed frequency—they're nervous and shaky and tense—putting on music that is very slow and supposedly soothing may not have much of an effect initially. This is because you must first vibrationally match the person's nervous system in order to be able to attempt to change it. In the above illustration, you might want to play music that is fast and perhaps a bit jagged in its effect, and then slowly begin to put on other types of music that are slower and more soothing.

This would be why listening to fast music might at first seem soothing to someone who is stressed. Because the music is matching their nervous system. Listening to slow music *might* at first make them feel even more stressed because there's such a contradiction in terms of vibrational rates. I think that gradually going from fast to slow music would be the ideal key in this type of situation.

I need to say, at this point, that it's my belief that we are all unique vibratory beings. What works sonically for one person may not work for another. We all know that not everyone likes the same sort of music. In the same way, I don't believe that everyone responds to the same type of music the same way. I guess if we did, it would be a very boring world.

In terms of using music for stress reduction and relaxation, it's important for us to honor our personal responses to music. Just because someone says that listening to Mozart or Bach is the best for this or that situation, does not mean it's true for you. We need to be able to create a kind of "sonic prescription" for ourselves and realize what types of music we like to use for certain situations. And then begin to use that music for those situations.

Maybe listening to a sad love song is the thing that can bring you out of a mild depression; or maybe it's listening to Gershwin, or the Beatles, or Beethoven, whatever. We need to begin paying attention to how different pieces of music affect us on a physical, emotional, mental, and spiritual level. And then begin using these different musical forms to help put us in balance.

I don't really know why different music seems to affect us so differently. There are so many possible answers to this and, once again, I think it brings us to the question of our individualness and individual responses to various things.

I think sometimes it's experiential: Where were we when we heard a certain song? Sometimes it's taste: What music do you really like? What do you dislike? And there are probably dozens of different variants in terms of this. Sometimes it's educational: If you never heard Balinese music, you might find it very discordant the first time; after a while, it might grow on you. Sometimes it's another factor. But it's important to understand our resonance with different music and utilize this in our daily lives.

For example, if you want to find music that is going to stimulate you, perhaps to enhance an exercise program—well, you're going to want to use something that's up-beat and pretty fast. Listening to slow music would actually be contrary to the response your nervous system wants. Such slow music would probably cause you to be less effective in whatever chore or exercise you were doing. However, if you wanted to rest, and perhaps enhance sleep, then slow music would be a good choice. Trying to sleep while fast music is influencing your nervous system and body would be difficult. But once again, there are so many parameters involving the influences and effects of music that you really need to understand specifically how particular pieces of music affect you.

I'd like to turn back to a topic I briefly discussed a little while ago: brain waves. In particular, I would like to talk about this in regard to an idea that is primary to many of the visionaries of modern times, namely, that our vibrational rates are accelerating.

I agree with this concept and, in fact, my book *Shifting Frequencies* deals with ways in which sound and other vibrational modalities may be utilized to deal with these frequency changes.

It's been suggested that our vibrational rates are speeding up and that, indeed, time itself is speeding up. I think this is true. Most of us have experienced the phenomenon of getting up in the morning, having a cup of tea, making a few phone calls or whatever, and suddenly realizing it's time for bed. Time definitely seems to be compressing and, as this happens, we become more and more stressed out by our inability to accomplish the things we normally have been able to do.

A short while ago I mentioned "delta" brainwaves. These are from 0.5 to 4 Hz. When I first began researching brainwaves, delta brainwaves were described as being found in comatose patients. People who were unconscious. But within the last decade, this has changed.

I had a friend, a medical doctor, who was a

pioneer in the field of mapping brain wave activity. He began testing healers, psychics, channels, and shamens, and found that many of them were registering brain waves of 1 cycle per second and were able to talk and communicate while they did their work. If they were working on a client, it turns out that the brain waves of the client would also be resonating at about 1 cycle per second. It was very interesting.

What was even more interesting was that this doctor found brain wave activity of 128 cycles per second that was occurring at that spot on the cranium that we call the “crown chakra”. Now, these were brain waves that had never been measured before. My friend passed away before he was able to make this information known to many of his colleagues, but it was fascinating. It seemed to indicate that, in order to register these high-frequency rates, an individual had to be at a very slow rate of brain wave activity.

When I began meditating on the significance of this, it came to me that, in order to encode higher frequencies of Light and Love into our mind, body, and associated energy fields, it was necessary to slow down our vibrational rate. **In other words, we had to be in a deep state of calm and relaxation in order to effectively shift our frequency.**

This makes sense. If you are operating in a state of beta, it’s very difficult to be calm and relaxed. The nervous system is operating at a fast rate and our consciousness seems to be locked into the here and now. When you’re in beta, it’s hard to meditate; it’s hard to experience expanded consciousness. We’re too much focused on the physical plane and doing some activity. Now this is fine, but it makes it very difficult for frequency shifting.

When one has slowed down the nervous system and is in a deep state of calm, I believe that what happens would be the equivalent of going off a diving board and springing upward. That 128 Hz which my medical friend was able to measure is actually a harmonic, or geometric multiple, of 1 hertz. By slowing down the brain, we are actually able to raise our frequency rate. It seems to be a paradox—that in order to speed up our vibrational rate, we must first slow down—but I believe it is true.

This initial slowing down of our vibrational rate—in particular, the frequencies of our brain and nervous system—is not easy to do. In fact, it’s very difficult. But I know that, when I’m in a calm and relaxed state, it is often much easier to deal with many different stimuli simultaneously occurring—from the phone ringing and answering email and someone talking to me, all at the same time—than when I am nervous and stressed out. However, being able to be in a calm and relaxed state while all this activity is occurring is a challenge.

Martin: And can sound help us achieve this relaxed state?

Goldman: Most certainly. Sound and, of course, breathing. Slow, deep breathing helps reduce heart rate and brain wave activity. I find that by sounding a single note or a mantra such as “om”, it automatically creates calm and relaxation. One of the reasons for this is that breath is the basis of creating sound. If one begins sounding a tone or a mantra for awhile, you are automatically slowing your respiration. You are also doing a number of other things to yourself, including helping release endorphins and other neurochemicals that may be very beneficial and healing.

This sounding of a single tone or note is called “toning”. More and more people are becoming aware of the importance of this activity. You can simply use toning to help relieve stress in yourself. You can also use it to help resonate and align an imbalanced part of your body or energy field.

I teach a very powerful exercise called “Vowels As Mantras” in which we utilize the vowel sounds in a particular order in conjunction with pitch, to resonate the chakras. Normally, in a workshop, we do this for about a half hour or more, and it is both a powerful healing experience and a powerful transformational experience. Towards the end of the exercise, after we’ve resonated all 7 of the main chakras, we remain silent for about 5 or 10 minutes to receive that experience that is of greatest benefit for our spirit and soul. During this time, those in the workshop will frequently have extraordinary communications with Guides, Angels or other Divine Beings. I believe one of the reasons this occurs is that we have slowed down our nervous system and balanced our energy fields, and can shift our frequency because of this. We are in this deep state of receptivity, and thus can allow higher octaves of Light and Love to encode themselves upon ourselves.

Frequent meditators will tell me that the experience usually surpasses any that they have had before. This may have to do with the fact that we are using sound in conjunction with breath and visualization, and it is simply more powerful and transformational. The sound will resonate the chakras as well as the nervous system and the brain. It is a physical-based phenomenon that, because of the harmonics inherent in sound, also resonates etherically as well.

Most of us find it difficult to devote half an hour a day to a sonic practice. It should be mandatory, but it’s not. So, I also teach my students how to tone the chakras with vowel sounds for a minute, or five minutes, and achieve some beneficial results. Even a minute or so of sounding will help shift our consciousness and allow us to access states of calm and relaxation. It may not have the profound effects of a half hour of toning, but it’s still quite good.

Martin: You’ve mentioned harmonics a

number of times. Can you tell us what harmonics are?

Goldman: Whenever a sound is created, that sound is really a complex composite of frequencies called harmonics. These harmonics, which are geometric multiples of a given fundamental, actually are present all the time in different sounds. We are simply unaware of them. With harmonics, the first overtone (harmonics and overtones can be used interchangeably) vibrates at twice the frequency of the fundamental tone. The next overtone vibrates three times as fast as the fundamental. The next overtone vibrates four times as fast, and so on.

Just as you can take a prism, hold it up to sunlight, and refract the different colors of the rainbow—well, harmonics are really the “colors” of sounds. They actually create the timbre or “tone color” of an instrument or of our voice. And we can learn to refract some of these colors of sound ourselves, simply by learning to use our voice in a particular manner.

I first came across this nearly 20 years ago when I heard the sacred chanting of Tibetan monks and the Hoomi or throatsinging of Mongolia and Tuva. It was extraordinary and out of this world. These people can sing two or three notes at the same time. Shortly after I heard these sounds, I studied with some teachers who were able to teach me some techniques for creating these vocal harmonics. Now, of course, I have written *HEALING SOUNDS: The Power Of Harmonics*, and teach these techniques to students myself. There is, in fact, a re-emergence of interest in vocal harmonics. I think that’s fabulous.

I must say, for those already familiar with Tibetan “Deep Voice” or Hoomi throatsinging, that what I teach is different. People can indeed create two or more notes at the same time. But it doesn’t require some of the training and potential strain that accompanies the Tibetan or Hoomi voicing. And my teaching of vocal harmonics also works with the therapeutic and transformational use of these sounds. It’s not just a party game or something to impress someone, but a deeply powerful frequency shifting tool.

Martin: But you’ve been taught how to do the Tibetan and Hoomi Voice?

Goldman: Actually, with the Tibetan, I received this voice in “dreamtime”. I had recorded a group of Tibetan monks, took the tape of the recording home, and listened to it in my crystal meditation room. When I woke up the next morning, I had the Tibetan Voice. It was quite amazing. It’s said to take the monks up to 10 years to receive this voice. What happened to me is an example of what I call “harmonic transmission”—receiving information or a transformative experience through sound.

Now, I did take a few lessons for the Tuvan Hoomi style and personally found it rather taxing on the vocal chords. I can do this style,

but I only do so for demonstration purposes. I decided that this was not going to be a technique that I would share when I teach because of the potential dangers inherent in it. I don't want anyone straining their voice due to something I've taught. So, the vocal harmonic techniques I share are quite safe and simple. Many of them are based upon working with vowel sounds, and almost everyone who studies with me is able to hear, and then create, vocal harmonics.

These harmonics can be utilized for many extraordinary things. You can use them, along with their associated vowels, to resonate the chakras. You can also use them to resonate different portions of the brain. Through learning to first hear, and then create, vocal harmonics, you can also improve the quality of your own voice as well as enhance your ability to hear. This makes sense.

With regard to the five sense, it's almost as though we're wearing sonic earplugs, and then, through working with harmonics, we remove these earplugs and truly experience a higher aspect of the sound spectrum. One of our senses becomes expanded and, because of this, our consciousness as well is expanded.

I've even helped rediscover a very ancient technique which I call "overtoneing", in which you project a siren-like vocal sound to someone else. At a particular point in the siren, a specific harmonic will occur which is the "healing" sound needed to put in balance something that's out of alignment in the other person. It's quite powerful and quite extraordinary.

What's very interesting in regard to the Tibetan Voice, which I do utilize for sacred chanting, is that frequently in a workshop someone will receive the voice simply by being around me. It will be nothing I have actually taught. Sometimes it will be a woman.

I remember once when a little old lady came to the second day of the workshop. "Jonathan" she said. I looked at her and smiled. Then she opened her mouth and out came the Tibetan Voice. It was amazing. In the Tibetan belief system, the "Deep Voice" is a gift from the Divine. I can believe it.

You know, the more I am involved with the use of sound and music as therapeutic and transformational tools, the more experiences I have with the extraordinary abilities of sounds to create shift and change, and the less I am able to put these experiences, these frequency shifts, into a container that fits into any scientific mold. It's quite amazing.

I started out very left-brained, I think as a result of the medical practitioners in my family lineage. I was very much into collecting frequencies and creating systems. In fact, back in 1988, I wrote a book called *Awakening The Lost Chord* for Ballantine. It was essentially nothing more than an encyclopedia of sound healing, with chapters devoted to everything

from harmonics and mantras and frequencies to sonic shamanism. Quite an overview of the field. And I must admit that, twelve years later, there's not that much new in the field.

Oh, people have made advances in areas, whether it's the use of sound to resonate specific portions of the body, or the use of frequencies to increase plant growth. But, these are only minor advances, at least to my knowledge. The basic work and research, I guess, was already in progress, though, of course, many of the people doing this work don't know this. So when they come upon an idea or a discovery, they think it's brand new.

Probably, of course, much of this work has been going on for eons and we're just reawakening to some of the knowledge and ideas that the ancients worked with. But anyway, I really did my homework awhile ago, in terms of researching the effects of sound and music, in terms of what other people had done.

Martin: Was the book ever published?

Goldman: No. At the time, my editor told me to act like it was the only book I'd ever write. And never having written a book before, I thought "okay" and proceeded from that premise. I delivered to the publisher a manuscript that was something like 250,000 words. They had asked for 75,000 words. And so, to make a long story short, it was too much for anyone to deal with. So that particular manuscript is unpublished, though much of the major information was published in *Healing Sounds*. I don't think of it as a futile experience, though. It really gave me quite an education into Sacred Sound and Sound Healing. I know a little bit about a lot of things in regard to the subject.

But what I want to get back to is this idea that, at first, I was really looking for the "magical frequency". And I think lots of people are still looking for this now. You know, the frequency or frequencies that will do this or that. Change lead into gold. That sort of thing. And I'm not saying they don't exist. They probably do, but I'm not that interested anymore. Because I think that there is something else at work and this something else defies explanation by traditional science or medicine. It appears to be magic. And unlike Isaac Asimov, or whomever it was who made that statement about the magic of today being the science of tomorrow, I'm not that sure that some of the things I've experienced and encountered can be put within the confines of any sort of system or science. At least with our current understanding of what science is.

I mean, I have my explanations about resonance and entrainment and what not, but I think there's more than meets the eye, the ear, or the mind involved when you start working with sacred sounds.

Martin: What sorts of experiences are you talking about?

Goldman: The one that comes to mind

immediately is the one in the ancient Mayan site of Palenque, where I created light through sound. It's in a couple of my books and continues to be quite an amazing phenomenon. I was in a darkened room with a number of other people, and the guide said "make sound here" and pointed over a doorway. So I made sound and the room lit up and everyone saw it.

The experience was actually so mind boggling at the time that I more or less dismissed it until I got back to the states and began working on *Healing Sounds*. And I began to try to research the experience and come up with different explanations.

One of my explanations, incidentally, had to do with the sound triggering the brain to produce melatonin. And interestingly enough, a scientist read *Healing Sounds*, was intrigued by my conjecture about this, and actually proved that melatonin is produced by certain harmonically related sounds. So, there's some scientific validation there. But I think more was happening than that.

Later on, I seem to have inadvertently found a chakra which I call the "angel" chakra, that's located in between the third eye and crown, right at the fontanel area, the soft spot in a baby's head. And this "angel" chakra is a source of Light encoding in the human and it can be opened and activated by the same sound I used down in Palenque.

What's interesting is that this sound can be phonetically written as "nuurrrr", which is an Eastern word meaning "Light". I find this fascinating. So, here you have a sort of mystical or esoteric explanation for the experience, but it's still not enough. Because I think there was and is still an additional ingredient in this whole phenomenon that I call magic, or the sacred, or the Divine.

Martin: How so?

Goldman: Well, if it was just purely a matter of physical-plane resonance, then you should be able to have everyone make this sound "nuurrrr" and experience the activation of the "angel" chakra. And that's not the case.

While I have people do a visualization to enhance the sound, in which they see the sound going up through the head, resonating the pituitary/pineal area, and creating an opening in the "new" chakra, then anyone who made the sound along with the visualization should be able to create this activation. And that's also not the case. Because it seems as though there is an initiatory activation that's going on during this experience. And it has to do with someone, who is able to be a conduit for the sound, assisting people in opening this chakra. And that doesn't make any sense—at least from a third-dimensional viewpoint. It's another example of harmonic transmission. And it really defies explanation.

The more I teach and experience and share my work/play with sound, the less and less I understand. In fact, I've been kind of

downloading information from my right brain for quite a while now. It just doesn't seem to have much use because what I was trying to do a while ago was put things into systems, into boxes, and Sacred Sound does not seem to want to be placed in boxes. I believe this is because systems and boxes are self-limiting and we're at the point in our evolution where we don't need to be limited by anything.

I have a friend who spent years, as I did, collecting information and doing research about sound. But unlike me, instead of simply collecting the different systems, he put them all together and created a grand "unified field theory" of sound healing: "This sound resonates this chakra with this color and this smell." That sort of thing. And while I find it useful for the neophyte who is just starting out and needs a system to work with, I find it quite limiting.

I remember I asked him once: "Why have you done this?" And his reply was that he

wanted to leave something for his young son when he grows up. And my reply was: "Yes, but what if, by the time he grows up, he won't need this system?"

Of course, I guess part of me is a system buster. I think that my formula FREQUENCY + INTENT = HEALING creates enough parameters for us without getting more specific.

I have another formula, incidentally, which is closely related to this. It's VOCALIZATION + VISUALIZATION = MANIFESTATION. It's basically the same thing, except that it refers a bit more to chanting and self-created vocal sounds. It means that the sounds you make, coupled with the visualization that you are making, create an end result for the sound. So, for example, if you're chanting a mantra for compassion like the Tibetan "Om Mani Padme Hum" and you visualize the Buddha of Compassion and try to embody compassion, then you'll probably end of manifesting the experience of this energy.

I thought I was very clever when I came up with this other formula. I thought I had really found something.

I think it occurred after I read a book about the creation myth in the *Old Testament* and it said something like, when the Lord said "Let there be Light", He put the intention or the visualized energy of Light onto the sound, and thus brought it forth. And this formula, VOCALIZATION + VISUALIZATION = MANIFESTATION, came to me.

Then, after I got done patting myself on the back for my "discovery", I realized that this knowledge was a basic foundation of the spiritual and magical traditions on the planet. It was nothing new. But I do think it was important to be able to create a catchy little formula in terms of helping educate people about working with sacred sound.

Before I forget, I want to talk about compassion for a moment. Because it's

a very important part of my work and I think it's quite important in terms of our evolution as a species.

I believe compassion is a key to enlightenment and evolution. In fact, it may be *THE* key. I'm sure it is the key to our continued survival on this planet. You know, some time ago, I was reading an interview with George Lucas about the *Phantom Menace* and he was talking about various mythological aspects of the film. He started talking about compassion and he said that the counterpart to this was greed.

When I read this, I thought: "You know, on one level, this is true." Because when you get into greed, you are quite selfish and unkind and you really don't care about anything but yourself. And my goodness, most of the trauma this planet is currently enduring is because of greed—people raping the planet and polluting the environment and not really caring what the repercussions of their actions might be.

It's not like the Native American concept of seven generations, where one is conscious of what one's actions are like for the next seven generations. And it may have to do with just being in the Beta brain-wave state too much, so that you don't access higher levels of consciousness and begin to care. Or it may simply be based upon a fear consciousness and a belief in there not being enough, so you get into greed.

But what strikes me so often during our experiences in workshops with chanting the "Om Mani Padme Hum" and other sacred sounds—so that we can embody compassion—is that, very frequently, the first person that we need to be compassionate with is ourselves. Most of us have to forgive ourselves for so many things. Most of us don't really like ourselves. And hey, if you don't like yourself, how can you like anyone else? And how can you do anything for anyone else if that is the case?

So, if you can be compassionate with your own self, then you can begin to be compassionate and kind to others. And suddenly, when this occurs, you begin to experience the Oneness that exists between all conscious beings. And you begin to have what could be termed, spiritual experiences. I don't really know what to call them, but you begin to have experiences in which the fear that created the boundaries and borders between ourselves and other human beings are broken down.

And suddenly the person next to you is just a mirror of you and a mirror of the Divine. And you would not think of doing anything to them that was not of the utmost kindness and respect.

It's a little like getting hit with "thou shalt love thy neighbor as thyself" or whatever those words were. And it's immense because, once that happens, things change. Your relationship

THE LOST CHORD



A NOVEL BY

JONATHAN GOLDMAN

to self changes. Your relationship to other people changes. Your life changes and you change the lives of those around you. And this is accomplished all through embodying compassion.

I mean, with the embodiment of compassion, one could not imagine doing any of the heinous activities that frequently occur on this planet. Because most of those activities are based upon fear. You don't go to war with your TRUE brother or sister. You don't take their food. You don't do this or that. It's not in your scheme of thinking.

I think compassion is at the basis of all healing. And I think compassion is at the basis of all true Higher Consciousness.

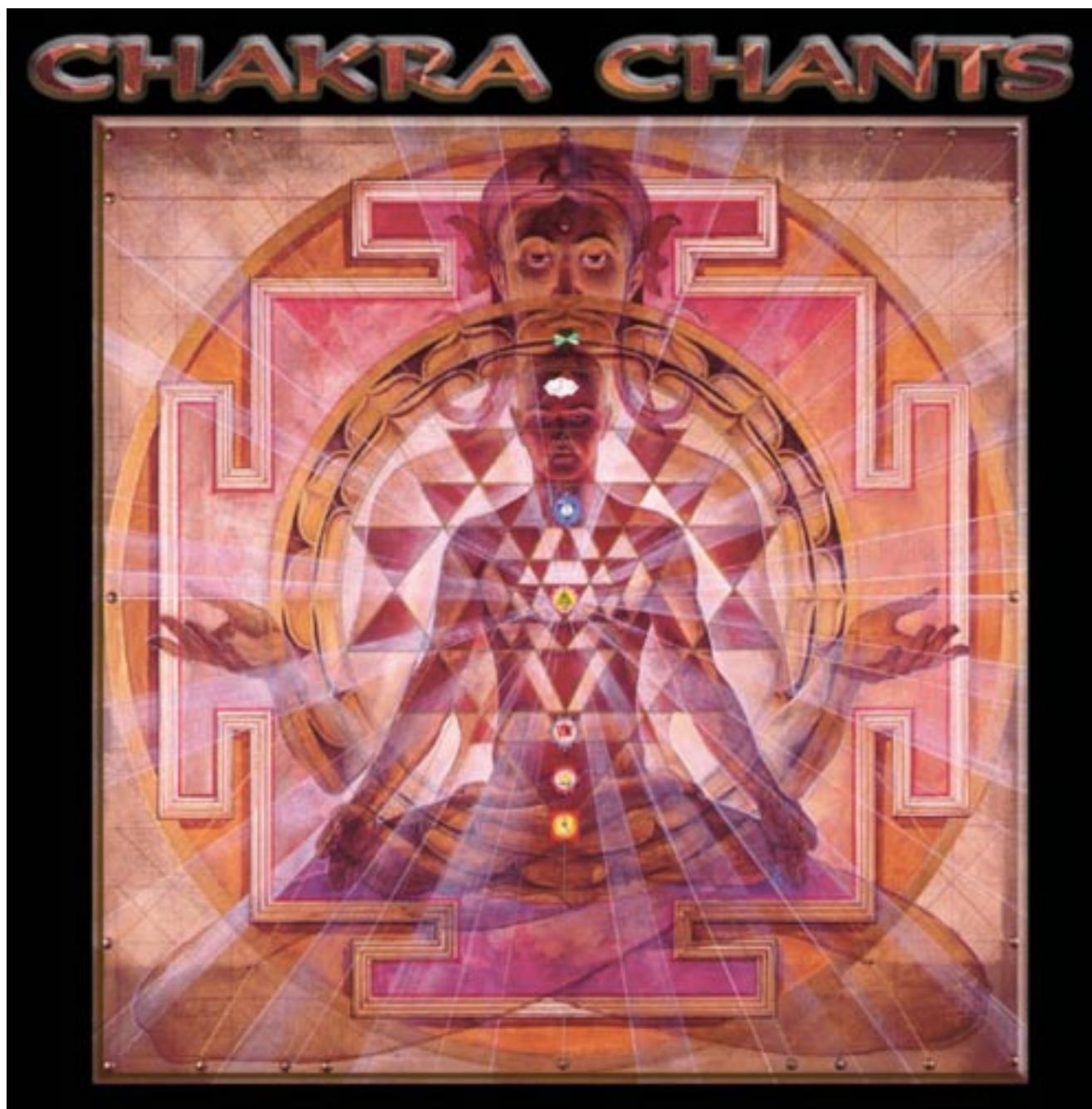
I remember reading once where the Dalai Lama was asked if he had one message he could broadcast to the world, what would it be. He said: "Be kind to each other." It was that simple and that direct—and to me, that powerful, because kindness is also at the base of compassion. And it's in the words of Jesus and the *Ten Commandments* and all these different spiritual texts: "Be kind to each other." Just think what that would mean if truly practiced by all?

Some years ago, in meditation, I heard a voice say: "The way to the Crown is through the Heart!" I believe this is true. I think that, in terms of the chakras, while all chakras are, to some degree, resonating and active, different people have different chakras that are truly activated. These are chakras that they seem to be drawing their energy and abilities from.

Someone who is a sex symbol, for example, might have a highly activated second chakra. Most politicians would work from the solar plexus (third) chakra. Healers might work from the heart (fourth) chakra. Musicians might work from the throat (fifth) chakra—though this could also have a second chakra input; I think it depends upon the level of consciousness that is being projected on the sound. Scientists and visionaries frequently work from the third eye, or sixth chakra.

Now, from my understanding, it's quite possible to be working from BOTH the third chakra and the sixth chakra as the primary chakras that one is drawing from. And this would result in someone who is basically involved with using the mind for power and control. I believe this type of thing happened a lot on what we call the continent and civilization of Atlantis, and I think this resulted in its destruction.

I'm always reminded of the scientist character in the movie *Jurassic Park* who is horrified at the experimentation going on and says something like: "You people are so interested in trying to find out if you CAN do something that you don't bother to ask if you SHOULD do something." And I think that's quite true in terms of our advances in technology.



I have a new book out called *The Lost Chord*. It's a novel about sacred sound. It's set in Boulder, Colorado. It involves a rock musician whose friend discovers a series of frequencies that creates interdimensional portals and is also highly addictive. This "Lost Chord" promptly gets stolen by a madman messiah who lives in the mountains and wants to use it to take over the world. The hero of the story has to go through initiation into sound and spirit in order to rescue his friends and get back the Lost Chord. It's a fun, fast read, and there's a lot of information and knowledge found in this pop novel.

One of the major themes in *The Lost Chord* is this schism between the spiritual and the technological. As Shade, the protagonist, finds out, the "Lost Chord" has actually been in existence for ages. But it's knowledge and use have been found with deeply spiritual beings who know enough not to abuse it. The fact that it has been synthesized into a series of frequencies makes it accessible by everyone, and therefore subject to abuse.

I like to believe that, as you work more and more with Sacred Sound, the powers and abilities of the sound are revealed. But as you

progress in this work, it's imperative for the heart to open and be a primary focus of energy. Otherwise, the full power and energy of the sound will not be revealed. Once again, the way to the Crown, which is true spiritual and Divine consciousness, is through the Heart, which is the embodiment of compassion and love. I don't believe it's through the Third Eye chakra alone; the Heart must be opened as well.

I know many people with highly activated Third Eye chakras. These people work in the realm of psychics and have some powerful abilities—like telepathy, etc. But they become very limited, after a while, because they don't understand that it's through the heart that the truly Divine and miraculous happens.

From my perspective, multi-dimensional consciousness can only occur through an open heart. Maybe I'm wrong. But I think that, once your heart is opened and you are resonating from love and compassion and not fear or greed, extraordinary things can occur.

Everyone says that mathematics is the universal language. But I'm not sure. Because I believe that, with multi-dimensional consciousness, $1 + 1 = 3$. Really. This is a different type of mathematics, and most people

who are operating from the Third Eye simply can't get this. Because it doesn't make sense on a logical level. But it may well be true.

Having just an opened heart may not be enough. I think it's good to have wisdom as well. Perhaps it's really a combination of these two qualities that is the true key to enlightenment.

Now, why have I been going on and on about the importance of compassion and the heart and all this stuff about intention and visualization and what not? Well, the answer has to do with frequency. Or rather frequencies. Because, right now, at this particular point in time and space that we call 2000, the search for the "magical frequency" is really in vogue. And while I think it's important to continue the search and research, I think it's also important to understand that use of pure frequency will ultimately become self-limiting, and we need to realize this.

Martin: How far are we from being able to buy a CD which is harmonic-specific for "shattering" certain crystalline virus structures?

Goldman: I have no doubt that, in the near future, there will be astounding inroads made in terms of science. And we'll come up with the correct frequencies to eradicate specific illnesses and diseases. Some of the devices that we'll see in the not-too-distant future are like the "Tricorder" from the television program *Star Trek*. You'll have this small, handheld object that someone will hold near a person and, using sound, it'll give a readout of any imbalances. Then, with a few turns of some knobs or buttons, this device will send out the frequencies necessary to create balance. That will be astonishing and wonderful, and a great advancement for humankind and medicine. I really don't think it's too far away.

But sometimes I think that, in terms of healing and frequency shifting, we need to take back our own power and abilities to do it ourselves—sometimes, yes, with the assistance of others; but really through ourselves, by empowering ourselves as the ultimate healer, which is really the truth.

On a practical level, what is the big difference between having a headache and taking a pill someone gives you for it, and having a headache and listening to a frequency that someone gives you? It's still sort of the same, which is having a dependence on someone else to heal you.

As I just said, I think sometimes we need assistance. Sometimes we need someone else to help "jump start" our engine, so to speak. But really, what I think is necessary is for us to start taking responsibility and control of ourselves. If we do that, we'll stop being victims and start being co-creators of this reality.

I'd like to believe that one of the easiest, simplest, and most effective ways of doing this is by working with our own sound, our own

frequencies, so to speak. Since it's my belief that we are all unique vibratory beings, our own voice can really be specific in terms of the frequencies we use for ourselves. And who better to encode intentionality than ourselves?

So we can get very good at projecting our own frequencies and intent through using our voice. It's cost effective. The user's manual is simple to consult. And it doesn't require electricity or batteries!

All of this is part of a planetary education process, which is one of the reasons why I, and many others, are teaching toning, and harmonics, and mantras, and all the other various aspects of sound. The use of frequencies through CDs, instruments, etc., are also highly effective for healing. I'm all for this. I simply don't want us to forget the other element—the sacred and spiritual element of sound. Which is really what it's all about. Because, knowing the current nature of human development—which is frequently to go to the lowest common denominator of a subject—as the development of sound as a frequency shifting tool continues, we'll have all sorts of miraculous things occurring. But we'll have those who will not be operating from the heart with their understanding of frequencies, and will undoubtedly use it for power and control.

That is nothing new, and that's all right. But we need to understand that whatever is created in this manner is nothing in comparison to what can be accomplished through using the heart and the mind together.

I might have mentioned awhile ago that it's my belief that, at this point in our development, I think that Frequency and Intent are both 50% of the formula. As we progress in our evolution, and achieve higher realms of consciousness, the frequency becomes less and less important, and the intent becomes more and more important. This has to do with opening the heart more and more in order to experience Higher dimensionalities.

I also might have said that there are probably saints and holy men throughout the world who can groan or belch or what not—they can make any sound they want—and they can encode on this sound whatever healing frequency they want. We need to remember the possibility of this, otherwise ones will become too dependent on finding the specific frequency, and forget that this is only part of the formula. And, I might add, this focus on merely frequency will not create the most effective result of the frequency, simply because it is only part of the formula.

So, the use of frequency for healing is true up to a point, and then it becomes not true. It then becomes totally the intention, and the frequency merely becomes a carrier wave for whatever the intention is. And it could be any sound.

Currently, in traditional medicine and science, I do think it's very important that the

investigation into the uses of different frequencies continues. In fact, it's vital that this occurs because traditional medicine and science is very third-dimension based and we are, of course, among other things, third-dimensional beings.

Right now, traditional medicine is finally acknowledging that music can help relax and reduce stress. That's actually quite a significant leap in understanding, finally recognizing that music can assist us in helping to relax. And the understanding that stress is a powerful factor in the creation of disease is also now occurring. It's taking awhile, but science and medicine are getting there.

Who knows? In the not too distant future, energy medicine may finally become truly validated and accepted in the traditional medical fields.

Usually, when people ask how sound is being used in medicine, I talk about the use of ultrasound to help check on the progress of pregnant women, or the use of sound waves to break up kidney stones. Both of these are pretty rudimentary in terms of what sound will finally be accomplishing in the healing process, but it is a start. That vision I had about a Tricorder-type of device being used for healing isn't that far away.

I remember once I was attending a Music Medicine conference at a major medical center. During the conference I was just blown away by how primitive the understanding of most of the people there was toward the uses of sound to heal. And the research and experiments that were going on in regard to this was devastating to me. It was like trying to cut up the worm into smaller and smaller parts in order to find out how it crawled. They were missing the major understandings of certain things.

When I had the opportunity to discuss ideas such as intent, most of the scientists and doctors at this conference looked at me like I was from another planet. Because, of course, for the most part, in terms of third-dimensional instrumentation and measurements, intent was something that could not be validated. So it was not real.

I was staying at a friend's place at the time and I remember, sitting outside, being pretty depressed about the current state of Music Medicine. I heard a voice say: "If you wanted things to be the way they will be, you would have been born 50 years later. But you were not, because you are to serve as a bridge. Remember that." And I try to. That was about 10 years ago.

So, the future of sound in terms of that Tricorder-type of device is probably 40 years in the future. And who knows how far in the future it will be when people can really shift their vibratory rates through using their own sounds. Oh, there are those who can do it now. But when will this become common in the general populace? I don't have a clue

when that might occur. But I think it's important to awaken—in people's minds and in their hearts—an awareness of the possibilities inherent in sound.

About 10 years ago, there was an article in the *New York Times* Science Section about sound experiments with ultrasound that were happening. And the headlines read: ***Sound shaped into dazzling new tool—can make, break, or rearrange molecular structure and levitate objects.*** I was amazed that this information was running in a newspaper. It involved some research trying to grow crystals in zero gravity. But as a metaphor, it really described the power of sound.

Now, if you can make, break, or rearrange molecular structure, there's virtually nothing that inherently can't be healed or transformed with sound. So the possibilities are endless. We'll be able to use sound to shatter viruses that attack us and build-up, and even regenerate organs that need assistance. I think that there are some individuals who can do this now; but I see this as being commonplace in the future. I know of people who are working with DNA right now using sound. They're trying to facilitate our evolution in this manner, using sound. And I think they're pretty successful.

You know, I've been worked with tuning forks in an interesting fashion that I'd like to tell you about. As I've stated, I'm less interested in working with frequencies than many people are. But I'm quite interested in working with intervals, which are the relationships between frequencies. An octave, for example, is two notes that share the same name and have a frequency relationship in which one of the notes vibrates at twice the frequency of the first. So, it is vibrating at a ratio of 2:1.

I mentioned harmonics before and said that these were frequencies that were geometric multiples of a given frequency. With a piano, most of the intervals on a piano are not really harmonically related. They're not really composed of whole number ratios, like 2:1 or 3:2. That's because the interval tuning of a piano is based upon the twelfth root of two.

Now, I have a good friend, a doctor, who has shown that certain ratios, such as the 3:2 ratio, seem to be particularly balancing and therapeutic for the human nervous system. He's had aluminum tuning forks developed that you strike and then bring near the ears, and these tuning forks really create a very calming response in the individual who experiences them in this way. It also balances out the left and right hemispheres of the brain. Incidentally, it doesn't appear to be the frequency or the keynote of these tuning forks that creates the effect, but rather, simply their relationship. So it could be the notes C and G or the notes E and B. Same effect. There are other very wonderful results from these tuning forks, but I'd like to continue on.

Several years ago, due to some interesting experiences that are rather too long to get into here, I was guided to have tuning forks cut to the ratio of 8:13. Now, I did this simply as an experiment. I had no idea what they would sound like because, believe me, there are some intervals that sound hideous and really do not interact with the human nervous system, or energy field, in a positive manner. I didn't want to give you the impression that just because intervals are in whole number ratios, they're beneficial. They're not necessarily. Only certain ratios seem to be beneficial.

So, I didn't know what these tuning forks would sound like. But when I did, I immediately felt a spiraling and heard angels singing. It was really great. I want to acknowledge that many of my "discoveries" such as the Angel chakra were really quite slow in their revelation to me. With the Angel chakra, I had been doing activation of this area with sound for several years before I finally realized what was going on. Anyway, in terms of this 8:13 ratio, it simply was rather amusing that it was so beautiful and affected me so deeply.

I began first by having some more tuning forks made and seeing other people's responses. Everyone who utilized them seemed to have positive experiences. So I began making them available at workshops, simply as experimental vehicles. People reported experiences, such as I had, or hearing the angels or feeling light coming into their body or seeing spirals. That sort of thing.

We found out that they also balanced the left and right hemispheres, as well as balancing the chakras. Quite interesting. Also interesting is the fact that, to my knowledge, and I've checked with a number of authorities on this—people who really know world music and scales and intervals and such—this is the first time, at least in a very long time, that this interval of 8:13 has appeared on the planet.

Once I was teaching a workshop and there was a very well know medical doctor who was also an energy medicine authority. And when I began demonstrating the tuning forks on someone, I asked her to check what was going on. She pulled out her pendulum and other devices. While this is going on, the person experiencing the tuning forks is describing the sound going down into her body as light and creating balance and alignment with the cells.

Someone asked me if I thought these tuning forks would assist in activating DNA. I smiled and told them I thought it could only happen if the tuning forks were in the key of D 'n' A. Now, it was a joke. But I had the tuning forks cut in the key of D. And people who are working with DNA activation tell me that these tuning forks are quite stellar for the process.

These tuning forks, incidentally, were not the work with sound and DNA that I was initially thinking about when I mentioned it. There are a number of scientists who have

supposedly discovered the DNA sequence through sound. Of course, the fact that, to my knowledge, these scientists do not agree upon this musical sequence is telling in itself. It probably all has to do with intentionality, but I'm beginning to repeat myself.

I think there's something quite transformative and powerful about this 8:13 interval. I'm not sure what. It may have to do with people's consciousness opening up to a new sonic ratio. Or it may have to do with the fact that 8:13 represents an outer octave of the spiral created by the Fibonacci series. But it seems to have something to do with our evolutionary acceleration. More on this later.

Throughout this interview, I've focused upon the importance of intention and my belief that we need not become too systematized in terms of cataloging the effects of sound, nor its relationship to color and geometry. I just want to say that this doesn't mean I don't think the subject isn't worthwhile investigating. It's just my belief that you can take any sound and encode any color and geometry upon it.

In my "Healing Sounds Intensive", which is a 9-day training program, we have people from throughout the planet come to study with me. And it really is a glorious experience. We manifest Light and Love through Sacred Sound for those nine days and it's one of the nicest, most enjoyable and transformational experiences that you can imagine.

At the end of those 9 days, the groups constructs what I call a "group merkaba"—a multi-dimensional field which we build using specific sounds, intervals, harmonics, colors, and geometries. We do this in order to assist both personal and planetary evolution, and it's wonderful. But the thing I want to say is that, in order to construct this, we do use specific sounds, colors, etc. And there is a reason and a basis for this.

When we have constructed this with our sounds and consciousness, you can actually feel the merkaba. The energy is discernable with your hands. And the gravitational fields are different around it. In fact, the whole time-space continuum is different around this form. So, it's real. And it's definitely an evolutionary leap that the different groups who do this are able to.

I remember the first time I was guided to create this with a group. I didn't have a clue what would happen really, only some idea that if we could it would be beneficial for all. And we did.

I'm waiting in the silence that accompanies the sound. And I hear a voice. It says: "Congratulations, this is the first time this has been accomplished in many a millennium." It was quite interesting.

But the reason I told you about this merkaba and our ability to create it was to say that, despite my desire to eliminate systems so that we can open our consciousness and not

create limitations upon ourselves, I also believe that it's good to have a beginning to start with. I couldn't just say: "Okay, we're going to create this multi-dimensional geometric form" and have us do it. I've got to state: "We're going to sing this interval with these vowel sounds and these harmonics, and visualize these colors, and so on and so on."

And it takes some training and practice. Not difficult, mind you, but just a little experience.

Now, someday I believe I will be able to just say: "Okay, we're going to create this multi-dimensional geometric form." And we'll be able to do it. But for right now, I think we all need "training wheels" or whatever metaphor you want to use for needing to crawl first before you can run.

Martin: Do you have any final thoughts you'd like to share with our readers?

Goldman: I'd like to say something that I begin every workshop I teach with. And that is this: What I share is the result of years of experience and it is what I believe to be true at this particular point in time and space. However, I know that reality is fluid and things change—including my understanding of sound. I'd like to be able to wake-up tomorrow morning and find out that everything I've believed and known thus far has been wrong. And I'd like not to spend the rest of my time defending my old beliefs.

There are so many aspects of sound, as a healing and transformational vehicle, that I've just scratched the surface of some important ideas. And there are many more.

But it's important to remember the sacredness of sound. In all our different spiritual traditions, we have the belief that the universe was created through sound. From the *Old Testament* we have: "And the Lord said, 'Let there be Light.'" In the *New Testament* we have: "In the beginning was the Word." From the *Vedas* we have: "In the beginning was Brahman, with whom was the Word." The Hopis believe that the Spider Woman sang over the inanimate forms and gave them life. Same thing with the Mayans in *Popul Vuh*. The Polynesians have the creator gods blowing a conch shell. In the East, a gong is hit and the universe begins. I could go on and on. All the different traditions understand this. Sound is sacred. Sound is the original creational force. It's important to remember.

We need to honor the sacredness of sound. And not get too carried away with the scientific analysis of sound and frequencies.

I remember reading an interview with the Chant Master of the Gyuto Monastery, where they do this extraordinary harmonic chanting. And the Chant Master said that there was not even a word for "harmonics" or "overtones" in the Tibetan language. The sound of the harmonic comes as a result of one's attunement with the Divine. He thought that the Divine

beings associated with sound were probably having a good laugh at all the attempts of Western science to understand this. I think there's probably a lot of truth in that.

I work a lot with a being named Shamael, who is the Angel of Sound. I believe one of the reasons this being has begun to manifest so much in the consciousness of those who work with sound and music healing is that we Westerners need a Divine Aspect to relate to when doing this work.

The last thing I would like to do is leave you with the Shamael Invocation, which I

always utilize whenever I am working with sound. Many students of mine, and others around the planet, also work with this Invocation. It is something I suggest doing if anyone is using sound as a sacred tool.

It is this:

I invoke the Spirit of Shamael
Angel of Sacred Sound!
May the Sound of Light surround me.
May the Light of Sound guide me.
May Sacred Sound come through me
For the harmony of all. △

Doors Opening For *The SPECTRUM* Video Tape Now Available

3/22/00 RICK MARTIN

In our first real "venturing out" amongst the public, *The SPECTRUM* recently presented a booth at the February 18-20 Preparedness 2000 Expo in Sacramento, California. While this Expo was not overly mobbed with crowds—maybe due to Y2K not happening or the bad weather of that weekend—many EXCELLENT professional contacts were made which will lead to future sharings in this newspaper.

One such contact was Reno, Nevada television host Dennis Grover. Very appreciative of the mission of *The SPECTRUM*, Dennis offered to have Gail and myself as guests on his 60-minute, LIVE (with audience), cable-access television program.

Soooo, after much trepidation and general nervousness, we decided to dive right in and embrace the television medium. His weekly program, called "Liberty And Justice For All" and sponsored by the Washoe County Libertarian Party, was taped and broadcast on Wednesday evening, March 1. Tapes of the program are distributed to a worldwide audience and thus the session is rebroadcast at many different times and places.

The title of this particular program session was "Publishing The Truth". The discussion focused on the trials and tribulations encountered by those attempting to offer a truly free press. Part of that general topic was a discussion of the many challenges encountered when publishing information such as that offered through *The SPECTRUM*.

For those of you who may be interested in this subject and our "performance" in the television medium, we are now able to offer a videotape of the program for a cost of \$12 (shipping is included). To order the tape, you may call us toll-free at 1-877-280-2866, or send your request with a check or money order for \$12 to our mailing address: 9101 W. Sahara Ave., PMB 158, Las Vegas, NV 89117.

We, of course, would like to extend our deepest thanks to Dennis Grover for offering to us the opportunity of speaking to a much wider audience through the television medium. Tapes of his program are subscribed to as far away as Greece, so we have high expectations of making many new friends through this avenue.

Continuing down this same path of expanded public visibility, by the time you receive this edition of *The SPECTRUM* we will have attended, as exhibitors, the 2000 Freedom Rally, held in Irvine, California. Again we expect to make new friends and open up still more opportunities for making people aware of this unique publication and its information.

And to those of you who have so kindly offered—and have taken the time and energy—to disseminate *The SPECTRUM* at events and places all over the planet, we offer our deepest appreciation. Every day excited calls come into the office from those who are asking to subscribe and wanting ALL of the back issues. They are thrilled by what they have read and, with a buoyant energy in their voices, are so thankful to have found this publication—usually through a friend like YOU! △

Basic Safety Net In Difficult Times So You Want To Plant A Garden?

Editor's note: Well, readers, it's that time of year when thoughts of sweet corn and juicy tomatoes and fresh, crisp green salads should be dancing through your dreams—things you can't hardly find anymore in the grocery store's produce counter in edible format. Genetic and chemical tinkering—for reasons of both commercial profit and a more sinister health-degradation-of-the-populace agenda—have made most fruits and vegetables bland-tasting and vitamin/mineral-deficient at best, and outright poisonous at worst. It's a sorry state of affairs when that old decorative bowl of wax fruit on the dining room table looks more and more appealing.

So, at this timely juncture in the early stages of this year's growing season for North America, we enthusiastically share Rick Martin's constantly evolving tutorial on home gardening. Believe me, I've been the delighted beneficiary of surplus bounty from Rick's garden and I can testify—under penalty of having to eat that bowl of wax fruit—that Rick knows that of which he speaketh. So get to work—or play, as the case should be—and enjoy the satisfaction of creating one of the most important contributions you can possibly make to your (and your family's and friends') enjoyment and good health!

3/17/2000 RICK MARTIN

The scientific gremlins behind the scenes at Monsanto recently had the sheets thrown back on their “terminator seed” plans, thus exposing them for exactly who and what they are. But don't think that just because public opinion rallied on the seed issue for a brief time that this monster won't rear it's ugly head once again, soon, only from an entirely different direction, probably under an entirely new name.

“So what!” you say? Well, here's what. The nutritional value of the very food you eat is determined by a wide range of influences, but the primary one is the genetic makeup of the seed itself. Beyond that there is, of course, soil nutrients to consider. And, of course, the

amount of actual love and other “green thumb” energy you put into the planting and growing.

But, let's not pass over the critical importance of the actual seed that starts it all. Most commercial and home gardening seeds these days (you know, the kind you pick up in the grocery store or at a hardware store) are hybrid seeds.

Hybrids may all ripen at roughly the same time; they may be prettier to look at; they may even be hardier and more resistant to disease and pests. But you cannot plant a garden next year using the seeds from this year's crop.

That's right, you have to go back to the trough, shell out some more coins, and the big, usually oil companies, get the profits while laughing all the way to the bank. And there's no telling what genetic traits important to good health and taste have been eliminated from those hybrid seeds.

Here's a concept worthy of your consideration: Why not grow and save your own seeds? This can (and should) be done by utilizing that now-rare breed called “heritage” or “open-pollinated” seeds. Amazingly enough—although I suppose this shouldn't be a surprise—there are only a handful of seed companies where you may still purchase these PRICELESS TREASURES. I have expanded the list herein of available resources for open-pollinated, heirloom seeds based upon the latest information I could find and assemble.

Planting a small garden at home is an idea that just makes sense. Everything about it is good. It is good exercise. It's a good excuse to get you outside, if you need an excuse. It feels good to do it. It tastes good to eat it. And if you do it right, it looks good, too. Moreover, gifts from your home garden are a wonderfully personal way to share with friends and neighbors.

Unless you have access to a great health-food store near you that actually sells some living food, there is nothing, and I mean nothing, to compete with freshly picked salads, beets, melons, tomatoes—you name it. There is

only one slight problem I can even think of about this whole subject: You MAY become addicted to gardening, once you start!

Yes, that's right. You'll have to have your daily dose of crispy butter-lettuce, or fresh herbs for that special sauce. And once you get used to having these gifts from the Earth as staples of your diet, you just may never go back to buying that old stuff at the grocery store again—at least from the produce section. And that's by no means all of the good reasons to devote some of your energies to a garden of life-sustaining bounty.

The forces of Nature have only grown more wild over this past year, leaving millions of people the world over without the basics of food or shelter. Food shortages are common in many regions. It doesn't take a genius to figure out that, in what are certain to be difficult economic times in the days ahead, having a home garden to help sustain you and your family becomes not only prudent, but potentially even profitable.

Let me just take a few moments here, early on, to add some comments of a general nature to this article, originally written some time ago. I guess you could call these comments a general “stream of consciousness” sort of thing, but there may be some points touched on here that I may have missed in the earlier passes at covering this subject.

There are many factors to consider when planning a garden—be it a little patch for some fresh salad lettuce, or substantial acreage to support a larger goal. Water is an important component, and the cost of pumping water CAN be very expensive.

It is easy to look at, say, an acre of barren land and imagine it covered with zucchini, tomatoes, and lettuce. But it is an entirely different matter to plant an acre, water an acre, weed an acre, and generally devote yourself to that acre of land until harvest time. Obviously there are pros and cons to both extremes, but there is a balance, I believe, somewhere in-between.

Soil preparation is CRUCIAL to a healthy,

nutritional crop. Many of the old-timers swear by cow or horse manure, compost, and other “natural” soil amendments. Others swear by the use of “modern” chemical fertilizers. Only you can decide what is appropriate for you and your family. With the discoveries over recent years about bacterial, biological, and potentially genetically dangerous organisms living in cow dung, for example, you may want to consider using other natural amendments than manure. Be careful, though, because most so-called compost, in bulk, these days, is treated with either solid waste or urine.

If you sit down to plan your garden and you decide you want it to be “organic”, that decision has some implications in terms of how you prepare the soil. And please don’t think that you will be putting seed into the ground the day you decide to plant a garden—not if you expect a real crop.

Soil preparation and quality seed (meaning: open-pollinated, non-hybrid—not the genetically altered norm) are THE KEY factors to having a beautiful and satisfying gardening experience.

Another pointer: Plant food YOU LOVE TO EAT. For example, many years ago I really enjoyed cantaloupe and other melons, so I planted LOTS. When it came time to harvest (as I had NOT staggered the plantings—big mistake) I had over 50 melons all ripe at the same time. What did I do? I juiced them, froze the juice, and had fresh juice throughout the winter months.

Also, try planting some foods you either don’t know about or have never tried. One “fun” food is spaghetti squash.

And another point: think about color in your garden. It is amazing what a few well-placed flowers can do for the overall appearance of a garden in full bloom, as well as attracting some pest-eating birds and other insects.

When you are designing your garden, contemplate the garden to accommodate the space available. Is this space more conducive to a circular garden? How about a half-moon?

Raised beds are certainly the most efficient method of planting (in my opinion)—but where is it written that all raised beds must be square or rectangular in shape? Get creative, but consider practical application within that creative shaping. Also, allow yourself enough physical space between the garden beds so that when you walk through the garden, when it’s fully grown, you won’t have to tip-toe over vines and dodge overall garden growth. It simply is a more comfortable feeling to be able to walk through your garden in a relaxed, rather than cautious, mode.

Staggered planting: When you are planting rows and rows of any given food, be it lettuce, carrots, or whatever, plant a row or two, then leave space for planting another row or two every other week, for a number of weeks. So when you are viewing your garden, you’ll have several planted rows punctuated by open space

reserved for subsequent plantings of the same crop. And then a switch to several rows of a different crop, then open space “reserved”, etc.

Ask yourself: is there a particular crop that seems to grow well in your area? Is there a particular crop that there seems to be a “demand for” in your area? Is there a possible market for your excess produce? Could you set up a “truck farm stand” at your property and make some extra cash to help with expenses?

Also ask yourself, when planning: is this garden large enough to justify starting a compost pile? Composting should become second nature to you as you progress in your gardening experience. Compost, done right, can not only create the healthy, aerated soil you need, but it is a creative by-product of your garden waste.

Another aspect of gardening to consider is this: Do you want to sow seeds directly into the ground, or do you want to prepare little seedlings to be transplanted into the garden? There is a lot to be said for planting seed directly into the ground, although often you have to wait a little longer for the proper soil temperature.

One COMMON mistake is to plant your seeds too deep. The SIZE of the seed will give

you an indication as to how much dirt to place over them. Small seeds require a shallow planting. Beans, for example, are planted much deeper than, say lettuce. And if you would like nice straight rows, use a string tied between two sticks as your planting guide. Also, sow your seeds more heavily than you would normally think to do (or most seed-packet instructions suggest) if you would like nice “full” rows. You can always thin out the plants to allow proper spacing, if they’re too thick. But it’s difficult to fill in the spaces when there is no seed growing!

In particularly cold regions, the use of a “cold frame” or “mini-greenhouse” can save months of growing time. It is possible within a cold frame to get lettuce and other seedlings started in “flats” which can be transplanted directly into the garden beds when the time is right. Cold frames are easily constructed and can be made of anything from cinderblocks and glass, to a wooden frame with clear plastic. The more ways you can start your garden to grow, sheltered from a potentially harsh physical environment, the more likely it is that you’ll be eating fresh garden food when others are still

HOW HIGH-YIELD GARDENING CAN SOLVE THESE COMMON GARDENING PROBLEMS

According to a National Gardening Survey, the following are the most vexing problems that plague backyard growers. The techniques used in high-

yield gardening can solve or even prevent these common dilemmas.

Not Enough Water	The high humus content, uncompacted soil, and the self-shading created by closely spaced plants act to conserve soil moisture deep down. Beds allow you to concentrate a limited water supply directly where it’s needed; you won’t waste water on pathways. It’s easy to lay out an efficient drip irrigation system among beds. Plants growing in raised beds develop deep, probing root systems and are more resistant to drought.
Insects	Mixing plantings within a single bed (instead of growing row upon row of the same crop) confuses insects, making it harder for them to locate their host plants. It’s much easier to monitor each plant’s development in the confined areas of a bed, so insect problems can be caught early, when they’re easier to treat. Entire beds can be outfitted with a cheesecloth or other covering to keep egg-laying worms away.
Weeds	Closely spaced plants that form a “living” mulch in conjunction with standard mulches laid on the soil control weeds and cut down on the time spent weeding.
Hot Temperatures	Closely spaced plants shade the soil and each other, offering some relief from the heat. Interplanting taller and shorter crops shades the lower level planting. Lath or other shading structures are easy to set up to cover a whole bed.
Too Much Water	Raised beds drain very quickly and alleviate soggy soil conditions.
Animal Pests	Birds and rabbits can be kept at bay by covering beds with curved frames draped with plastic netting. You can get in and out easily, but the wild creatures can only gaze instead of graze.
Problems with Plant Growth and Soil Conditions	Raised beds overcome problem soils. You can create ideal growing mediums inside the beds by blending soil, sand, manure, peat moss, and other amendments. You can also tailor the soil to meet plants’ specific nutrient needs. Because beds are never walked on, plants have a soft, deep area for excellent root development, which encourages strong, healthy plant growth.

only watching their gardens sprout.

Hydroponics offers another viable alternative for “indoor” gardening, but that more exotic pursuit is not the topic of this particular article. There are many good references out there on this subject, though it is a more “high-tech” approach to growing things.

Another point worthy of consideration when planting a substantial garden is preserving some of your crop for another day—that is, canning, freeze drying, or dehydrating. Also, if your property permits, consider a “root cellar” where you can cold-store foods such as acorn squash, large onions, carrots, potatoes, etc.

In an older *Seeds Of Change* catalog (also see their excellent www.seedsofchange.com website), we read:

[QUOTING]

The establishment of a sustainable food system that can provide sufficient nutrition for all is one of the greatest challenges of our time. To do this without damaging our natural resources—water, air, soil, plants, and animals—will require an unprecedented, cooperative effort. The current commercial, industrial-style model of agriculture is capable of producing massive quantities of food, but carries with it tremendous costs. Foremost is the depletion and degradation of non-renewable resources including topsoil, oil, minerals, clean water, and widespread social disruption through the elimination of traditional rural communities and their land base.

During the past couple of decades, there has been a growing worldwide movement to reclaim our food system. By implementing state-of-the-art organic farming methods, along with time-honored traditional wisdom that has largely been ignored by modern agriculture, conscientious farmers can pass their land on to their children in better condition than when they started. Most contemporary farmers believe in good land stewardship, yet have been forced to compromise because agricultural goods are significantly undervalued, and chemically-grown foods are subsidized by the government. A few philosophically passionate individuals have chosen to adhere to organic principles by creating farm ecosystems that maximize natural biological processes and interactions. They invest more of their time and energy than conventional farmers do into restoring and improving soil with good crop rotation, cover crops,

composting, and controlling pests using methods that have a low impact upon the environment.

[END QUOTING]

So, with this background in mind, let’s begin our journey toward understanding the mechanics of putting in a garden. And, yes, IT CAN BE FUN!

Oh, one last thing: sprinkle some sunflower seeds along the perimeter of your garden. Late in the season those big, bright sunflowers really add cheer to the space and attract birds who also feast on the insects feasting on your garden.

THE SOWER

That same day Immanuel went out of the house, and sat by the seaside.

And many people gathered around him, so that he had to go up and sit in a boat, and all the people stood on the seashore.

And he spoke many things to them in parables and said, “Behold, a sower went out to sow;

“And when he had sown, some seed fell on the roadside, and the fowls came and ate it.

“Other seed fell upon the rock, where there was not sufficient soil; and it sprang up earlier because the ground was not deep enough;

“But when the Sun shone, it was scorched, and because it had no root, it dried up;

“And other seed fell among thistles, and the thistles sprang up and choked it.

“And other seed fell in good soil and bore fruit, some one hundred-fold and some sixty and some thirty.

“He who has ears to hear, let him hear.”

— Matthew 13:1-9

CONSIDER THIS

With geophysical and climatic changes of great proportions looming on the horizon, combined with awakening to the reality of nutritionless food, growing one’s own food becomes an increasingly desirable idea. At some point in the not too distant future, it will become a necessity.

“Give us the strength to encounter that which is to come that we may be brave in peril, constant in tribulation, temperate in wrath, and in all changes of fortune, and down to the gates of death, loyal and loving to one another.”

—Robert L. Stevenson

The Golden Rule as given by the Prophet to the Shawnee:

“Do not kill or injure your neighbor, for it is not he that you injure; you injure yourself. Do good to him, thus adding to his days of happiness, even as you then add to your own.

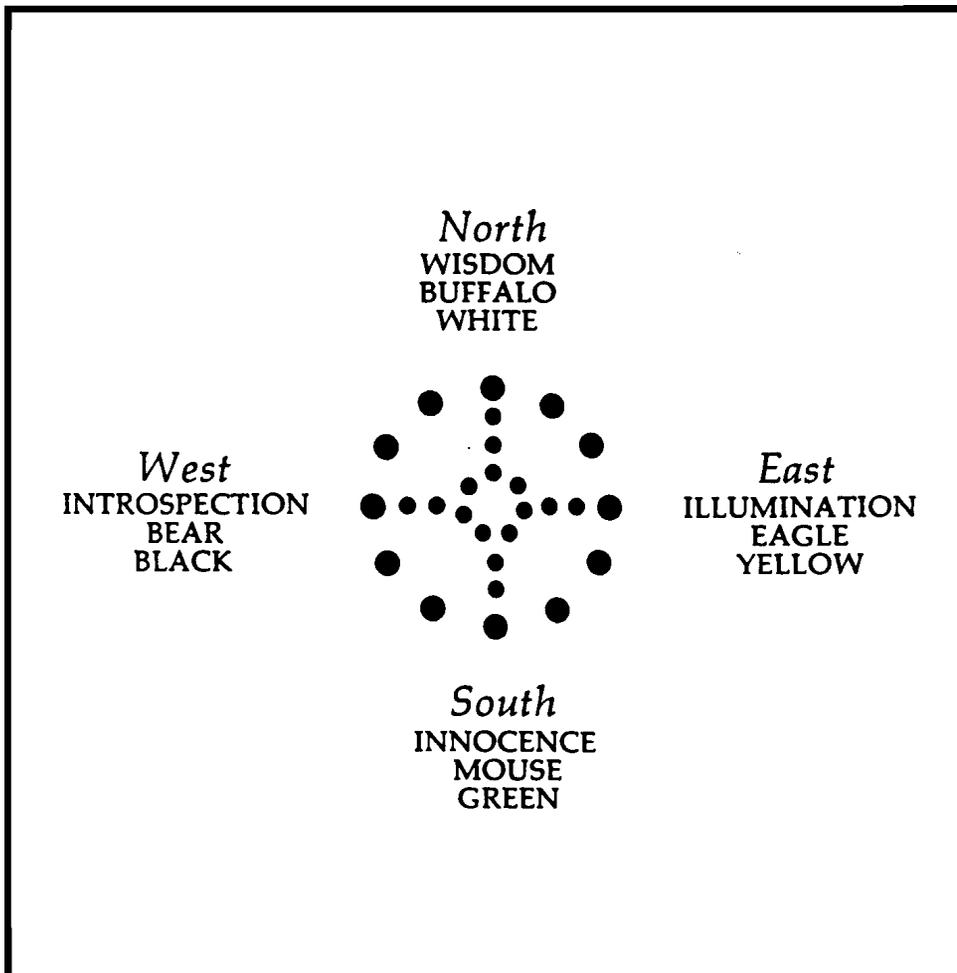
“Do not wrong or hate your neighbor; for it is not he who you wrong; you wrong yourself. Rather, love him, for The Great Spirit loves him, even as He loves you.”

Most people in cities have no idea how to begin a garden or even consider the possibility that such a thing can be done on a smaller scale using planter boxes. But for the average person in more rural areas who is unfamiliar with the often technical aspects of growing a garden, the prospect becomes too overwhelming to consider and is put off indefinitely.

“...the Earth is utterly broken down, the Earth is utterly moved, the Earth is staggering exceedingly. The Earth shall reel to and fro like a drunkard and shall be shaken like a hut and its transgressions shall fall and not rise again.” — Isaiah 24:19-20

Well, dear readers, the time for putting off growing your garden—big or small—is past and it truly is the better part of WISDOM to take steps in this direction to insure quality nourishment in the days, months, and years ahead. I know that the time for *beginning* a garden for *this* growing season may seem to be too late for some geographic areas which receive this publication—but please remember that the garden spot you prepare will be needed and used not only this season, but for many years ahead. Therefore, by all means, get busy! No excuses! Also, buy a straw hat for Sun protection.

The instructions here are something that I have personally used over the last fifteen-plus



years. If you follow the instructions explained here, they *will* work, and you will have food to eat.

The initial financial outlay can be considerable—but in subsequent years the cost is relatively small. When you consider growing your own food, rich in nutrients, the cost should be secondary. The charts within this article hold a wealth of critical information—by all means, **USE THEM**. Even the most sophisticated gardener can learn from the information contained within them.

“Our old food we used to eat was good. The meat from the buffalo and game was good. It made us strong. These cows are good to eat, soft, tender, but they are not like that meat. Our people used to live a long time. Today we eat White man’s food, we cannot live so long—maybe seventy, maybe eighty years, not a hundred. Sweet Medicine told us that. He said this food would be sweet, and after we taste this food we want it, and forget our own foods. Chokecherries and plums and wild turnips and honey from the wild bees, that was our food. This other food is too sweet. We eat it and forget.... It’s all coming true, what he said.”

— Fred Last Bull, Keeper of the Sacred Arrows of the Cheyenne Tribe, told that to an audience in Busby, Montana, in 1967.

SIZE UP YOUR PROPERTY

An obvious first step is to survey your property to see what the most reasonable location for a garden would be. Always keep in mind the availability of water. Choose a location with lots of direct Sunlight. Also consider overall size—the larger the garden, the more time and water it will take to maintain.

You want an area large enough to produce sufficient food for you, your family, and friends, but small enough so you are not an absolute slave to it. As a single person, starting with a garden as small as 10 feet x 10 feet is not unreasonable. I would recommend, however, that larger would be more desirable. For the purposes of this article, I use the hypothetical garden space as 20 feet x 80 feet, which is a pretty good-sized garden for a small family. When you start planting more than a quarter acre, then you’ve got something which may keep you tied to it with a ball and chain.

If you only have an area where there is a lawn, consider pulling it up and planting a garden instead. In difficult times you won’t want to eat the lawn—or perhaps I should say: you *may* want to eat the lawn, but a garden will taste a lot better.

In times of drought, a small, intensively grown garden is highly desirable as the yield is very high and it requires less water than traditional farming methods.

“No one should control more arable land than he can maintain in a high state of productivity, the four great factors of which are good seed, suitable moisture, abundant available plant food, and rational tillage. In a large majority of cases where failure, or partial failure of an abundant crop is observed, the meager results are due to a partial lack of one of these four fundamentals.”

—Isaac Phillip Roberts in *Ten Acres Enough*

SEED

Once you’ve decided to put in a garden, then you need to choose what you’d like to grow—always keeping in mind the specifics about your particular geographical region and the time of year. **GET YOUR SEEDS ORDERED ONCE YOU’VE GIVEN SOME CAREFUL THOUGHT TO IT, AND THAT WAY THE SEEDS CAN BE ON THEIR WAY TO YOU WHILE YOU COMPLETE OTHER ASPECTS OF THE GARDEN PREPARATION. ORDER SEEDS FIRST, THEN PREPARE THE SOIL. ALSO, ORDER NON-HYBRID, OPEN-POLLINATED OR HEIRLOOM SEED.** With this type of seed, which is rare in this country, you may replant year after year after year using

DISCOVERING YOUR SOIL TYPE FIRSTHAND

If It Looks . . .

hard baked, crusty, and perhaps even deeply cracked when allowed to dry out

scarce in pore spaces holding air and water

devoid of individual particles

loose and friable

quite porous

full of large, irregularly shaped mineral particles

more or less devoid of larger pieces or granules

very dark brown

full of organic matter in varying stages of decay

granular and porous

full of crumbs of various sizes

quite porous

And Feels . . .

harsh and rock hard when dry

sticky, greasy, or rubbery when wet

grainy and gritty

crumbly and won’t hold its shape when squeezed

like moist peat moss when squeezed

spongy, compacting readily into a ball when squeezed, but falling apart readily when prodded

or floury and talcum-powdery when dry and only moderately plastic when moist

And Is . . .

hard to work

very slow to absorb water and to dry out

slow to warm up in spring

likely to form large, congealed lumps if worked when wet

easy to work

quick to warm up in spring

fast drying

low in nutrients because soluble plant foods are lost through leaching

easy to work

slow to warm up and dry out in wet springs

slow to decompose

low in minerals

easy to work

very productive

well drained yet able to retain moisture as it is needed

well aerated

retentive of nutrients

It Needs . . .

substantial additions of organic materials to break up the compaction and open channels for aeration and drainage. Some good choices: compost, manure, leaf mold, rice hulls, peat moss, coarse sand, sawdust, and wood chips.

lime to improve its texture and free locked-up soil nutrients for the use of plants.

leguminous green manure crops.

spading or tilling in fall to expose massive solid clods to the weathering action of freezes and thaws.

continual augmenting with large amounts of organic matter to hold water and nutrients within the range of plant roots.

manure worked in deeply in autumn or winter.

plentiful applications of peat moss, compost, leaf mold, or sawdust in topsoil layer.

green manures to build structure.

layers of gravel or drainage tiles to improve drainage.

lime added as needed.

regular infusions of organic matter to maintain its already excellent fertility and structure.

Reprinted from *High-Yield Gardening*.

seed from your own crops.

Here are some excellent non-hybrid, open-pollinated seed companies that I strongly recommend you communicate with and get their catalog:

Territorial Seed Company
P. O. Box 157
Cottage Grove, OR 97424
(503) 942-5247

Seeds Trust
High Altitude Gardens
P. O. Box 1048
Hailey, ID 83333
(208) 788-4363

Abundant Life Seed Foundation
1029 Lawrence St.
Port Townsend, WA 98368
(206) 385-5660

Garden City Seeds
778 Highway 93 North
Hamilton, MT 59840
(406) 961-4837

Native Seeds/SEARCH
2509 N. Campbell Ave., #325
Tucson, AZ 85719
(602) 327-9123

And It's...

CLAY If other kinds of particles are present in quantity, such soil can be classified as a stony clay, gravelly clay, sandy clay, or silty clay.

SANDY Depending on the size and texture of the particles, such soil may be classified as gravelly, coarse, medium, fine, or loamy sand.

MUCK or PEAT Peat is not fully decomposed. Muck is the same soil in a more advanced state of decay. It tends to be waterlogged and lacking in lime but rich in nutrients such as nitrogen.

LOAM A mixture of sand, silt, and clay, this close-to-ideal soil combines the best qualities of light and heavy growing media. Depending on the kind and size of the particles that predominate, a sample may be categorized as a coarse, sandy, medium sand, fine sand, silty, stony silt, or clay loam.

Ecology Action
5798 Ridgewood Rd.
Willits, CA 95490

International Seed Saving Institute
P. O. Box 4619
Ketchum, ID 83340
(208) 726-4694

GENERAL FERTILIZER PROGRAM—PER CROP PER 100 SQUARE FEET

Assuming no soil test is performed.

Functions	Sources	1st & 2nd yr. Assuming poor soil	3rd & 4th yr. Or 1st & 2nd yr. in average soil	5th yr. Or 1st year in good soil	Maintenance Every year thereafter ¹²	Add to Soil before or after Double-Dig		
Nitrogen	Cottonseed Meal	10 lbs.	6 lbs.	3 lbs.	—	After		
	(or Fish Meal)	(5 lbs.)	(3 lbs.)	(1-2 lbs.)	—			
	(or Blood Meal) ¹⁰	(5 lbs.)	(3 lbs.)	(1-2 lbs.)	—			
	(or Hoof & Horn Meal)	(4 lbs.)	(2 lbs.)	(1 lb.)	—			
Phosphorus	Bone Meal	4-5 lbs.	2 lbs.	2 lbs.	2 lbs.	After		
	(or Phosphate Rock)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
	(or Soft Phosphate)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
Potash and Trace Minerals	Kelp Meal	1 lb.	1 lb.	1 lb.	1/4 lb. ¹³	After		
	and Wood Ash	2 lbs.	1 lb.	1 lb.	1 lb.			
	(or Granite)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
	(or Greensand)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
Texturizer,	Manure	2 cu. ft.	2 cu. ft.	2 cu. ft.	2 cu. ft.	After		
Microbiotic Life, Humus,		Compost	Up to 1 cu. yd. (1st crop),	8 cu. ft.	8 cu. ft.		8 cu. ft.	After for best results ^{13a}
Multiple Nutriments			8 cu. ft. (ea. addit. crop) ¹¹					
Calcium	Eggshells	2 lbs.	1 lb.	as available up to 1/2 lb.		After		
Humic Acid	"Clodbuster"	1 lb.	—	—	—	After		

10. Do not plant for 2 weeks if using more than 3 pounds blood meal per 100 sq. ft. It can burn the plants during this time since it releases nitrogen rapidly at first.

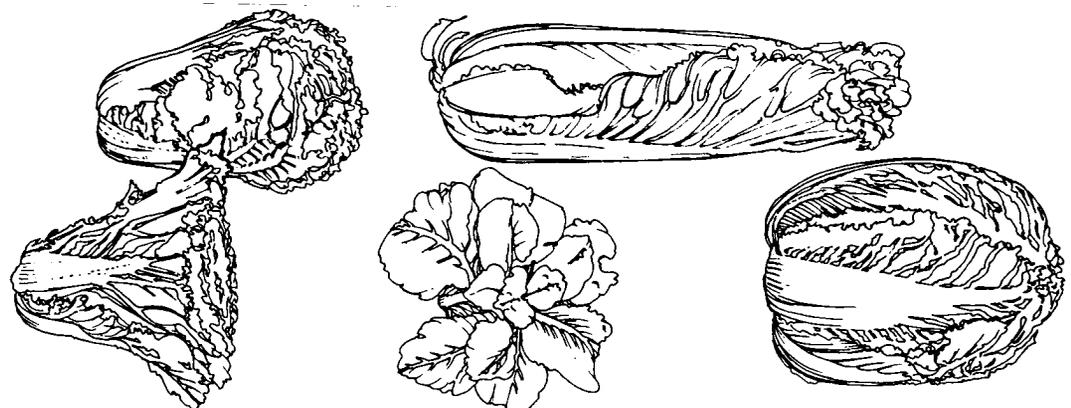
11. 1 cubic yard equals 27 cubic feet. 1 cubic yard will cover 100 sq. ft. 3" deep. 8 cubic feet will cover 100 sq. ft. 1" deep. 2 cubic feet will cover 100 sq. ft. 1/4" deep. You can substitute manure for compost the first year if you do not have a ready supply of compost.

12. Beginning the sixth year your legumes, cover crops, and recycled plant materials (in the form of compost) can provide most of your nitrogen, phosphorous and potash. Double-check this periodically with a soil test.

13. For trace minerals: kelp meal is 33% trace minerals.

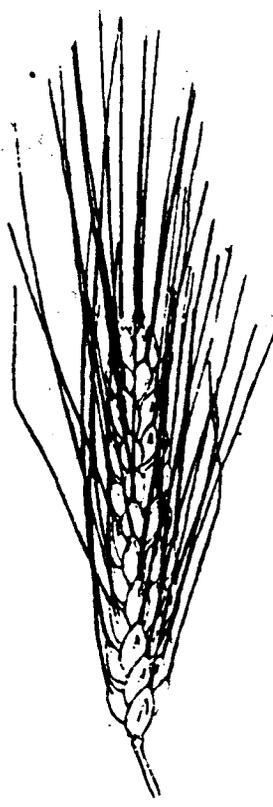
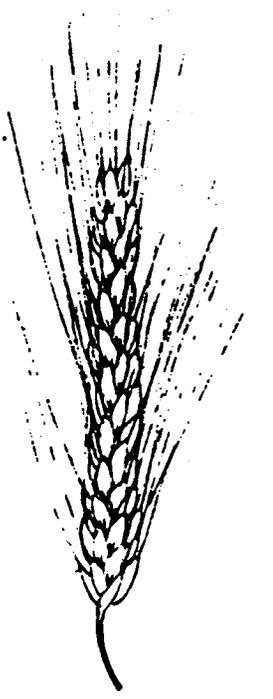
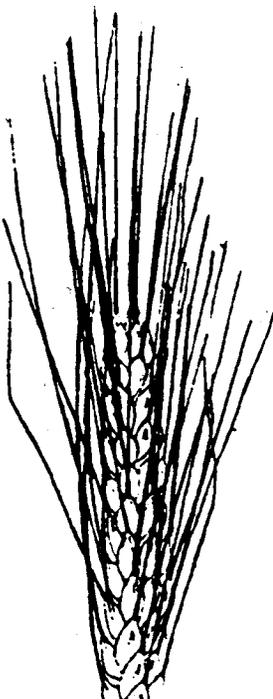
13a. Except for first double-dig when it is added before.

Reprinted from *How To Grow More Vegetables.*



NITROGEN (N), PHOSPHORUS (P) AND POTASH (K)

Pounds of fertilizer to add per 100 square feet. Pounds of *pure* nutriment added given in parentheses.

Test Rating	Nitrogen (N)	Phosphorus (P)	Potash (K)
 <i>Very High</i> ⁸	(.1) .75 lb. blood meal or 1 lb. fish meal or 2 lbs. cottonseed meal or .75 lb. hoof and horn	(.2) 1 lb. bone or 2 lb. phosphate rock or soft phosphate	(.15) 1 lb. kelp meal ⁹ or 2 lb. greensand or 3 lb. crushed granite
	<i>High</i> ⁸	(.2) 1.5 lbs. blood meal or 2 lbs. fish meal or 4 lbs. cottonseed meal or 1.5 lbs. hoof and horn meal	(.3) 1.5 lb. bone or 3 lbs. phosphate rock
 <i>Medium High</i>	(.25) 2 lbs. blood meal or 2.5 lbs. fish meal or 5 lbs. cottonseed meal or 2 lbs. hoof and horn meal	(.35) 1.75 lbs. bone or 3.5 lbs. phosphate rock	(.25) 1 lb. kelp plus 1.33 lb. greensand or 2 lb. granite; or 3.33 lbs. greensand; or 5 lbs. granite
	<i>Medium</i>	(.3) 2.25 lbs. blood meal or 3 lbs. fish meal or 6 lbs. cottonseed meal or 2.25 lbs. hoof and horn meal	(.4) 2 lbs. bone or 4 lbs. phosphate rock
 <i>Medium Low</i>	(.35) 2.75 lbs. blood meal or 3.5 lbs. fish meal or 7 lbs. cottonseed meal or 2.75 lbs. hoof and horn meal	(.45) 2.25 lbs. bone or 4.5 lbs. phosphate rock	(.35) 1 lb. kelp plus 2.66 lbs. greensand or 4 lbs. granite; or 4.66 lbs. greensand; or 7 lbs. granite
	<i>Low</i>	(.4) 3 lbs. blood meal or 4 lbs. fish meal or 8 lbs. cottonseed meal or 3 lbs. hoof and horn meal	(.5) 2.5 lbs. bone or 5 lbs. phosphate rock
 <i>Very Low</i>	(.5) 4 lbs. blood meal or 5 lbs. fish meal or 10 lbs. cottonseed meal or 4 lbs. hoof and horn meal	(.6) 3 lbs. bone or 6 lbs. phosphate rock	(.5) 1 lb. kelp plus 4 lbs. greensand or 6 lbs. granite; or 6.66 lbs. greensand; or 10 lbs. granite

8. Addition of nutriment at these leveles is optimal.

9. Because of the growth hormones kelp meals contains, do not add more that 1 pound per 100 square feet per year.

ANALYSIS OF RECOMMENDED ORGANIC SOIL AMENDMENTS

N, P and K refer to the three main nutrients plants need: NITROGEN for green growth and in compost piles to speed decomposition, PHOSPHORUS for root growth, disease resistance, and production of good fruits, vegetables, and flowers, and POTASH for strong stems, vigorous roots and increased disease resistance. Plants also need HUMUS which is provided by decomposed organic matter such as compost and manure. For information on the application rates for organic fertilizers when a soil test is not used, see the Fertilizer Program Table which follows this table.

NITROGEN

Cottonseed Meal

3-5% N 2% P 1% K Lasts 4-6 months. Use up to 10 lbs./100 sq. ft. Fair source of nitrogen. Especially good for citrus and azaleas because it has an acidifying effect on soil.

Blood Meal

12.5% N 1.3% P .7% K Lasts 3-4 months. Use up to 5 lbs./100 sq. ft. A quick acting source of nitrogen, good for slow compost piles. Can burn plants if using more than 3 lbs. per 100 square feet. If using higher amounts, wait 2 weeks to plant.

Hoof & Horn Meal

14% N 2% P 0% K Lasts 12 months. Use up to 4 lbs./100 sq. ft. Highest nitrogen source. Slow releasing: no noticeable results for 4-6 weeks.

Fish Meal

10.5% N 6% P 0% K Lasts 6-8 months. Use up to 5 lbs./100 sq. ft. Good combined nitrogen and phosphorus source.

PHOSPHORUS

Bone Meal

3% N 20% P 0% K Lasts 6 months to 1 year. Use up to 5 lbs./100 sq. ft. Excellent source of phosphorus. Especially good on roses, around bulbs, and around fruit trees and flower beds.

Phosphate Rock

33% P Lasts 3-5 years. Use up to 10 lbs./100 sq. ft. Very slow releasing.

Soft Phosphate

18% P Lasts 2-3 years. Use up to 10 lbs./100 sq. ft. Clay base makes it more available to plants than the phosphorus in phosphate rock, though the two are used interchangeably.

POTASH

Kelp Meal (Seaweed)

1% N 0% P 12% K 33% trace minerals. Lasts 6 months to 1 year. Excellent source of potash, iron, and other minerals. Reportedly, the proper amount of trace minerals in the soil may mean only one-half the fertilizers will be needed for the same growth and yield! Kelp meal is also a natural fungicide. Use sparingly (up to 1 pound per 100 square feet per year) because it contains growth hormones.



Wood Ashes

1-10% K Lasts 6 months. Use up to 1-2 lbs./100 sq. ft. Ashes from wood are high in potash and help repel root maggots. Ashes also have an alkaline effect of the soil, so use them with care if your soil is already alkaline. Black wood ash is best.

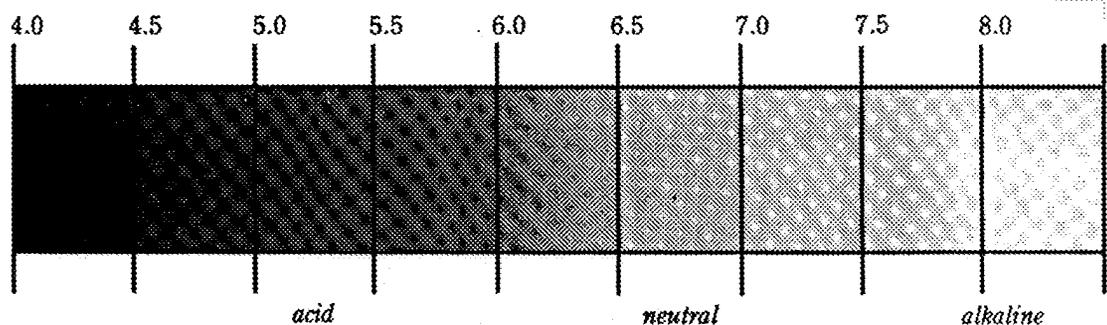
Crushed Granite

3-5% K Lasts up to 10 years. Use up to 10 lbs./100 sq. ft. Good slow-releasing source of potash and trace minerals.

Greensand

0%N 1.5% P 6.7% K Use interchangeably with crushed granite.

SOIL pH SCALE



A pH reading tells you the relative acidity/alkalinity of the soil. Most vegetables will grow well in a range from 6.0 to 7.5. 6.5 is probably the best all round pH. In extremely acid or extremely alkaline soils valuable nutrients are tied up and thus unavailable to the plants. An acid soil can be sweetened by the addition of dolomite lime. An alkaline soil can be brought closer to neutral by compost or manure. Compost has a buffering effect on soil, correcting both acid and alkaline conditions.

SOIL MODIFIERS

Dolomitic Lime

A good source of calcium and magnesium to be used in acid soils. Do not use lime to "sweeten" the compost pile; it results in a serious loss of nitrogen. You can discourage flies and odors with a layer of soil.

Gypsum

Gypsum is not needed by organic gardeners. It is normally used commercially in soils made impermeable by excess exchangeable sodium.

"Clodbuster"

15% Humic Acid 5.5 pH Lasts 1 year. It is crushed "rock" deposits made up of ancient plant and animal remains. Helps make soil less alkaline and releases nutrients tied up in the soil. Use up to 1 lb./100 sq. ft.

Crushed Eggshells

High in calcium. Especially good for cabbage family crops. Help break up clay and release nutrients tied up in alkaline soils. Use up to 2 lbs./100 sq. ft.

Manure

A good source of humus in the garden. Nutrient levels depend on proper handling and the amount of straw or sawdust present. Large amounts of bedding may add up to 2 years to the decomposition time.



NUTRIENT PROFILES OF COMMON ORGANIC AMENDMENTS

<u>Organic Material</u>	<u>Nitrogen</u>	<u>Phosphorus</u>	<u>Potassium</u>	<u>Rate of Release</u>
Activated sludge	5.0	3.0	0	Medium
Alfalfa hay	2.5	0.5	2.1	—
Animal tankage	8.0	20.0	0	Medium
Apple leaves	1.0	0.2	0.4	—
Basic slag	0	0.8	0	Rapid
Bloodmeal	15.0	1.3	0.7	—
Bone meal (steamed)	4.0	21.0	0.2	Slow
Brewers' grains (wet)	0.9	0.5	0.1	—
Castor pomace	5.5	1.5	1.3	Slow
Cattle manure (dried)	2.0	1.8	2.2	Medium
Cattle manure (fresh)	0.3	0.2	0.4	Medium
Cocoa shell dust	1.0	1.5	2.7	Slow
Coffee grounds (dried)	2.0	0.4	0.7	—
Colloidal phosphate	0	18-24	0	Slow
Cornstalks	0.8	0.4	0.9	—
Cottonseed	3.2	1.3	1.2	—
Cottonseed meal	7.0	2.5	1.5	Slow-medium
Dried blood	12-15	3.0	0	Medium-rapid
Fish emulsion	5.0	2.0	2.0	Medium-rapid
Fish meal	10.0	4.0	0	Slow
Fish scrap	7.8	13.0	3.8	Slow
Granite dust	0	0	5.0	Slow
Greensand	0	1.5	5.0	Very slow
Guano	12.0	8.0	3.0	Medium
Hoof meal and horn dust	12.5	1.8	0	Slow
Horse manure (composted)	0.7	0.3	0.6	Medium
Horse manure (fresh)	0.4	0.2	0.4	Medium
Leaf mold (composted)	0.6	0.2	0.4	Medium
Mushroom compost	0.4-0.7	57-62	0.5-1.5	Slow
Oak leaves	0.8	0.4	0.2	Rapid
Peach leaves	0.9	0.2	0.6	—
Phosphate rock	0	30-32	0	Very slow
Pig manure (fresh)	0.6	0.4	0.1	Medium
Pine needles	0.5	0.1	0	—
Poultry manure (fresh)	2.0	1.9	1.9	Medium-rapid
Rabbit manure (fresh)	2.4	0.6	0.1	Medium
Roses (flower)	0.3	0.1	0.4	—
Sawdust	4.0	2.0	4.0	Very slow
Seaweed	1.7	0.8	5.0	Slow-medium
Sheep manure (fresh)	0.6	0.3	0.2	Medium
Soybean meal	6.7	1.6	2.3	Slow-medium
Tankage	6.0	8.0	0	—
Tobacco stems	2.0	0	7.0	Slow
Wood ashes	0	1.5	7.0	Rapid

Reprinted from *High-Yield Gardening*.



Seed Savers Exchange
3076 North Winn Rd.
Decorah, IA 52101
(319) 382-5990

Eastern Native Seeds Conservancy
Box 451
Great Barrington, MA 01230

Heirloom Seeds
Box 245
West Elizabeth, PA 15088

Nichols Garden Nursery
1190 North Pacific Hwy.
Albany, OR 97321
(541) 928-9280

Seeds of Change
P. O. Box 15700
Santa Fe, NM 87506
(505) 438-8080

"The cost of seed is ordinarily a trifling matter in comparison with the expense of the season's labor and the value of the crop."

— L.H. Bailey in *The Principles Of Vegetable Gardening*

HIGH-YIELD GARDENING: RAISED BEDS

"...ere long the most valuable of all arts will be the art of deriving a comfortable subsistence from the smallest area of soil. No community whose every member possesses this art can ever be the victim of oppression in any of its forms."

— Abraham Lincoln, 1859

Once you've identified the location for your garden, then the work really begins. This article will concentrate primarily on raised-bed gardening, which is referred to by various names. The beds generally are rectangular in overall shape, varying in width from 3-5 feet across and whatever length you determine. If the shape of your particular piece of land is more suitable for such, the beds can take on curves or even become circular. The finished beds are elevated above the ground, anywhere from six inches to a foot high. But let's begin with soil preparation because, without that, there won't ultimately be any food for the table.

Why raised beds? Well, for one thing, raised beds can solve a wide range of gardening problems. Here are just a few:

Spectacular yields depend first on soil conditioning that can readily meet the heavy demands of close planting, carefully timed successions, and a growing season stretched to its absolute limit.

"Teach us to know and to see all the powers of the Universe, and give to us the knowledge to understand that they are all really One Power."

— Black Elk

I will assume that most of you putting in your first garden will *not* go to the trouble of having your soil actually "tested". But if you do, keep in mind that most plants thrive in a pH range anywhere between 6.0 and 7.5. A good rule of thumb would be: Assume your soil is very poor and needs amending with nutrients and organic matter. It is essential to have organic material in the soil, such as manure, compost, minerals, or combination amendments which loosen the soil to allow for retention of moisture and healthy root growth.

If you are purchasing manure, be sure it is "aged" for six months to a year—otherwise you'll end up with a lot of weeds and grass seed in the garden. Most bagged manure at nurseries is sterilized and aged. In many rural areas manure is readily available from local ranchers and is generally advertised in the want-ads, and often will be delivered for a fee. Larger gardens can require quite a few cubic yards of manure and it is considerably less expensive in bulk. However, the danger comes in not knowing if it is "aged", and that can really make the difference if you end up with a huge pile of grass or weeds in your garden.

"Creation does not take place where there is a scattering and dissipation of energies. Creation requires a gathering together and focusing of your power within a circle of commitment—like a seed, an egg, a womb, or a marriage. If you would create and not destroy, you must remember always the Sacred Hoop. Consider wisely the ways in which you would use your power and then around those ways draw the sacred circle of commitment. In the warm atmosphere of that circle, the power of Love builds and builds like a storm above the wet summer prairie, until suddenly the circle can hold no more and explodes in the conception of the new."

— spoken by White Buffalo Calf Woman, from Ken Carey's *Return Of The Bird Tribes*

PREPARING THE SOIL

Go out to the area you've chosen as a garden spot and carefully examine and feel the soil. Then consult the chart in this article called "Discovering Your Soil Type Firsthand" to better arrive at what additions may be needed.

The next intermediate step will be to till the soil. Many gardening purists insist on digging by hand—but I have found over the years that a rototiller can be a good friend indeed. It all

depends on the size of your garden plot and how easy or difficult the soil is to work.

There are a variety of excellent books available on the subject of raised-bed gardening, and most go into great detail about double-digging the beds by hand, while adding various soil amendments. The instructions I am providing here are geared for those of you readers who have never planted a garden, aren't particularly interested in digging a quarter-acre plot by hand, but would still like to prepare some soil in which to grow food without killing yourself in the process.

Tilling is best when the soil is somewhat moist but not soaking wet. Many types of tillers are good; I prefer Troy-Bilt [*for a catalog call 1-800-331-8067*]. Very dry soil is difficult to break-up and the tiller will tend to "buck". If you are starting your soil preparation during the summer months, you may have to heavily water the garden area over a period of several days and then wait for it to partially dry out before beginning the tilling process.

Once you've tilled the soil so that the top foot or more is loose, then you are ready to begin adding the necessary soil amendments to properly build up the soil. I have included with this article some charts and other fertilizing guides for your assistance in choosing soil amendments.

Depending on where you live, your local nursery can provide you with a wealth of information. Different nurseries have different soil amendments. There are many excellent "soil building" products on the market—some organic, some not.

Don't get too focused upon a strictly organic approach, but you certainly do want some organic matter mixed into the soil for healthy root production for your crops. What you elect to use may very well be determined by what is available in your area—that helps supply what your particular soil may need.

"It is a fundamental error to suppose that farming is neither a business nor a profession. It is a business which requires the highest business talent; it is a profession which requires the best technical skill.... No other profession requires such a variety of learning, such an insight into Nature, such skill of a technical kind in order to be successful, as the profession of farming."

— Harvey W. Wiley from *The Lure Of The Land*

Once you've purchased and spread your soil amendments (which can include manure, organic compost, minerals, and other materials) across the entire surface area of your garden spot, then once again till the soil with the rototiller—or dig by hand if you are so inclined.

Fertilizer, whether organic or commercial, should be spread across the top of the completed

VEGETABLE PLANTING GUIDE

	START INDOORS (weeks)	MINIMUM SOIL TEMP.*	SOIL pH	FROST TOLERANCE	SPACING PLANTS IN BEDS	SPACING BETWEEN ROWS	SPACING PLANTS IN ROWS	PLANTING DEPTH
ARUGOLA		40°F.	6.0-7.0	Good	4"	12-24"	2-6"	1/4"
ASPARAGUS	8	60°F.	6.0-7.5	Good	12"	48"	9-15"	1/2"
BEAN		60°F.	6.5-7.5	None	6"	18-36"	3-8"	1"
BEET		60°F.	6.5-7.5	Good	3"	12-24"	4"	1/2"
BROCCOLI	4-7	60°F.	6.5-7.5	Good ^d	18"	24"	12-24"	1/4"
BRUSSELS SPROUTS	4-7	60°F.	6.0-6.7	Good	18"	30"	18"	1/4"
CABBAGE	4-7	60°F.	6.5-7.5	Good ^d	15-18"	30"	18"	1/4"
CHINESE CABBAGE		45°F.	6.5-7.5	Good	16"	30"	12-18"	1/4"
CARROT		60°F.	5.5-6.7	Good	2"	18-24"	1-3"	1/2"
CAULIFLOWER	4-7	60°F.	6.5-7.5	Good ^d	15"	24"	12-24"	1/4"
CORN		65°F.	6.5-7.0	None	8-12"	24-36"	12"	1"
CUCUMBER		70°F.	6.0-7.0	None	12"	36"	8-12"	1"
FAVA BEAN		40°F.	6.5-7.5	Good	8"	24"	8"	1"
KALE		40°F.	6.0-7.0	Good	16"	24-36"	18-24"	1/4"
LEEK	8-12	50°F.	6.5-7.5	Good	3-4"	24"	4"	1/4"
LETTUCE	4	40°F.	6.5-7.5	Good	8-12"	12-24"	8-12"	1/4"
BUNCHING ONION		50°F.	6.5-7.5	Good	1-3"	18-24"	2-4"	1/4"
PAC CHOI		40°F.	6.5-7.5	Good	10"	18-30"	10-18"	1/4"
PARSNIP		40°F.	6.5-7.5	Good	3"	18-24"	2-4"	1/2"
PEA		40°F.	6.5-8.0	Good	3-4"	24-36"	3"	1/2"
PEPPER	6-8	70°F.	6.0-7.0	None	12-16"	24-36"	12-24"	1/4"
RADICCHIO		40°F.	5.5-6.8	Good	12"	36"	8-12"	1/2"
RADISH		40°F.	6.0-7.0	Good	2-3"	8-16"	2-3"	1/2"
SPINACH		40°F.	6.5-7.5	Good	4"	12-24"	2-6"	1/2"
SUMMER SQUASH		70°F.	6.5-7.5	None	16"	24-36"	18-24"	1"
WINTER SQUASH		70°F.	6.5-7.5	None	32"	24-36"	24-36"	1"
SWISS CHARD		50°F.	6.5-7.5	Fair	10-12"	24"	8-12"	1/2"
TOMATO	6-8	70°F.	6.0-7.0	None	18-24"	36-48"	12-24"	1/2"
TURNIP		50°F.	6.0-7.0	Good	3-4"	12-24"	2-5"	1/2"

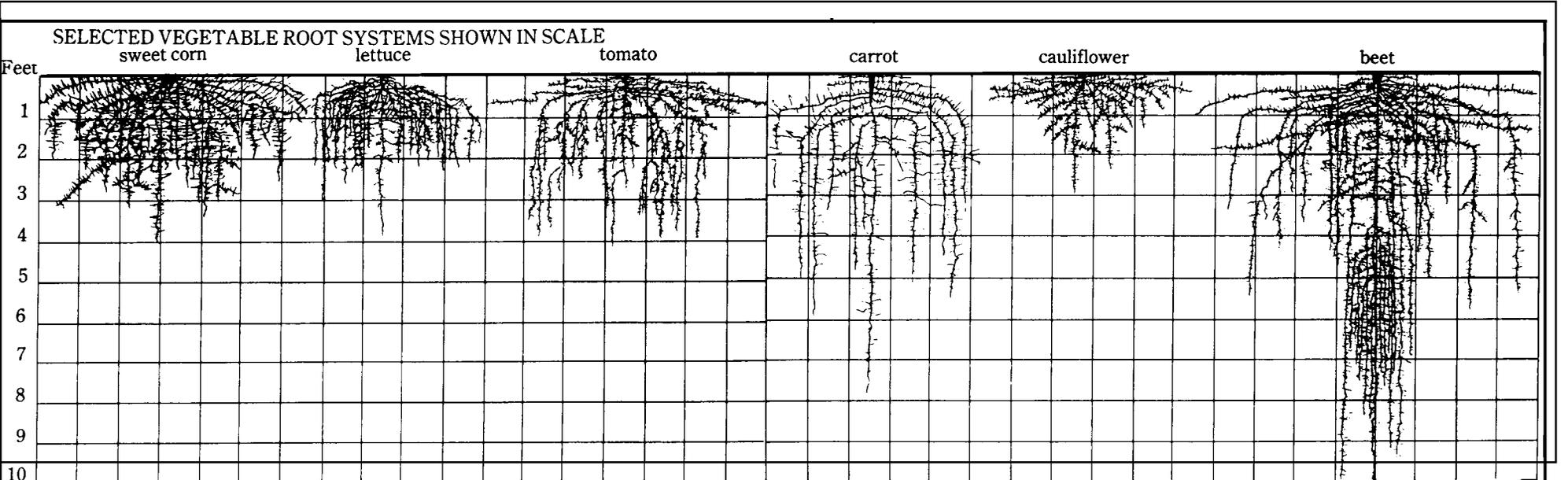
CODES: d = Frost will harm young transplants. f = Frost tolerant once established. e = Minimum soil temp. for direct seeding to insure timely germination.

SATISFACTORY (AND OPTIMAL) PLANT GROWING TEMPERATURE RANGES²²

Determine Planting Range Calendar For Your Own Area

Crop Season	Temp. Range	Optimal Temp. Range	Plant
<i>Cool Season Crops</i>	30°F.		Asparagus • Rhubarb
	45-85°F.	(55-75°F.)	Chicory • Chive • Garlic • Leek • Onion • Salsify • Shallot
	40-75°F.	(60-65°F.)	Beet • Broad Bean • Broccoli • Brussels Sprouts • Cabbage • Chard • Collard • Horseradish • Kale • Kohlrabi • Parsnip • Radish • Rutabaga • Sorrel • Spinach • Turnip
	45-75°F.	(60-65°F.)	Artichoke • Carrot • Cauliflower • Celeriac • Celery • Chicory • Chinese Cabbage • Endive • Florence Fennel • Lettuce • Mustard • Parsley • Pea • Potato
<i>Warm Season Crops</i>	50-80°F.	(60-70°F.)	Bean • Lima Bean
	50-95°F.	(60-75°F.)	Corn • Cowpea • New Zealand Spinach
	50-90°F.	(65-75°F.)	Pumpkin • Squash
	60-90°F.	(65-75°F.)	Cucumber • Muskmelon
<i>Hot Season Crops</i>	65-80°F.	(70-75°F.)	Sweet Pepper • Tomato
	65-95°F.	(70-85°F.)	Eggplant • Hot Pepper • Okra • Sweet Potato • Watermelon

22. From James Edward Knott, *Handbook for Vegetable Growers*, John Wiley & Sons, Inc., New York, 1957, pp. 6-7.



beds and then lightly worked into the top several inches of the soil. Therefore, when spreading amendments for tilling into the soil, hold the actual fertilizer aside for the final step *after* the beds have been constructed.

BED CONSTRUCTION

Once you've spread the soil amendments over your garden area and have rototilled it thoroughly, next comes the hard part (physically). For the sake of discussion, let's say your garden area (plot) is 20 x 80 feet. At this point you'll be needing a flat, square-end shovel with a short handle. Beginning at one end, shovel an outer pathway along the 80 foot side. The pathway will be approximately 18 inches wide. As you shovel (deeply) the soft, tilled soil, throw each shovelful right next to you as you go—on what will be your first bed. The beds will be, on the average, about 4 feet across. You could, theoretically, have a bed which would, in this case, measure 4 feet by 80 feet. (It is nice to break up these long beds with cross pathways for ease of moving around in the garden.)

When you have finished shoveling your first outer pathway by placing the excess dirt onto your first bed—then measure 4 feet across and mark it with occasional stakes or with stakes and a long string.

Then, beginning at one end along the 20-foot side, 4 feet in from the 80-foot outer edge, begin shoveling an inner pathway. The pathway should be whatever width you are comfortable with—don't crowd yourself—18 inches is a good standard (less if space is limited). With the first shovel of dirt, throw it immediately to your left. With the next shovel, to your right—left then right, left then right, until you are all the way

across the 80-foot length of land. You now have an outer path, one 4-foot very rough looking bed, another path, and then the rest of the plot. Repeat the process. In the end you will have 4 raised beds, approximately 4 feet across and 80 feet long.

SHAPING THE BEDS

Now, using a long-handled (preferably wide) rake, you will begin to shape and even out the beds. The beds should be, for all intents and purposes, flat on top.

When there is a lot of organic matter in the soil, the beds can be shaped as rounded mounds. But for purposes here, I'll generically describe them as "flat-surfaced". You'll be able to tell by the texture of your specific soil what is the most appropriate shape for your own garden. A flat surface tends to be the easiest to work with.

With the flat-surfaced beds, sides should be at a 45-degree angle to the horizonal. In other words, a moderate slope upward should be fashioned around the edges. As you work with the dirt, you will develop a "feel" for it.

Once you've completed the general shaping of each of the beds, you should be pretty tired, so, take a break and have some lemonade.

After your rest break, sprinkle the chemical or organic fertilizer evenly across the top of each bed. Then gently work the fertilizer into the top several inches of the beds with a rake. When complete, smooth the entire top of each bed to a flat surface.

Then take a piece of plywood, say 2.5 x 4 feet, and place it across the far end of the first bed. Stand on top of the board and gently jump up and down—you will flatten the surface of the beds to the extent that they will keep their shape in all weather conditions. Step off the

board, move it a bit, and repeat the process until the entire surface is gently flattened. Do this to all of the beds.

I would also recommend, with the beds now complete, that you drive wooden stakes into the ground at key spots around the edges of each bed—say, the four corners and then every six-to-ten feet—right up to the outer edge of the bed. These stakes, say four inches wide, 1 inch thick, by 1 foot long—will serve as "hose guides". As you move watering hoses around your garden, this will prevent the hose from running up the sides of your beds and breaking your plants (which can often happen in a mere moment). There are also commercially available plastic and metal hose guides in garden centers of many stores, like Walmart and Kmart and elsewhere, which operate a bit more cleverly than wooden stakes in terms of rollers and curved guides to prevent hoses from jumping around corners.

FENCING

Prior to planting and depending upon where you live, you may want to consider putting up a wire fence to keep out dogs and cats and wild animals like rabbits and deer who may view your garden as theirs. Just one animal can do a great deal of damage to the completed beds. Cats will often use the soft dirt in a freshly prepared garden bed as a "litter box".

Generally speaking, fencing your garden is a good idea.

PLANTING

Using the raised-bed method of gardening, due to the loose soil structure, you are able to plant the rows closer together because the roots themselves grow straight down, rather than

WHAT ONE PLANT WILL YIELD

Knowing how many pounds of peas that one plant, or seed, will produce or how many cucumbers to expect from one vine is invaluable when you're planning your garden. For vegetables that yield once per plant, like carrots and onions, the figuring is easy. But what about all those that yield steadily over weeks? Here is a list of vegetables and the yield you can expect from one plant of each.

One Plant	Produces		How Often
	QUANTITY	WEIGHT (LB.)	
Asparagus	1 spear	1/12	per week for 4 weeks
Beans (lima)	—	1/25	per week
Beans (snap)	—	1/16	per week for 3 weeks
Broccoli	—	2/3	main head plus 1/3 lb. per season
Brussels sprouts	100 sprouts	3	per season
Cantaloupes	2 cantaloupes	2	per season
Cucumbers	2 cucumbers	1	per week
Eggplants	1 eggplant	1/2	per week
Peas	—	1/16	per week for 4 weeks
Peppers	1 pepper	1/4	per week
Potatoes	—	2 3/4	per season
Squash (summer)	3 squash	1	per week
Squash (winter)	1 squash	1	per season
Sweet potatoes	—	1	per season
Tomatoes	3 tomatoes	1	per week



flattening out, as happens with harder soil. You are also able to plant closer together within rows. Therefore, the overall yield is higher in a smaller space. Due to the high percentage of organic material in the soil, by using the raised-bed method the plant's root structure develops more fully and is, overall, healthier. A healthy root structure equates to hardier plants more resistant to pests and diseases, and thus greater yield of food production. The old saying, "Everything is connected to everything" really applies to gardening!

A good recommendation, even though slightly more costly, is to "sow heavy". That means use quite a bit of seed within the rows while you are planting, and then "thin out" the plants later. This will prevent bald spots or open spots within the rows. Again, a common mistake for new gardeners is to plant some seeds too deep; try to avoid this well-meaning but counterproductive tendency.

You want to plant (and later thin) in such a way as to have the mature leaves of the plants touching one another row-to-row. This creates a "mini-greenhouse effect" or a "living mulch" effect which softens the taxing effects of hot, mid-day Sun. After all, Sun-scorched plants must first repair damage before devoting energy to further growth development. Planting in this manner also shades the topsoil, thus preventing excessive water loss due to evaporation and it also discourages weed growth.

The raised-bed method of gardening is really the very best of many approaches. And, by the way, with raised beds you don't have to lean over as far to harvest or pull weeds throughout the season. I believe this is why the Irish refer to raised beds as *lazy beds*.

You will probably want to plant some flowers throughout your garden. They add color and some, such as Sun-thriving marigolds, deter some pesky insects and animals. Plant flowers that you'd like to see and use for dinnertime table decorations. Mix it up a bit. And for those of you who are daring about exploring edible flowers, maybe some of those pretty blooms will end up decorating (and being part of the contents of) the salad bowl rather than a dinner table vase.

Also, when planting, don't plant all of any given crop at the same time—particularly with something like lettuce. Plant a few rows, then leave some open space for a second-rotation planting later on. That way you always have fresh lettuce when the old lettuce has *bolted*, or gone to seed—which tends to happen in hot weather. Consult the planting guides and related charts I have included herein for more information about your favorite garden varieties.

WATERING YOUR GARDEN

Once again, don't be a slave to the garden unless you want to be. We live in a modern age—one in which there are digital, battery-

operated automatic timers which you can attach directly to your faucet and/or garden-hose sprinkling system. It is possible to program several waterings per day with a quality timer, which may be well worth the expense in the time it saves you. Keep in mind that, while the timer and sprinklers water the garden, you can be somewhere else.

Just a few tips: While it is true that overwatering can create a real problem, especially in soils which do not drain easily, underwatering is a serious mistake—particularly in the very early stages of germination. **DO NOT LET THOSE NEWLY PLANTED SEEDS DRY OUT! EVER!**

If you are watering several times per day *by hand*, you will literally be able to tell when enough is enough. If you are using a timer, which I DO recommend for convenience, you'll just have to play with it a bit to get it "just right".

But under no circumstances let the seeds dry out. I cannot emphasize this enough: It is better to overwater, if you must, than to underwater, in the beginning. Besides, the raised-bed method of gardening will be more forgiving of a bit of overwatering than will a regular, hardpack farming method.

"But what kind of sprinkler should I use?" you may ask. An OSCILLATING sprinkler is, in my opinion, the most practical—assuming the geometry of your garden is rectangular.

Also, Y-adaptors are available among the garden hose plumbing accessories to allow for two hoses, and thus two sprinklers running off the same timer-regulated main water line.

Keep in mind that I'm providing instructions here for a *low-maintenance* garden that will grow quality food. If you prefer to live in the garden day and night, that is your choice and you certainly are free to do so. My only point here is that over-work isn't necessary to get results that you'll be delighted with.

WHAT NOW?

If you have followed the instructions to this point, YOU'RE THERE! You'll start to see the results of all the important preparations made earlier.

As the vegetables begin to grow, thin them carefully. I always recommend using a sharp knife when harvesting. For example, when harvesting lettuce, I like to cut away the outer leaves while letting the plant continue its growth. Lettuce plants will continue to provide you with salad goodies until it gets too hot and the plants may bolt. Then wait till things cool down a bit and then start new seeds.

You will be amazed by what is unfolding before your eyes as each new day brings your garden into another stage of development. There is so much you learn and enjoy and experiment with!

I believe you will find that growing a garden

is an extremely rewarding experience—not to mention the *quality* of the food you'll soon be eating and sharing with others. If it is done right, it can be a profoundly satisfying experience and provides a unique avenue for getting close to Mother Nature. Learning about gardening is a lot like life—it takes time and just goes on and on and on. The secret lies in *beginning!*

If you've completed the garden, you've accomplished a great thing. A garden at home is worth a lot more than many other kinds of insurance policies. When all is said and done, you can now go out into your own back yard and pick your next HEALTHY meal. And how do you measure the health benefits of getting your hands dirty in that rich soil? How much is it worth it to you to lower your blood pressure 20-30 points or more? Is it more fun puttering in your garden or lying on your back in a hospital bed? And what about the expense of medical care today? Along with our pets, and a sense of humor, a garden is just plain good medicine!

So what's stopping YOU? No excuses now. Get busy!

"We are gardeners, you and I, in the Garden of the Conscious Presence. We draw the substance of the past into conceptions of the future. I am the source of the garden's design and I return to the garden through you. Together we tend the fields of possibility, drawing forth the inexhaustible beauties of structure, objectifying wonders, and manifesting new orders.

As each universal context spirals outward toward maturation, it gives birth to new and more intricate contexts within itself, revolutionizing former understandings of scale and revealing a host of new worlds to explore, inhabit, and enjoy. Each successive order of manifestation becomes the basis of yet another order, and then of still another. So new creatures coalesce from the fields of possibility, populating every desirable realm, as Infinite Potential eternally uncoils from the heart of God."

— Ken Carey from *Starseed, The Third Millennium: Living In The Posthistoric World*

RECOMMENDED READING

Here's a list of some books which are extremely well done, some of which are out of print. Check your local library. Some of these books may be available from the seed companies listed earlier in this article.

1. *How To Grow More Vegetables Than You Ever Thought Possible, On Less Land Than You Can Imagine*, by John Jeavons.
2. *The Backyard Homestead Mini-Farm &*

Garden Log Book, by John Jeavons, J. Mogador Griffin & Robin Leler.

3. *Square Foot Gardening*, by Mel Bartholomew.

4. *The New Seed- Starter's Handbook*, by Nancy Bubel.

5. *How To Save Your Own Vegetable Seeds*, by the Heritage Seed Program, Ontario, Canada.

6. *The One Straw Revolution*, by Masanobu Fukuoka.

7. *Bio-Dynamic Agriculture: An Introduction*, by Herbert H. Koepf.

8. *Intensive Gardening*, by Faber & Faber.

9. *High-Yield Gardening*, by Majorie B. Hunt and Brenda Bortz.

10. *The Expert's Book Of Garden Hints*.

11. *The Heirloom Garden*, by Jo Ann Gardner.

12. *The New Organic Grower*, by Eliot Coleman.

13. *Lewellyn's Organic Gardening Almanac*.

14. *The Bio-Dynamic Farm*, by Herbert H. Koepf.

15. *Home Grower's Guide To Seed Saving*, by Vivecca Price.

16. *Vegetable And Herb Seed Growing*, by Douglas C. Miller.

COMPOSTING

If you are just beginning a garden, you may be too overwhelmed in the moment to even consider composting. But let me *strongly* advise you to *include* composting as part of your gardening experience. This is useful for many reasons, not the least of which is that it is a tremendous way to recycle the large quantity of excess greens that will be a by-product of the garden as you move through the seasons.

Why compost? Well, it's no accident that

COMPOSTING MATERIALS

<u>Material</u>	<u>Source</u>	<u>Comments</u>
Bone meal	Garden centers	Very high P* source
Coffee grounds	Restaurants, offices	Good N* source
Corncobs and stalks	Farms, canneries, garden refuse	Best when ground or used as a soil texturizer or mulch; high in C*
Cottonseed	Garden centers, gins	High in N and P
Cowpeas (green stalks)	Farms, gardens	N and K* source
Eggshells	Egg farms, restaurants	Supplies calcium and N
Grass clippings	Lawn mowing, lawn services, neighbors' bags set at curbside	Use only clippings from herbicide-free lawns; very high in N; decompose rapidly and help create necessary heat to break down other materials in pile; odoriferous unless blended well with C-rich materials
Hair (animal and human)	Barber and beauty shops, pet groomers	Good N source, but slow to break down; avoid human hair that's been dyed
Hay	Farms	Bulky, high in C; alfalfa highest in N
Hoof and horn meal	Slaughterhouses, garden centers	High in N; slow to break down
Hops (spent)	Breweries	Wet and hard to manage; rich in N; odoriferous
Leather wastes	Tanneries, manufacturers	Good N source, but slow to break down
Leaves	Woods, dumpings in parks or at curbsides	When decomposed to the form of leaf mold, make an excellent soil texturizer; contain growth inhibitors if not first composted; shred before adding to pile
Manure	Farms, stables, poultry houses, circuses, feed lots	Listed from high to low N: pigeon, chicken, duck, horse, rabbit, pig, cow, sheep, goat
Peanut shells	Farms, gardens, peanut butter processors	Good soil texturizer with moderate humus potential; slow to break down; high in C and K
Sawdust, shavings, wood chips	Lumberyards, tree surgeons, sawmills, carpentry shops, furniture makers, utility crews for chips	High in N, P, and C; exceedingly slow to break down; never add fresh sawdust directly to soil
Seaweed	Beaches	High in N and K, but odoriferous
Soy meal, soy pulp, and other oil-pressing wastes	Garden stores for meal; oil processors of tung nuts, castor beans, sunflowers, rapeseed, linseed, and so on for other materials	High in N, but often hard to find
Spice waste	Spice makers	Mustard seeds are high in N
Stable bedding, sweepings	Stables, farms	Better nutrient balance than manure alone
Sugarcane and sugar beet waste	Refineries	N source, but hard to work with
Vegetable waste	Canneries, restaurants (especially vegetarian ones), sorted garbage, food stores, farm markets	Pea pods are especially high in N
Weeds	Gardens, fields, road sides, pond dredgings	Cut before seeds set, or use in hot compost pile; purslane is very high in N
Wheat straw, oat straw	Farms	High in C; slow to break down
Wood ash	Fireplaces, wood stoves, wood furnaces, bonfires	K and P but no N; strongly alkaline; don't use ashes from fires started with charcoal
Wool wastes	Mills	High in N but low humus potential; slow to break down
Worm culture soil†	Wholesale worm farms, fishing worm dealers	Rich in N from castings

*N = nitrogen, P = phosphorus, K = potassium, C = carbon

gardeners with the best yields tend to be fervent composters. Compost serves several functions. It improves the structure of the soil, which allows for easier working of the soil, and it increases aeration and water retention. Additionally, it returns much-needed nutrients to the soil, including nitrogen. Improved texture, structure, and nourishment lead to healthy soil. Healthy soil allows for higher and better quality yields of produce.

“Ok, but how do I do it?” you ask. Well, there are as many ways to start a compost area as there are ways to plant a garden. I will present here one of the cheapest, easiest, and most effective ways that I have found [*see nearby*]. And there are also as many books on composting as there are on gardening, so you can read in greater detail independently as you go along.

In the meantime, using 4-foot fencing wire (chicken wire will do), roll out enough fencing to produce a circle approximately six feet across. Then, with the wire laying on the ground, cut 2x4s into four-foot lengths and nail the fencing to the 2x4s at about four-foot intervals.

Pick a space to the side of your garden, one which is out of the way, yet with convenient access to the actual garden area. Also, your compost pile must be within reach of water. Once you’ve chosen a (permanent) spot for your

compost pile, using a shovel, dig down one or two feet and turn over the soil in a circle approximately six feet in diameter.

Once the soil is “broken up”, place kindling, twigs, a wooden pallet, shrub materials, or anything which will create an air pocket a foot high above the soil line. Now, take your fencing with 2x4s nailed to it, and lift it up vertically. Then join the ends so that you have a circle six feet across and four feet high. Now move the fencing circle over your hole.

You now are ready to *begin* building your compost pile, much like a layer cake. A good general recipe for composting is, by weight: 1/3 dry vegetation, 1/3 green vegetation and kitchen wastes, and 1/3 soil.

Some important things to remember, however: DO NOT add to your compost, under any circumstances, ever, the following: pine needles, fruit/fruit peels, meat of any kind. As you move along, you might want to add some humic acid to the pile to increase the availability of nutrients for plants later on. It is also very important to know that you must add soil to your compost pile—in fact, soil will keep down flies and odors.

Once you have your fencing up and you are ready to begin, you may well wish to create several large separate piles, in the immediate vicinity of the compost pile, comprised of:

manure, dirt, straw, grass clippings. Don’t start your compost pile by just throwing some garbage down and thinking you have the makings of compost—you don’t!

Always think in terms of a layer cake. Once you lay down, say, a one- to two-foot layer of grass clippings, then take your shovel and throw onto it a layer of manure or a layer of dirt. Then repeat the process—a green layer or a wet layer, and a dry layer.

To BEGIN the pile, try to build up the compost to at least three feet high. Another combination would be: a layer of straw, a layer of green materials, a layer of manure and/or dirt.

When you’ve completed this step, get the hose and water the compost just like it is your garden. The compost should be **moist** at all times. That means whenever you water the garden, water the compost. You want to generate enough heat within that pile to allow the microorganisms to break down the materials into a very nitrogen-rich material which will be added back to the garden later on—and thus save you *money*!

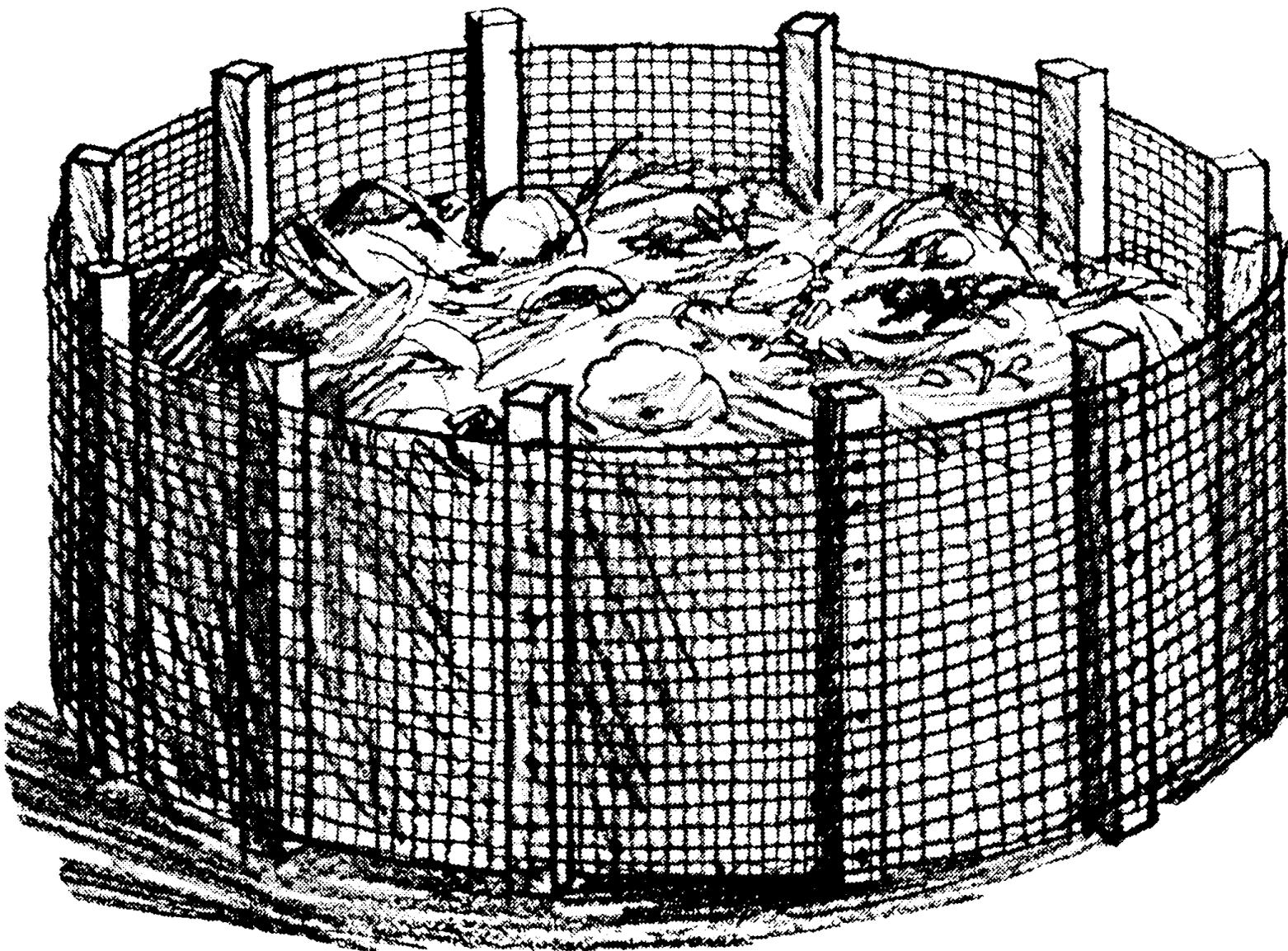
This method that I am recommending is relatively low maintenance, although you DO need access to dirt and/or manure to maintain the compost pile properly. When you are throwing kitchen scraps on the pile, be sure not to throw meats onto it. But when you do throw

wet waste on the pile, always follow that up with a covering of dirt. This makes the process of composting much more aromatically pleasant. (Trust me on this one.)

Bottom line? Every time I’ve planted a garden and haven’t started a compost pile at the same time, I’ve regretted it. You will be **AMAZED** at how much excess greenery comes from a garden over the course of a season. And besides, why pay for nitrogen-rich materials to add to your garden when you can create them as you go?

Many people say you must constantly turn the compost pile. This method that I am suggesting does not require this laborious step. One way to observe whether it is “working” is the following: if you notice that the compost pile suddenly drops down a foot or two, you have successful composting in action. Congratulations! Happy composting!

And happy gardening in a way that completes an entire cycle of life! 



Large wire-fabric-type compost bin.

SILVERLON®—The Amazing Contact Dressing For Many Kinds Of Medical Applications

Editor's note: The following astonishing information is a News Desk Special Report which recently came to Dr. Overholt's attention and is excerpted from an Internet source. As background to this subject, it might be useful to review the feature article on colloidal silver called "Colloidal Silver: Exploring A Great Healing Legacy" which was presented in the February 2000 issue of this newspaper.

By the way (brag time), we have received some very warm and supportive comments about that article. The most enthusiastic praise has come from those who are professionally close to the subject matter. One of those professionals said of our presentation: "It's the best article on colloidal silver I've ever seen!" Well, we were trying to do the best we could to present this important subject in a manner which would be helpful to you readers, and it seems we accomplished that goal!

A distributor of the products mentioned in the article below is also providing purchasing information for those of you who wish to have these potential life-savers among your emergency supplies. Be sure and show this information to your medical friends, too, as they may be unaware of these products due to

the heavy suppression of information concerning such silver-based technologies by the pharmaceutical industries and their puppet FDA and AMA watchdogs.

3/10/00 INTERNET

THE HISTORY OF RESEARCH AND DEVELOPMENT IN SILVER TECHNOLOGY

During the past 2000 years, many civilizations have recognized the amazing properties of silver in preventing diseases. The ancient Romans used silver nitrate therapeutically. The hermetic and alchemical writings of Paracelsus speak of the virtues of silver as a healing substance. In the 1800s, several physicians discovered the antibacterial (antigerm) qualities of silver and applied them to their practice of medicine. They used silver nitrate successfully in the treatment of skin ulcers, compound fractures, and suppurating (draining puss) wounds.

In 1852, J. Marion Sims M.D., of Alabama, reported the successful surgical repair of a vesicovaginal (bowel to the vagina) fistula (opening between two structures) using silver sutures. This was remarkable because, in the past, such treatment had always been frustrated by infection. In 1881, Carl Crede pioneered the installation of dilute silver nitrate in the eyes of neonates to prevent gonorrheal ophthalmia, a technique which has been in widespread use ever since. Von Naegeli and others in 1893 realized that the antibacterial effects of silver were primarily due to the silver ion itself.

At the turn of the century, Dr. Halstead, one of the founding fathers of surgery, advocated the use of silver foil dressings for wound.

The Halstead Silver Foil Wound Dressing was sold commercially through a medical and surgical supply house in Boston. About the same time, a physician named Dr. Albert Barns developed a silver colloidal medicine called Argrol that contained silver proteinate. By 1910, Argrol enjoyed over \$10 million (over \$200 million by today's standards) product sales.

Although silver colloids continued to be sold and listed in the *PDR (Physician's Desk Reference)* up until 1955, the medicinal

application of silver rapidly fell into disuse with the explosion of antibiotics after World War II. (Silver colloids have seen a dramatic re-acceptance in the last few years in the alternative medical and nutrition markets. Colloidal silver products now claim to be a \$150 billion market worldwide.)

In the early 1970s, silver-plated nylon fabric was introduced into the electromagnetic shielding industry.

In the mid-1970s, Drs. Becker, Marino, and Spadaro at the VA hospital in Syracuse, New York pioneered the first clinical study of silver-enhanced bandages on human volunteers. More than a dozen severe soft-tissue and bone infections were selected and treated with silver-enhanced bandages. The silver-enhanced bandage was used as a source of silver ions that were driven into the wounds electrically.

Dr. Alvarez, at the University of Miami, in 1985, studied the effect of Silverlon® on an animal model of partial thickness wounds in pigs. Dr. Chu and Dr. McManis, at the Fort Sam Houston Army Base, from 1989 to 1997, studied the effect of silver-enhanced bandages on an animal burn model. Drs. Albright, Deitch, and Marino, from 1982 to 1986, studied the electrical characteristics of silver-enhanced bandages, their antibacterial effects, and their clinical applications in complex human wound infections.

In 1984, Dr. Flick, M.D., began developing an advanced silver plating technique during his residency training in Orthopedic Surgery at the University of Vermont. Dr. Flick is currently a Fellow in the American Academy of Orthopedic Surgery and the American Academy of Wound Management.

In his 15 years of clinical experience, Dr. Flick applied his newly-developed silver-plated bandage, Silverlon®, to over three hundred patients from his private practice. The cases covered a broad range of wound types: Decubitus Ulcers, Stage 1 to Stage 4; Partial and Full Thickness Thermal Injuries; Partial Thickness Chemical Burns; Full Thickness Electrical Burns; Traumatic Amputations of the Digits; Osteomyelitis; Venus Stasis Ulcerations; Diabetic Peripheral Ulcerations; Post Operative Wounds; Animal Bite Injuries; Open Fractures; Traumatic Wounds; Herpes Simplex 1 & 2; and Brown Recluse Spider Bites. It was from these clinical cases that Dr. Flick perfected the present Silverlon® dressing.

BIOCOMPATABILITY TESTING OF SILVERLON®

Silverlon® has been tested by an independent FDA-approved laboratory for:

- Sensitization;
- Acute Intracutaneous Reactivity;
- Cytotoxicity;
- Hemolysis;
- Muscle Implantation;

Silver Impregnated Bandages

— FDA approved —

Absolutely **NO** Infection

—burns, wounds, cuts!

Relieves muscle, joint, arthritic **pain!**

Money back guarantee

"Ace type" compression wrap 4"x66" **\$80**

4"x42" wound bandage **\$20**

4"x108" wound bandage **\$40**

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Fort Collins, CO 80522

Phone # (970) 568-7632

e-mail — paulsenna@earthlink.net

- Acute Systemic Toxicity;
- Antimicrobial Activity using four test methods.

In all testing, Silverlon® was proven to be safe and non-toxic.

Antibacterial/Antifungal testing of Silverlon® has been shown to be antibacterial and antifungal to all species tested to date that are known to infect human and animal wounds. This includes Staphylococcus Aureus (i.e., MRSA, or Methicillin Resistant Staph Aureus) or Escherichia Faecalis (i.e., VRE, or Vancomycin Resistance Escherichia Faecalis).

Worldwide, over 16 scientific publications have discussed the antimicrobial activity of silver. Well over 50 species of bacteria and five species of fungi have been reported to be susceptible to silver.

TYPICAL CASE HISTORIES

Finger Tip Amputation

Clinical History:

RL is a 21-year-old male who suffered a work-related injury on May 16, 1995. He caught his finger in a metal press and lost the distal half of the distal phalanx at the level through the base of the nail (photograph #RL-1). Silverlon® dressings were initiated immediately in the office, without wound debridement, and the patient was returned to light duty. He returned to the office in two

days to check the progress of the wound healing. At this time he was pain-free and able to change the dressings by himself.

Silverlon® dressing therapy was continued with daily dressing changes. He returned to the office June 1, 1995 and reported that he was very pleased with the progress. The Silverlon® dressing therapy was continued until June 23, 1995, when it was discontinued.

At his final office visit on August 11, 1995 he had full range of motion of the digit and normal sensation to light touch across the fingertip (photograph #RL-5). The patient was discharged from Dr. Flick's care at this time with no permanent physical impairment.

Clinical Significance:

Fingertip amputations are rather common injuries, frequently seen in emergency rooms. Amputations similar to the one presented are of concern because of the exposed bone and digital nerves. Such exposed structures would necessitate immediate closure of the wound by one of two generally accepted choices:

(1) Closing the skin by removing the nail, nail matrix, nail bed, and a portion of the distal phalanx and surgically creating an advancement flap of skin to cover the exposed finger stump; or

(2) Amputating the finger at the next most proximal joint.

The most common choice would be to remove the distal phalanx, dissect back the digital nerves and close the skin at the distal

phalangeal joint, thereby shortening the digit. Even with this surgical amputation procedure, the occurrence of digital neuromas (abnormal nerve formation) is between 5% and 27%. The occurrence of digital neuromas often necessitates a second surgical procedure to isolate the neuroma and place it into the center of the proximal phalanx.

This case demonstrates several distinct benefits of the Silverlon® dressing technology:

- No digital neuroma with normal skin sensation;
- Return of normal dermatoglyphic (fingerprint) lines;
- Return to work the next day, with no long-term disability from a Worker's Compensation Liability point of view.

This case was typical of approximately 40 such digit and hand injuries that Dr. Flick has treated. Comparing with historical controls reveals no delay in wound healing as well as fewer complications than normally seen with hand injuries.

Deep Forehead Laceration

As an Orthopedic Surgeon, this case is typical of the type of trauma seen from high-velocity motor vehicle injuries. Approximately 70 cases with large acute lacerations have been treated with the Silverlon®. While it is not possible to state that wound healing with the Silverlon® was accelerated without control measures, the cases that received the Silverlon® never experienced delay in wound healing. This case is typical of clinical outcomes that Dr. Flick achieved with use of the Silverlon® dressing.

Clinical History:

MH is an 18-year-old female who was involved in a motor vehicle accident on October 19, 1993. Her vehicle was struck by another vehicle that ran a red light. There was momentary loss of consciousness as the patient's head impacted the front windshield, resulting in deep lacerations to the forehead. In the Emergency Department, a head CT scan was negative for hematomas or skull fractures. Her vital signs were stable throughout the initial evaluation. The patient also suffered a transverse midshaft femur fracture.

The evening of the accident the patient was taken to the operating room and placed in skeletal traction for the femur fracture and repair of the facial laceration (photograph #MH-1). The lacerations were deep, extending down to the periosteum (outer membrane of the bone) of the skull. All wounds were closed with 6-0 nylon following appropriate debridement and wound irrigation.

Silverlon® dressing therapy was



Finger Tip Amputation



Auto crash case

initiated immediately postoperatively. The femoral fracture was rodded with an intramedullary nail the following day. The patient spent the next five days in the hospital recovering from the femur fracture and learning to ambulate non-weight bearing.

The Silverlon® dressing was subsequently changed daily and continued until October 23, 1993. By the third postinjury day the patient's head lacerations were pain-free although she continued to experience pain from the femur fracture. Sutures were removed in the office October 25, 1993. Eight months after the injury, photograph #MH-9 was taken. At this time the patient was offered further surgical procedures to reduce the scar tissue that was present. She refused, stating that she was pleased with the result.

Clinical Significance:

Lacerations on the face of this depth often require subsequent plastic surgical procedures to reduce scar tissue and improve cosmetic appearance. With the application of Silverlon® dressing technology in the operating room after the wound was sutured closed, the following benefits were noted:

- No tattooing of the skin, as commonly seen with the application of silver sulfadiazine (Silvadene™) cream, was present;
- Reduced edema of the traumatized soft tissues. Note that in areas such as the eyelid, that did not experience direct contact with the Silverlon® dressing treatment, edema was present;
- No post-operative wound infection;
- Minimal soft tissue scar, reducing necessity for further plastic surgical procedures.

[Dr. Al: I talked with Paul Senna, who is a distributor of this product. It also has FDA approval for easing arthritic pain.]

SILVERLON® SILVER-CHARGED PRODUCTS

All Silverlon®-based products are manufactured with 100% medical-grade nylon mesh, plated with 99% pure silver and 1% silver oxide.

Product Descriptions:

Silverlon® contact dressings are indicated in the professional market for local management of partial thickness burns, incisions, skin grafts, donor sites, lacerations, abrasions, and Stage I-IV dermal ulcers (vascular, venous, pressure, and diabetic).

Silverlon® contact dressings are indicated in the over-the-counter market (public) for local management of superficial wounds, minor burns, and abrasions and lacerations.

Silverlon® is manufactured with woven nylon approximately the same thickness as women's hosiery. Four to six layers of Silverlon® are recommended for maximum benefit.

SilverAid™ compression wraps are designed to provide relief from the discomfort and pain related to sprains, strains, bruises, tendonitis, arthritis, carpal tunnel, shin splints, as well as sore muscles and joints.

SilverAid™ wraps are manufactured with woven nylon approximately the same thickness as a T-shirt.

SilverAid™ products contain approximately 400-500% more silver per square inch than Silverlon® products. One to two layers of SilverAid™ are recommended for maximum benefit.

SilverEagle™ compression wraps and sleeves are designed to provide relief from the discomfort and pain related to sporting injuries, including sprains, strains, bruises, tendonitis, arthritis, carpal tunnel, shin splints, as well as

sore muscles and joints.

SilverEagle™ wraps are manufactured with woven nylon approximately the same thickness as a T-shirt.

SilverEagle™ products contain approximately 400-500% more silver per square inch than Silverlon® products. One to two layers of SilverEagle™ are recommended for maximum benefit.

SilverEagle™ the world's first silver-charged compression product line, is manufactured with 100% medical-grade nylon fabric, plated with 99% pure silver and 1% silver oxide. SilverEagle's™ pure silver coating creates the world's most electrically-conductive fabric.

Case studies show that when a wound or ailment occurs, resulting in pain, the body's normal bioelectric field is disrupted in the area of the affliction. This disruption can be measured and is exhibited as a difference in the electric potential on the skin's surface. Wearing a SilverEagle™ product, made with the world's most electrically conductive fabric, restores the body's natural bioelectric potential. This restoration has been related to increased flexibility, dramatically reduced pain, swelling, bruising, and increased healing.

SilverEagle™ and its sister products, Silverlon® and SilverAid™, were developed over a period of 15 years by Dr. A. B. Flick M.D., a board-certified orthopedic surgeon, and a team of scientists from many disciplines.

In case studies utilizing Silverlon®, a product approved by the FDA for professional use as an anti-microbial wound-care bandage, users found the silver-plated fabric exhibited remarkable pain-reducing properties. SilverEagle™ products combine the bioelectric properties of Silverlon® with the traditional benefits of standard compression wraps.

Users suffering from a wide variety of ailments have found that use of SilverEagle™ products noticeably increases flexibility and dramatically reduces pain, aching, swelling, and bruising within minutes of application.

[Dr. Al: There is much more information on this which you can get from Paul Senna. Information about purchasing these remarkable products is nearby this article.

By the way, these products can be rinsed and reused, so the price-per-use is better than what you would expect. Remember, the product itself is the germ killer, so if you rinse out the dirty material, the product still will do it's healing and germ-killing job after a number of recycling thorough rinsings.] 

News Desk Special Report:

A Fancy Trail Of Money Laundering By Greenspan, Bush & The Twiglets

Part II: Introducing Still More Crooks

Editor's note: The first installment (consisting of two parts) of this ongoing series was presented in last month's issue of The SPECTRUM. Here we continue with Sherman Skolnick's detailed outlay of some very interconnected shenanigans. This was assembled by our News Desk guru, Dr. Al Overholt, from the sightings.com website. It is not likely this kind of presentation will be part of any upcoming evening news programs—at least not in the "uncensored" form you will find here!

2/24/00 SHERMAN H. SKOLNICK
<skolnick@ameritech.net>

GREENSPAN REPORTEDLY AIDS & BRIBES GEORGE BUSH FAMILY PART 3

A senior U.S. Treasury Department official, in the Office of Internal Affairs, in his own handwriting, reportedly analyzed more than twenty-five banks by which the Federal Reserve participated in facilitating the bribery and corruption of former President George Herbert Walker Bush and his three sons.

The secret wire transfer records, some copies of which are attached to Part One and Part Two of this series (viewable on our website), show billions and billions of dollars transferred to and from reported accounts of the Elder Bush and his sons. Much of this was directly authorized by the secret codes of Federal Reserve dictator Alan Greenspan. Since he acts like a corrupt Soviet commissar, he is called by us ALAN REDSPAN, acting as if he is answerable to no one—except the nameless, faceless ruling elite who own and operate America.

The major Bush family players are:

- Neil Bush, who had been an official of

the now defunct-by-fraud Silverado Savings & Loan of Denver. Through corruption linked to the American CIA and a major law firm in Chicago, Hopkins & Sutter, Neil Bush escaped being properly prosecuted on federal criminal charges of causing the downfall of this federally-insured thrift, acting covertly for the espionage agency. Hopkins & Sutter, in the early 1990s, had been the major outside counsel of the S & L bail-out agency, Resolution Trust Corporation, and like Silverado, they're also out of existence. There is an overlap to the corruption of Bush family crony, William Rockefeller Clinton. (More on this in a later part of this series.)

- Jeb Bush (Governor of Florida) and his Colombia-born wife reportedly implicated in massive dope trafficking and money laundering Colombian cocaine through reputed Bush family accounts in Banco Exterior De Espana, Malaga, Spain. Ostensibly arranged through Bush family cocaine money laundry wizard Giorgio Pelossi. [Editor's note: See the earlier parts of this outlay, in the last issue of The SPECTRUM, for many more details about this character, Giorgio Pelossi.]

- George W. Bush (Governor of Texas) through huge amounts in the Bush family reputed accounts, in and through NCNB of Texas, Garland, Texas. (See the earlier Parts One and Two of this series.) And reportedly by and through reputed Bush family accounts in Banco de Occidente, Panama City, Panama and Banco de Panama, Panama City, Panama. To cover up such details, the Bush family had to have Panama strongman, Manuel Noriega, grabbed by U.S. military in an invasion and transported to Florida for supposed "trial". A corrupt federal judge kept all Bush family corruption matters, linked to Noriega and the American CIA, OUT OF THE COURT RECORD.

Who all are involved, and what is involved, in the massive river of clandestine and illicit funds to and from the Elder Bush and his three sons? It falls mainly into these categories:

1. Super-courier of "dirty money", Vincent W. Foster, Jr., an espionage kingpin jointly with Hillary Rodham Clinton and Webster Hubbell.

2. The reported bribery of judges of the Texas Supreme Court to okay a TWELVE BILLION DOLLAR lower court judgment in favor of the Elder Bush's firm, PENNZOIL, against TEXACO, a major importer of oil from Iraq. Bush, as well, strong-armed the U.S. Supreme Court judges in the Pennzoil-Texaco case. (More in a further part of this series.)

3. Reputed soybean speculator and money washer, Richard Dennis of Chicago, in combination with Senator Fred Thompson (R-TN) and major movie moguls and sports celebrities. (More coming on this, too.)

4. Extortion and kick-backs, extracted from the weak oil sheikdoms of the Persian Gulf, done from the decade of 1980 to 1990, by the Elder Bush and his then private business partner, Saddam Hussein, the Iraqi strongman. Transactions were through the Chicago branch of Italy's largest bank, Banca Nazionale del Lavoro, owned in part by the Vatican. And arms deals were made for Saddam through BNL-Atlanta with the connivance of Bush and Hillary Clinton. (More coming.)

5. Political assassinations and other bloody dirty tricks by the Bush family and others, through Bank of Credit and Commerce International, BCCI, and its alter ego and successor, Pinnacle Banc Group, of the Chicago mafia enclave of Cicero jointly with the head of the Vatican Bank. (More coming.)

6. The Bush family and the Manuel Noriega Affair. (More coming.)

7. The Red Chinese Secret Police, the Bush Family, Kenneth W. Starr, the Japanese mafia (YAKUZA), and the Chicago markets. (More coming.)

THE VINCENT W. FOSTER, Jr. AFFAIR Section One

The Clintons' close crony, Vincent W. Foster, Jr., was being tracked as a possible traitorous spy, assisting Jonathan Pollard, long before Foster's short-term position as Deputy Counsel in the Clinton White House, a secret government report states.

The details are in a report put together by retired former intelligence agents and submitted to their former superiors. When the higher ups wanted the matter covered up, the team showed it to members of our group, who took notes but were not permitted to keep a copy.

Surveilled under orders of a clandestine court meeting in a sound-proof facility in the District of Columbia area, Foster was shown to have coded Swiss and other accounts ostensibly

put there for him by Israeli intelligence, The Mossad (The Institute). The seldom-mentioned Court's authority stemmed from the 1978 law, under the Foreign Intelligence Surveillance Act.

Usually, a federal judge from Chicago was one of those on the court panel. Deposits at Foster's account at one bank on the Swiss-Italian border, at Chiasso, Banca Della Svizzera Italiana—and accounts elsewhere—held at times two, seven, and as much as ten million dollars between them, the report details. The deposits were put there reportedly for Foster's cooperation with The Mossad.

Foster may have been blackmailed or tricked, however, by way of the purported existence of these accounts, to supply top-most U.S. secrets to Israel and to work jointly with Jonathan Pollard, now serving a life sentence for confessing to spying for Israel as to U.S. secrets on the arming of Iraq by George Herbert Walker Bush and Caspar Weinberger. Foster, the report states, worked jointly with the person using the pseudonym of "Robert Maxwell", a high-level Mossad official posing as a U.S./British/European purported business tycoon in the mass media and elsewhere.

Maxwell mysteriously fell off his boat to his death in the Atlantic late in 1991. His business empire, thereafter shown to be a fraud, collapsed. Others may likewise be blackmailing Israel, the report shows.

The suppressed document goes on to detail that since the early 1980s, Foster held the equivalent rank, as if he were a military general, in the super-duper civilian government spying and code-cracking operation of the U.S., the National Security Agency. Foster continued this work in the few months that he was Deputy Counsel of the Clinton White House. In the 1980s and thereafter, Foster, with the aid of the Elder Bush, ran a so-called "Gold Bank" in the Caribbean, for supplying clandestine gold for use by spy operatives, the report sets out.

For more than twelve years, Foster traveled widely for the NSA, sometimes on behalf of reputed NSA proprietary, Systematics, then headquartered in Arkansas. Systematics purported to be supplying bank computer software services. They actually apparently were spying on banks worldwide, friend and foe alike, for NSA. Traveling for NSA/Systematics hundreds of thousands of miles, Foster was the mastermind of an NSA project that tracked Federal Reserve and private wire transfers between banks, trillions of dollars per day.

Foster acted jointly in the project with the aid of his two Rose Law Firm partners, Hillary Rodham Clinton and Webster Hubbell, who had been Mayor of Little Rock and once Acting Chief Judge of the Arkansas Supreme Court. Foster's airline travel records, the report shows, were issued in his capacity as a "U.S. Government Official".

Because of being the master inquisitor of this action, Foster never believed the project and circumstances might someday find his own purported foreign coded accounts, or that such accounts, if he did not already know the funds were parked there for him—that such purported coded accounts could supposedly finger him as having violated American espionage laws.

This trio—Foster, Hillary, Hubbell—and their project made use of computer software, superior for money tracking, called PROMIS, stolen from its copyright-owner and developer, INSLAW, Inc. High officials in the Reagan/Bush Administration, in fact, with the particular aid of George Bush, reportedly stole the software and sold it to foreign espionage agencies, supposedly for tracking political dissidents. The software actually had a "trap door" for the American CIA and the NSA to spy on intelligence agencies, friend and foe alike. The report contends that to successfully expose all this and Foster's role might damage both the GOP and the Democratic Party.

A code-name-only Federal Agency commissioned the retired intelligence agents to put together a report on Foster which was never supposed to be referred to publicly or see the light of day. Not supposed to be declassified for thirty years, the report contends, among events:

- Foster, as spy chief, assisted Jonathan Pollard, a lower level analyst at the Office of Naval Intelligence, ONI, to carry through security blocks, the equivalent of an entire roomfull of the highest U.S. secrets on nuclear weapons, including tracking and targeting details and satellite coordinating codes and data. (Some of these details in binders were found in or near Foster's White House office after his death.)

- That Foster assisted Pollard on behalf of then Vice President George Bush and then U.S. Secretary of Defense Caspar Weinberger. And Foster caused others to assist Pollard, who did not himself have the authority to be carrying such secrets home with him. Both Foster and Pollard were apparently paid for this: supposedly through the use of PROMIS Software and other means, to supply Israel with such data long before Israel had developed its own proficiency in the same field.

- In so doing, Foster purportedly enabled Israel to be perceived as a genuine nuclear threat to the then Soviet Union.

- That the so-called "publisher" tycoon, using the fake name "Robert Maxwell", assisted in these joint efforts. (When "Maxwell" died mysteriously, he was buried with top honors as if he were the head of Israeli intelligence, The Mossad.)

- That Foster jointly, with his NSA/Systematics partners, Hillary Rodham Clinton and Webster Hubbell (who went on to become 3rd in command in the Clinton Justice Department), supervised and strategized for the

NSA purported proprietary, which, in turn, made use of the reputedly stolen INSLAW software. (A Chicago-area attorney, a close crony of Hillary's, John E. Gierum, of the suburb of Park Ridge, where she is from, confessed to this writer, in the presence of a witness, that the Clinton White House was trying to frame him on matters related to this. Gierum did not dispute the details of his confession when we confronted him in the Federal District Court in Chicago, 1996-97. The purpose of the intended "frame-up" was to silence Gierum)

- That the Foster-Hillary-Hubbell trio aided the worldwide surveillance on bank wire transfers and transactions, through the INSLAW "trap door". There was also spying on transactions, on an advance-data basis, of stock, bond, commodities, and options trading and brokering in the U.S. and elsewhere. This spying, the report states, benefitted certain high-level persons in the U.S. and elsewhere, including George Herbert Walker Bush, Caspar Weinberger, and others. Among the places used, the report contends, was a highly secret, heavily secure operation on the 94th floor of the World Trade Center in New York City. That operation, the report asserts, may have been the target of the bombing of that building in 1993, since the basement attack would cause noxious fumes to gather on the upper floors. (One of the accused so-called "Arab terrorist" bombers was actually close to Israeli intelligence, the report states.)

The document raises the issue that Israel and others may have had an interest in knocking out the 94th-floor operation.

According to the report, a former high-level Mossad official, living in the Chicago-area, coordinates some of the bank and brokerage spying, through a super-computer built into his home. The retired intelligence agency team assert that he is a renegade, now working AGAINST the Mossad and is highly corrupt. His address and particulars were made available by certain other sources for the purposes of targeting him for a so-called Israeli revenge attack on his residence. By accident, some years prior, this writer interviewed that official when he supposedly was still an Israeli official.

- The report goes on to contend that Hillary was more or less Foster's "lover" and had knowledge of his purported coded secret accounts; that Hillary had what is known in law as a beneficial interest in those accounts in Switzerland and elsewhere.

The report goes on to detail how Hillary and Foster were apparently able to blackmail various members of the U.S. Congress and federal agencies. The report lists 240 top U.S. officials who took bribes or were blackmailed as if they did take the bribes, by way of bribery funds parked in Swiss and other banks. A small group of former intelligence operatives, very adept with supercomputers, traced and

determined these coded accounts and, through computer trickery, caused the accounts to be entirely withdrawn and wiped out, and the deposits transferred. Over \$3.5 million of coded accounts, supposedly belonging to U.S. officials, were transferred to the U.S. Treasury Holding Account—a device for seizing illicit foreign funds of U.S. citizens.

The report contends, however, that under disguise of being seized for the U.S. Treasury Holding Account, the funds were actually stolen by the computer wizards. Left unanswered, the report asserts, is whether these accounts, including that supposedly of Foster with Hillary's beneficial interest, ever went to the U.S. Treasury Holding Account or actually to private accounts, including those of George Herbert Walker Bush and his family, and certain renegade operations of the American CIA, French CIA, the Mossad, British Counter-Intelligence, and others.

Shortly before his death, the report states, Foster was upset when informed by the First Lady that Foster's purported coded accounts, supposedly from Israel, were found out and seized; that Foster was about to be charged with treason against the U.S. based on those purported accounts. Those about to charge Foster, the report states that Hillary informed Foster, claimed he should have been sent to life in prison along with his confederate, Jonathan Pollard. Hillary is quoted in the report as informing Foster that she thinks if he were to finger his accomplices in the Pollard treason, namely George Herbert Walker Bush and Caspar Weinberger, that it would not constitute a practical criminal defense in view of the influence of those two with the courts.

The report raises the issue that Foster's brother-in-law, Beryl Anthony, former Arkansas Congressman, might be implicated in the spying, jointly through Anthony's boss, Jim Thompson, former Illinois Governor and financed for high office by the Rockefeller

family. Thompson has been chairman of the 400-member, Chicago-headquartered law firm, with worldwide offices, Winston & Strawn, of which Anthony has been a key member in their District of Columbia office.

The report makes the sinister point that Foster's death was "arranged" and "necessary" for reasons of protecting the bank/brokerage/foreign intelligence agency spying project. Foster had to be "terminated" for "national security".

Stay tuned for more about why and HOW Foster was murdered. And the role of Redspan/Bush.

3/2/00 SHERMAN H. SKOLNICK

GREENSPAN REPORTEDLY BRIBES & AIDS BUSH IN VARIOUS MATTERS PART 4

MORE ABOUT WHY AND HOW FOSTER WAS MURDERED AND THE REPUTED ROLE OF REDSPAN/BUSH.

The suppressed report of the retired intelligence agents showed that Vincent W. Foster, Jr., was a high-ranking official of the super-secret National Security Agency, NSA. There was no actual title for him. In effect, however, Foster was the chief of bank spying, operating jointly with Alan Greenspan, the bank dictator who is like a Soviet Commissar, hence, called by us Alan REDSPAN.

As bank spy chief, Foster did this for some twelve years, purportedly as an attorney/strategist for the apparent NSA proprietary, Systematics, headquartered originally in Arkansas. His team included his reputed "lover", Hillary Rodham Clinton.

She certainly was clever and knew how to pose as one thing and be another. Her late father reportedly was a mob "laundry man", washing illicit funds. A CIA "darling" from an early age, Hillary went on to become, by 1990, Board Chairman of a reputed CIA proprietary conduit, New World Foundation, financing apparent CIA-paid agents-provocateurs to discredit indigenous dissident movements. Publicly, some thought she was a flaming liberal. Yet, she was *for* GOP 1964 presidential candidate Barry Goldwater.

Foster's pal, Hillary, was in a position to understand criminality. Her family came apparently from the Scranton, Pennsylvania area. Law enforcement personnel there contend her family was reportedly linked to the Gambino crime family, New York and Chicago, and had mobster-linked cronies on the Chicago exchanges.

William Rockefeller Clinton, on the other hand, was tied to the Chicago mobsters and their traditional mobster vacation site, Hot Springs, Arkansas, where his reputed mother was a mob "party girl". (Documents of the

alleged "Bill Clinton" and his early years have been more or less destroyed. Visit our www.skolnicksreport.com website for more details.) In its simplest form, the Bill/Hillary couple was/is a CIA-mobster marriage of convenience.

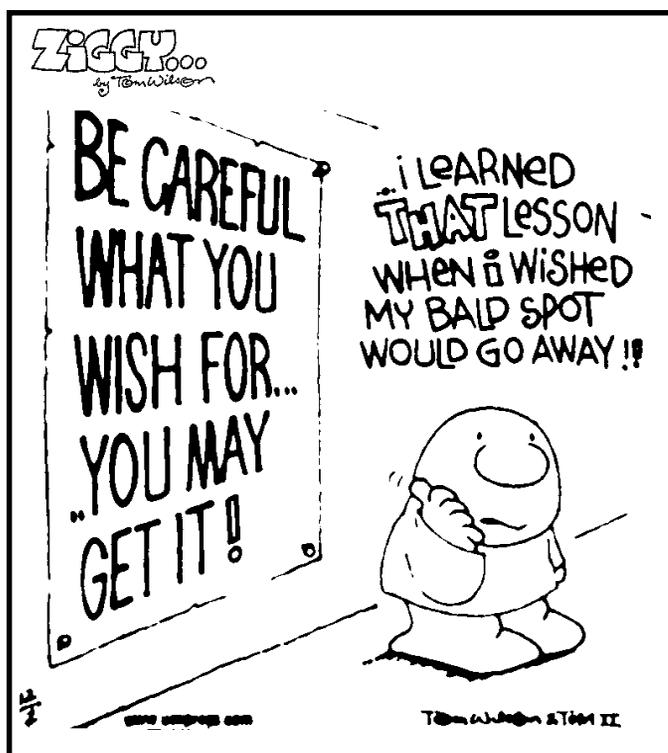
Of the trio, reportedly with Systematics, Foster was the traveler and super-courier. He did a lot of the "leg work" worldwide. After his demise, requests under the Freedom of Information Act, FOIA, caused disclosure of some 700 pages of documents as to him/Systematics/NSA. Many of the records, however, were heavily blanked out, called in FOIA parlance "redacted". While traveling, Foster had a more private mission. Hillary had long apparently confided in him that someday she was going to have to divorce Bill. So, among other things, like a typical unhappily married wife, Hillary wanted to know where her husband parked the money. (Our court reform group has a number of members who have been in divorce court. Finding their spouse's money is a key matter for them.)

Foster found one of Bill's coded accounts in Switzerland: Ten million dollars, apparently part of his cut from the CIA dope trafficking through southern states jointly with Ollie North and George Herbert Walker Bush. Account code names included "Chelsea Jefferson", the daughter's first name and Bill's alleged middle name. Hillary reportedly told Foster that if and when the marital battle begins, to put a "brick" on the Swiss and other of Bill's secret coded accounts, **EVEN THOUGH THE ELDER BUSH IS INVOLVED**, through a beneficial interest, and **EVEN THOUGH THE WIRE AND OTHER TRANSFERS WERE ARRANGED BY ALAN GREENSPAN**.

One of the accounts is listed as bank account #18, on the hand-written list of a senior U.S. Treasury Official, Office of Internal Affairs. (See Part Two of this series.) Some of Bill's coded accounts were actually an overlap with the Elder Bush and Caspar Weinberger. After Bush lost the 1992 election, he pardoned Weinberger from being prosecuted by Independent Counsel Walsh to keep this concealed. These accounts were arranged by former secret police chief Bush, Bill's CIA mentor.

So, in an expected marital battle, Foster was pledged to aid pal Hillary, even if it meant wrecking and exposing her estranged husband's cronies, the Elder Bush and Greenspan and Weinberger—a dangerous confluence of events, howsoever it were to occur.

The Internal Affairs Office of the U.S. Treasury was reportedly well aware of this criminality overlap. Could the American Republic survive a current President and former President jointly prosecuted for high crimes and treason, an event caused by a new top official in the White House named Foster? Realists thought, probably not.



A series of horrendous events led up to the death of Foster, in July 1993. About a week earlier was the downfall of the American CIA plot to topple Iraqi strongman Saddam Hussein, by a CIA-paid-for coup by Iraqi military intelligence officers. A watered down story of what happened did not appear in the American monopoly press until on and after November 1, 1993.

A top White House official reportedly called off the coup, which was to have assassinated Saddam. Aborting the cabal was President Clinton himself and/or jointly with former President Bush. The Elder Bush, as we have written about exclusively based on unpublicized Chicago federal court proceedings, had been, for the decade 1980 to 1990, the private business partner of Saddam in oil kick-backs and extortions as to the weak oil sheikdoms of the Persian Gulf.

Bush/Clinton had to stop the assassination of Saddam. Why? Saddam's half-brother in Geneva, Switzerland, who also had the documents of the Bush/Clinton/Greenspan/Weinberger criminality and treason and their Swiss coded accounts, promised documents would be released requiring the treason prosecution of Bush IF BUSH AND HIS CRONIES ARRANGED THE MURDER OF SADDAM. To avoid such an event, Saddam's half-brother himself was assassinated. But the documents were conveyed to an independent-minded commentator.

Investigating this whole situation of Clinton/Bush/Greenspan/Weinberger was former CIA Director Admiral Stansfield Turner. The Admiral was checking into the Elder Bush and his family and their reputed cocaine bank money laundry wizard Giorgio Pelossi. Turner was traveling with the head of the Costa Rica secret police, as well as an eight-person team from Secret Police of Spain. Their airplane was sabotaged and crashed, seriously injuring the Admiral and killing his wife, and most of the secret police onboard who were checking the Spain links to the George Bush family reputed dirty business aided by Redspan and the bank secret wire transfers. (This occurred not so long before the initial posting of this story.)

So, just before the murder of Foster, the Iraqi plotters were tricked into trusting Bush/Clinton/Greenspan. By this duplicity, Saddam found out and had the plotters assassinated.

The day before the murder of Foster, the Director of the FBI, William Sessions, was sacked by Clinton. What was the reason planted in the monopoly press? That Sessions had misused his position by taking his wife along, at unauthorized government expense, on official FBI airplane flights. Sessions had in place an elite team, he believed were above reproach, investigating the high-level treasonous criminality of Bush/Clinton/Greenspan/Weinberger and related culprits. The way

Sessions was unceremoniously removed was a tip-off. Sessions should have known he was sailing into shark-invested waters.

Several weeks before the death of Foster, German counter-intelligence in Frankfurt were actively surveilling three Israelis apparently residing only temporarily in their venue. This team were reportedly academic types actually, properly called "professors" in Israel. They had no known criminal or other negative background. But the German secret police, through long reliable sources, came to understand that this trio were actually a one-time contract "hit" team, not directly under the auspices of the State of Israel or the Mossad. In plain language, these were paid, private, contract killers, exclusively for this mission.

Through their American affiliates, the German spooks traced the team later to the District of Columbia. The Germans were informed that their bird-dogging of the "hit" team would lead to tremendous U.S.-German intelligence agency friction. That is, they were told to lay off.

(Also reportedly a part of German Counter-Intelligence from Frankfurt, was Andreas Strassmeir. He reportedly infiltrated one of the several teams involved in the multiple bombings of April 19, 1995, of a federal office building in Oklahoma City. Among other things, he was reportedly aware that the Elder Bush, upon the conclusion of the Persian Gulf War, quietly brought some five thousand Iraqi military intelligence officers and their families to reside in the U.S.—many became residents of Oklahoma City. Through German-U.S. cooperation, arranged by the Elder Bush, Strassmeir was kept out of the hands of the FBI as part of the FBI cover-up. Prior to the trial of the so-called "lone bomber", Timothy McVeigh, his attorney filed a Petition for Mandamus, to try to require the McVeigh murder trial judge in Denver—where the case was removed to—to put into the public court record certain documents. The extraordinary Petition, filed with the federal appeals court, was not mentioned, if at all, in the monopoly press. The Petition referred to documents, some in the secret record and some in the public court record, showing that Iraq was behind the Oklahoma City terrorism, operating through U.S. dissidents as surrogates, not knowing for whom they are doing it. Saddam Hussein, Bush's former private business partner, got his revenge on the U.S., and Clinton/Bush covered it up because of the treasonous links to themselves.)

Related facts: Little known, when it comes to security of the President and other high-level U.S. and foreign visiting dignitaries, the U.S. Secret Service has been known for decades to rely on so-called "retired" or elder statesmen of the crime syndicate. So, when a President was to come through Chicago or stop there, the advance team of the Secret Service consults

with local, trusted mobsters. "Was there some lone nut weirdo would-be assassin going to endanger the President?" they inquire. The elder mobsters and their own intelligence network always accommodated the Secret Service with pertinent answers and data. True in the past; true now.

Further, when the Secret Service works on a particularly difficult project, they set up what nowadays is called a "focus group", but made up of university criminology professors, "retired" mobsters, and other highly well-informed types. So, after the death of Foster, the Secret Service set up several "focus groups" to consider what had happened. And some of the "focus group" participants later informed us. Those details were corroborated by the suppressed report of the retired intelligence agents referred to earlier in this series.

The several sources thus confirmed details which included:

- That the Israeli one-time "hit" team was known to be in the vicinity of the District of Columbia at the time of the murder of Foster.

- That they confronted Foster that fateful day in July, 1993. They dealt with Foster the same way the Gestapo team did when they came to the home of General Edwin Rommel, during World War II. Rommel knew. Foster knew. He had to go with "them". The Gestapo taking Rommel from his family, went with him nearby. They told Rommel they knew he was part of the cabal plotting to overthrow Hitler and thereby committing treason against the German state during the war. They handed Rommel a weapon, stating he can either shoot himself as they walk away, or if not, when they come right back, they will have to do the job. Either way, he was told, your family will be spared problems and it will be announced as a natural death or a suicide caused by bad health. And that Rommel would remain an honored General in the public mind.

Similarly, Foster was told that they knew what he had done. That he cannot be allowed to endanger the then new President, Clinton, and former President Bush, and Greenspan, and Weinberger, and the future of the U.S. central government. At the behest of Bush/Weinberger, Israel was owed a favor. Israel was the trans-shipment point for weapons from the U.S. to Iran from the start of the Iran-Iraq war, 1980. That Israeli intelligence had documented proof and pictures, proving Bush arranged the delay of the release of the U.S. hostages held by Iran, in return for the U.S. weapons shipments. The delay designed to show President Carter, running for re-election, as a wimp, unable to get back the hostages. The treasonous deal, done in a Paris suburb, October, 1980, called the "October Surprise", put in place the Reagan/Bush ticket. The hostages were released just at the moment Reagan/Bush were inaugurated, January, 1981. And the Israeli government had proof of

President Clinton's complicity, later, in the cover-up of treason of his crony, the Elder Bush.

Foster was confronted with his role, jointly with Hillary Clinton, in American LaFarge, the U.S. unit of a French firm in which the Elder Bush reportedly has a large financial interest. Hillary had been a director of the firm which reportedly supplied the ingredients for poison gas to Israel's sworn enemy, Iraq.

Foster was suicided near the White House. His body was transported to Fort Marcy Park, Virginia, a Civil War memorial site. Finding the body there would enable Israel and others to possibly set off an international scandal in that, right across the road, about 650 feet away from the park, was the residence mansion of the Saudi Ambassador.

Questions could be raised: Was the Ambassador complicit in the death of Foster? Did those in the residence hear the shots? And so on.

Of course, the White House knew the truth. The super-secret National Reconnaissance Office, in charge of satellites, satellite spy and imaging, had images showing the body being moved to Virginia. The White House and that location in Virginia are under total 24-hour surveillance. Fort Marcy Park is not far from the CIA headquarters. Every blade of grass is under satellite imagery. A key operative of the NRO, who knew about all this, Daniel Potter, was murdered in March, 1998, and covered up as an unsolved crime.

Other details discussed with the "focus" groups and corroborated in the suppressed report of the retired intelligence agents:

- Foster's body was prepared for cover-up burial by a reputed CIA-contract mortuary, doing work for the "Defense Department" as a cover.

- The prosecutor in the District of Columbia, under the real circumstances of the death of Foster in the Capitol, certainly knew that his office had jurisdiction to investigate the murder of Foster, the highest ranking U.S. government official to be murdered since the assassination of President Kennedy. The prosecutor's office had more than 500 clear pictures, showing various aspects of the body and related matters. Some pictures showed Foster was finished off with a small-caliber gun shot to the back of his neck, directly contradicting any story of supposed "suicide".

Three days after that prosecutor's office began their inquiry, several purported "government agents", heavily armed, showed up but did not show credentials, if any. They quickly carted away most anything and everything in the prosecutor's office that could have contained Foster pictures, documents, and data.

This event was never reported in the monopoly press. The pictures were referred to, however, in the suppressed report, and discussed during the sessions of the Secret

Service "focus" groups.

Several years later, the Washington Post ran the barest mention of some of the details of the "hit" team. One story was by then Washington Post reporter Michael Isikoff. To pander to his CIA-media bosses at the Post, he wrote a story designed to heckle all items contradicting the Foster "suicide" story as mere conspiracy theories, starting one article very briefly mentioning me.

(The *Washington Post* was exposed in a book, the first edition of which was suppressed: *Katherine The Great* about Katherine Graham, supposed owner of the *Post* and her CIA links, by Deborah Davis.) Isikoff went to work for the sister publication, *Newsweek*. Isikoff reportedly is an asset of the Mossad. Some contend his meddling and complicity resulted in the murder of White House intern Mary Cairtin Mahoney, who was murdered by an intelligence agency team in a Starbucks Coffee Shop right in the District of Columbia, July, 1997, and now falsely blamed onto a "lone nut". Mahoney knew of Clinton giving U.S. financial, industrial, and military secrets reportedly to the head of the Red Chinese Secret Police, Wang Jun, who is also a private law client of alleged "independent" counsel Kenneth W. Starr.

Another story about me in the *Washington Post* was on the front page, July 4, 1995. That early morning I received two calls. First caller identified himself as a U.S. correspondent for the Israel newspaper, *Ma'ariv*. "Mr. Skolnick, your story is going to cause the head of the Mossad to be assassinated. You are a Jew. How can you do such a thing?" he blurted out. He did not want to hear that nobody from the *Post* had interviewed me with respect to the story that day. I did not finger the chief of the Mossad. I offered to fax him some details. He hung up.

The second caller that morning identified himself as the U.S. correspondent of "Israel National Radio". He started right off condemning me, the minute I answered the phone: "Mr. Skolnick, you are a bad Jew! Stop these terrible stories!" he screamed at me. Without hollering back, I tried to explain what I knew. I suggested: "You in the Israel press should grill your man Isikoff for putting matters upside down, and now you condemn me for it as if I own the *Washington Post*." The caller did not seem interested in my explanations.

So, in summary, these are the ones who had an interest to either have Foster murdered, or cover it up when they found out it happened. One way or another, Foster had to be silenced about his foreign bank accounts which overlapped those of the Elder Bush/Caspar Weinberger, and were reportedly arranged by secret bank wire transfers directly arranged and approved by Alan Greenspan, head of the super-secret PRIVATE bank, called the Federal Reserve:

- (1) William Rockefeller Clinton;
- (2) Hillary Rodham Clinton;
- (3) Goerge Herbert Walker Bush;
- (4) Caspar Weinberger;
- (5) Alan Greenspan, or as we prefer to call him Alan Redspan.

3/4/00 SHERMAN H. SKOLNICK

GREENSPAN REPORTEDLY BRIBES & AIDS BUSH IN VARIOUS MATTERS PART 5

GREENSPAN, THE BUSH FAMILY, AND THE OIL-SOAKED CROOKED COURTS

In the 1950s, George Herbert Walker Bush got into the oil business with his partners, the Liedtke brothers. Bush was assisted by his father, Prescott Bush, Sr., who was one of Adolph Hitler's bankers jointly with the Bush relative, George Herbert Walker.

Also greatly assisting Bush was Eugene Meyer, who had reportedly built up his fortune by massive fraud, misusing Liberty War Bonds, used to suck money out of common Americans with the then new, conspiratorial Federal Reserve—all used to finance and force Americans to fight in England and Europe's bloodbath, World War I.

With his loot, Meyer bought the then failing *Washington Post* newspaper. Meyer's daughter, Katherine Graham, became publicly known as if she were the sole "owner" of the *Post*, despite the fact that British royalty had a large financial interest in the *Post*, and later, sister publication *Newsweek* magazine. Suppressed was the first edition of a book that showed the *Washington Post* was a front for the American CIA; this was Deborah Davis' book *Katherine The Great*.

Much later, Bush brought in numerous British royalty into his oil ventures. Later, Bush was given honorary title by the Queen. Yet, the *U.S. Constitution*, Article 1, Section 9, forbids U.S. officials to have titles of nobility and be beholden to foreign kings and princes. And Bush is a distant cousin of the Queen of England.

As we pointed out in earlier parts of this series, according to the secret Federal Reserve bank wire transfers, Bush had a joint account with the Queen of England in the British Monarchy-owned Coutts Bank, London—as arranged by Alan Greenspan, using his secret codes, directly supervising the same. This, in part, facilitated British Counter-Intelligence operatives, MI-6, to do bloody, dirty tricks against U.S. citizens IN THE UNITED STATES, such as in heavily Irish Catholic-populated areas like Chicago, where a percentage of the Irish sympathize with the anti-crown, anti-British IRA. MI-6 works directly under the orders of the Monarchy. (Al

Fayed senior claims they murdered his son, Dodi, and intended pregnant wife Princess Diana of Wales. Visit his www.alfayed.com website for more.)

Following World War II, Bush's elders were instrumental in bringing, to the U.S. and South America, the surviving anti-Soviet Nazi intelligence apparatus, the Gehlen Organization. This was under the auspices of the American CIA and U.S. Military Intelligence. U.S., Argentina, and Brazil became a base for such post-war Nazi operations. (I tried to expose the U.S. operation, through a seminar in Chicago, 1976, and, strange as it may seem to naive people, I was opposed by the Jewish aristocracy in Chicago, not the common people.)

Finding new oilfields within the continental U.S. was declining. Bush and his cronies realized that the new, mammoth oil finds would be offshore, under hundreds of feet of water in the continental shelf or the shallow waters of the Gulf of Mexico and the Caribbean. The name of the Liedtke/Bush operation was changed from Zapata Petroleum Company to Zapata Offshore. The Liedtkes went on to supposedly form a separate firm, Pennzoil, although Bush had a large financial interest in that company as well.

Soon Zapata had some 600 units and affiliates. Strange, but they seemed to set up shop often in the world hotspots and places of insurgency against colonial rulers. Zapata reportedly was a CIA proprietary, a supposedly "private" firm acting as an adjunct to the spy agency and espionage bloody tricks. Thus Bush was with CIA long, long before becoming Director of Central Intelligence for eleven-and-a-half months in 1976. Thereafter, by the way, he became a director for about 4 years, of Eli Lilly Company, major producer of cocaine, supposedly for pharmaceutical purposes.

Being beyond the U.S. jurisdiction limits, Zapata's offshore oil rigs reportedly became drop-off points, by ship and helicopter, for contraband, including transit points for the major dope traffic. Reportedly assisting in the dope traffic from Colombia and Venezuela was George Herbert Walker Bush's son, John E. Bush, called Jeb, and his Mexico-born wife, Columba.

Jeb was the resident banker for Texas Commerce Bank. Like the bribery of judges, the major proceeds from the dope traffic are not out in an alley, but through banks owned and operated by the corrupters. (In an earlier story, by error, I said his wife was born in Colombia.)

Bush/Liedtke/Pennzoil got a hammer-lock on a company much larger than Pennzoil. How? By Pennzoil bringing a suit in the crooked Texas courts claiming that the huge Texaco Company wrongly interfered with Pennzoil's purported contract to acquire and merge with Getty Oil Company. A Texas judge reportedly steered the case in such a way

(that can be done by the evidence let in or kept out of the court trial) that the jury awarded Pennzoil the largest judgment of its kind in court history: \$10.53 BILLION.

Texaco appealed the monstrous judgment to the Texas Supreme Court. Like the Illinois Supreme Court, the Texas high court is reportedly known for being "for sale". (In 1969, my public accusations of bribery, made directly into their faces, caused the Illinois Supreme Court judges to have me grabbed in my wheelchair and hustled off to prison for "contempt of court", because I refused to tell the accused judges how our group went about investigating them. I was vindicated. The ruckus caused the high court tribunal to be swept away in the biggest judicial bribery scandal in U.S. history.)

Typically, in a hard-fought case, when a lawyer arguing a matter can't find a precedent case to cite from his state, sometimes he refers to a ruling by the highest court of another state. Once a Texas lawyer cited an Illinois Supreme Court decision. His opponent blurted out, "Your Honor, that is one of those crooked law-book published decisions from Illinois' wrecked, worthless high court. Your Honor is not going to be persuaded by that, are you Judge?" Likewise, Illinois lawyers hesitate for similar reasons to cite as precedent a ruling by the Texas Supreme Court.

The Texas high court refused to review the mammoth judgment, upholding it in secret. When a judgment is entered, the only way the "loser" can escape having their money and property seized, is to put up an Appeal Bond. Most states, as a safeguard, require the Appeal Bond to be 2-1/2 to 3 times the judgment amount. Where would Texaco get such an appeal bond to stop the running of the doomsday judgment of almost \$11 Billion?

In a front page, detailed story, the *Wall Street Journal* showed how the Texas courts are "for sale". The story was headlined "Quality of Justice—Texaco Case Spotlights Question of Integrity of the Courts in Texas", November 4, 1987. Shortly thereafter, in a large advertisement, Pennzoil said the Texas high court somehow DID "review the judgment". A careful reading, however, of Pennzoil's ad, shows the judgment was "reviewed" in secret without a written explanation. (*Chicago Tribune*, 11/18/87)

At that time, the Court of last resort in America, the U.S. Supreme Court, was packed with Bush cronies and sympathizers, many of them having multi-multi-million dollar financial interests in some way tied to Bush and his social and business circles. America's highest tribunal refused to stop the enforcement of the horrendous judgment and refused to deal with the matter on its merits. Result: Texaco was forced into bankruptcy, as Pennzoil was in the process of seizing their properties.

Texaco had an important source of oil: Iraq.

As we have mentioned in exclusive stories, based on being the only journalists covering a federal case in Chicago: For a decade Bush was the PRIVATE BUSINESS PARTNER of Iraqi strongman, Saddam Hussein. Together, they shook down the oil-pumping weak sheikdoms in the Persian Gulf for billions and billions of dollars per year, from 1980 to 1990. The Persian Gulf War, stripped to its essentials, was simply a falling out of private business partners. And Bush, with the help of Hillary Rodham Clinton, was instrumental in supplying weapons to Iraq, to fight Iran, 1980 to 1988. (To understand the situation, consult: *Spider's Web—How The White House Armed Iraq* by Alan Friedman.)

Through American LaFarge, Bush and Hillary reportedly supplied poison gas ingredients to Iraq, who used them against their own dissidents, the Kurds, and against the Iranians who fought Iraq with wave after wave of very young, throwaway soldiers. Key portions of these events occurred just as Alan Greenspan was put up as the Commissar of the highly secretive PRIVATE central bank, the Federal Reserve, in August 1987. The press pretend it is a U.S. GOVERNMENT ENTITY, which it is not. The Fed issues paper money, masquerading as the "U.S. Dollar", backed by hot air, not gold, not silver, nothing.

How did George Herbert Walker Bush, with his sons, reportedly buy the Texas Courts to benefit Pennzoil—benefits later carried into effect by Fed dictator Greenspan? And Greenspan approved of secret bank wire transfers to and from the Bush family accounts, billions of dollars. Some of the funds were reportedly the proceeds of the massive dope traffic. Other funds were used to corrupt public officials in the U.S. and elsewhere. Some were the illicit proceeds of the CIA dope traffic.

Banks with the Bush family accounts reportedly involved:

- Chase Manhattan Bank of Florida, Clearwater, Florida;
- Banco de Occidente, Panama City, Panama;
- NCNB of Texas, Garland, Texas;
- First Federal of Miami, Miami, Florida;
- Banco de Panama;
- Banco De Exterior De Espana, Malaga, Spain (discussed in an earlier part of this series).

NOTE: Former Director of Central Intelligence, Admiral Stansfield Turner, was seriously injured in a sabotaged plane crash a short time before this story was first posted. Turner's wife died in the crash along with several members of foreign secret police units assisting Turner. The Admiral was investigating the Bush family and their reported links to major dope trafficking and proceeds through the mentioned banks, including the one in Malaga, Spain.

From our more than four decades of investigating bribery corruption, exposing judges and others, we know that the influencing of judges and other public officials is done very often through domestic and offshore escrow accounts.

The judges and other public officials are in a position to know:

1. that if they make an important decision favoring the corrupter, at a later date funds will be deposited in escrow;

2. if the judge, or other public official, makes the arbitrary, corrupt ruling, and the ruling “sticks” and does not “bounce” or be exposed as purely crooked, then the funds, waiting in escrow, are forwarded to a concealed account for the judge or other public official’s later use and benefit, sometimes years later, sometimes for THEIR CHILDREN’S use and benefit.

Crooked rulings are seldom C.O.D., but rather by the methods I mention.

The pressfakers censor the news, sometimes by simply not bringing up known details when it is pertinent and important to consider the same. Some forget, for example, that the Rev. Jesse Jackson, in the early 1970s, was a Nixon Republican, and later, a Bush Republican. (Visit our www.skolnicksreport.com website; scroll down to our story “The Murder Of Dr. Martin Luther King, Jr.—Unspoken Details” Part One. Consider the details that the Rev. Jackson is reportedly an accomplished extortionist and is a reputed FBI stool pigeon all his adult life.)

So, it should come as no great surprise that Rev. Jesse Jackson led the campaign in 1996 to strong-arm more than \$180 million from Pennzoil/Bush competitor Texaco that got their oil from Bush’s now disgruntled former private business partner Saddam Hussein and Iraq oil. “‘The mission is not complete’, declared [Rev. Jesse] Jackson, who is calling for a boycott of Texaco despite last week’s settlement of the lawsuit” [showing a picture of Rev. Jackson] (*Time Magazine*, 11/25/96, page 33).

References to aid in understanding George Herbert Walker Bush and his family and the social and business links to the Nazis, also to British pro-Nazi royalty:

- *Wall Street And The Rise Of Hitler* by Antony Sutton
- *Trading With The Enemy* by Charles Higham
- *American Swastika* by Charles Higham
- *The Secret War Against The Jews* by John Loftus and Mark Aarons
- *George Bush: The Unauthorized Biography* by Webster Griffin Tarpley and Anton Chaikin

The Crime And Punishment Of I.G. Farben by Joseph Borkin

Go to our website to view a few samples of the reportedly authentic records we have of secret bank wire transfers, authorized by Fed

boss Alan Greenspan, for the corrupt purposes of the Bush family, and also some hand-written notations by a senior official of the U.S. Treasury Department, Office of Internal Affairs.

3/9/00 SHERMAN H. SKOLNICK

GREENSPAN REPORTEDLY AIDS & BRIBES BUSH PART SIX

NEIL BUSH AND THE AMERICAN CIA

Background:

Over a period of four decades, our research and investigation group has repeatedly publicized, in the public interest, whenever we are permitted, some of the following:

1. That State and Federal Judges, in important cases, are often corrupted through financial institutions, such as banks. Throughout the history of the U.S., key judges owned and operated banks jointly with their lawyer cronies. Most often, the judges do not disqualify themselves. It is seldom, if ever, discussed in the monopoly press, tied to the banks, thus shaping a blindspot in what Americans know and understand about the so-called Justice System. Some call it the injustice system, based on personal tragedy.

2. That the purported tax collectors and extractors, the Internal Revenue Service, are corruptly slanted against the common American, and in favor of the ultra rich. Thus the richest families in America, such as the Rockefellers, the Mellons, the Morgans, and the Marshall Fields, apparently pay little, if any, taxes. Is it any wonder the hospitals, libraries, schools, and highways are bankrupt? Those who have the most do not support the realm, the infrastructure of the United States. (Political candidates appearing on my public access cable TV show uniformly refuse to answer questions about this.)

3. With the willful blindness of corrupt top IRS officials, the ultra wealthy have formed foundations to hide their ill-gotten treasures and evade taxes. Third-party presidential candidate George Wallace, in 1972, said if he is elected, he would put a stop to the Rockefeller Foundation hiding that family’s wealth. At the time Wallace, according to the polls, was expected to have 19% of the vote. There was a danger that his candidacy would make it so that the two major presidential candidates, Nixon and McGovern, could not, either one, get enough electoral votes to be President. Thus, the election, in a rare event, would be thrown into the Congress to decide who would be President.

Shortly after George Wallace made the statement, he was nearly shot to death and spent the rest of his painful life in a wheelchair. We were about the only ones who had a documentary film-maker on our public access cable TV show, who said that Wallace was

claiming Nixon was behind the assassination plot.

4. That some of the ultra rich families have formed and operate foundations that are part of a three-tier system, using technical terms, that conceal the source of the funds: conduits, pass-throughs, and fronts. That such foundations are acting for and on behalf of the American CIA to buy-out and co-opt journalism societies, labor unions, dissident indigenous movements, and such, and other so-called independent groups. And to finance government-paid agents provocateurs.

Disgruntled that the powers-that-be assassinated his brother, John F. Kennedy, Robert F. Kennedy caused a horrendous scandal in the spring of 1967. To understand the profound nature of the CIA-foundations ruckus, in a good reference library consult the *New York Times INDEX* for 1967, under the topic “Central Intelligence Agency”, for a summary of stories. Thereafter, in college seminars and a course I taught at a broadcast school, I followed up on this, tracing the “before and after” of suspected groups. We became experts on CIA foundations. For triggering this mess, Bobby, in 1968, paid the ultimate price—being assassinated by a so-called “lone” assassin.

5. That the CIA took over and used, for domestic and foreign dirty tricks, several dozen savings & loan associations. In his heavily-documented book *The Mafia, The CIA, And George Bush*, longtime journalist Pete Brewton tells about more than two dozen S&Ls taken over or used by the CIA. The book came out in 1992, and Brewton points out that, after the funds were mysteriously “loaned out” to persons often not credit-worthy, the federally-insured thrifts would go under, leaving huge losses for the taxpayers. Jam-packed with details, the book, some claim, is not easy to read. Yes, it is not a novel.

We followed up and identified four such CIA S&Ls in Illinois, not mentioned in his book. In one such, in a Chicago suburb, Clyde S&L, Congressman Henry Hyde (R-IL) had been a director. A federal agency sued him and the other directors for causing it to go under. For example, with Hyde’s connivance, \$67 million of Clyde’s funds disappeared in Arkansas. There was a danger that CIA-type details would get into the public court record. So, a CIA attorney from Washington was brought in and persuaded the Judge to impound portions of the court file. Despite that, we did find out plenty.

Henry Hyde wears two hats: First, as known, he is a U.S. Congressman. Second, as mostly unknown, he is head of the CIA’s “black budget”, financing the overthrow of governments and the assassination of leaders that the CIA does not agree with. As chairman of the House Judiciary Committee, Hyde has the power to start the removal of a misbehaving

judge or to frame a judge for blackmail purposes. Hyde blackmailed the Chicago federal judge who had the case, so Hyde, unlike the other S&L directors, did not have to pay a penny in damages. Details are in earlier stories of ours. Note: Hyde reportedly supervised the CIA dope traffic through the southern states carried out jointly by Bill Clinton, George Herbert Walker Bush, and Ollie North.

In Denver, Colorado, was a reputed CIA covert operation known as Silverado Banking, Savings & Loan Association. From 1985 through August 1988, the elder Bush's son, Neil Bush, was on the board of directors. In December 1988, a month after the elder Bush was elected President, Silverado went under. Large sums had been sucked out of Silverado reportedly to finance, in violation of Congressional prohibition, the CIA's operations with the contras against the elected government in Nicaragua.

This was done to a several-times-bankrupt reputed con-man, Ellison Trine Starnes, Jr., who reportedly was not credit worthy. Yet, he and his associates made more than \$75 million in loans from Silverado at the behest of Neil Bush. But the real answer to the riddle of Ellison Trine Starnes, Jr., lies in the ultimate destination of all that money he borrowed. Did HE get it, or was he just a front man or mustache for others, as noted in Brewton's book, page 254? Starnes was the second largest borrower of Silverado and the funds apparently disappeared through secret accounts, perhaps for the CIA, through the Bahamas and the tax haven between England and France, called the Isle of Jersey.

Starnes and his role with the CIA Nicaragua operation is evident: "On January 27, 1986, Spitz Channell, the late convicted Contra fundraiser, associate of Oliver North, and president of the National Endowment for the Preservation of Liberty, wrote a letter to Starnes: 'Dear Mr. Starnes: You are cordially invited to a briefing in the Roosevelt Room of the White House. The briefing will be on President Reagan's legislative initiative in support of the Nicaraguan Freedom Fighters. The President is attending. Donald R. Regan, White House Chief of Staff, Elliott Abrams, Undersecretary of State for Latin American Affairs, and Admiral John Poindexter, National Security Advisor, will be conducting the briefing along with me.'" (From Brewton's book, page 256.)

The Silverado-Starnes-CIA money traveled through Allied Bank of Texas, later called First Interstate Bank. (See the mention of that bank in the hand-written notes of a reportedly senior official of the U.S. Treasury, Office of Internal Affairs; documents posted on our website.)

As we have seen, Alan Greenspan, the dictator of the Federal Reserve, with his own coded authorizations, supervised the Bush

family dirty business through 25 accounts mentioned in this series. Note: Greenspan became the Federal Reserve Commissar in August 1987.

After the collapse of Silverado, the Federal Deposit Insurance Corporation sued Neil Bush. As the *Chicago Tribune* said for 9/23/90:

"WASHINGTON—The government Friday filed a civil suit against President Bush's son Neil and 10 others charging them with 'gross negligence' for their role in the collapse of the Denver-based Silverado Banking, Savings and Loan Association. The suit, filed by the Federal Deposit Insurance Corp. in U.S. District Court in Denver, seeks \$200 million dollars in damages. The suit charges that Bush and other thrift officers breached their duties and were guilty of 'gross negligence' by engaging in 'unsafe and unsound lending and investment practices'. Silverado collapsed in 1988 at a cost to taxpayers of \$1 billion."

Left out of the suit and reports was that Neil Bush and Silverado were reportedly a channel for illicit funds for the Iran Contra operation in which S&L fraud was reportedly used to get around the Congressional prohibition of aid to the drug-running Contras.

One aspect of the Neil Bush scandal reportedly involved him having falsified details as to this on his Federal Income Tax report. Instrumental in the ostensible cover-up was a Bush family close crony, Lawrence B. Gibbs, who from 1986 to 1989 was Commissioner of the Internal Revenue Service.

(Gibbs helped in the Pennzoil/Bush fight against Texaco: As IRS Commissioner he helped sink Texaco further by slamming the bankrupt Texaco with a demand for back-taxes of \$6.5 billion. See the book *George Bush: The Unauthorized Biography* by Tarpley and Chaitkin, paperback edition, p. 445.)

Getting into the picture in 1990 was a Chicago-based law firm, Hopkins & Sutter, with offices also in Washington, D.C. As Cram's *Chicago Business* said of the law firm, 1/28/91: "It does more work than any other law firm in the country for the Federal Deposit Insurance Corp. (FDIC) which insures bank deposits, and the Resolution Trust Corp. (RTC) which disposes of troubled thrift assets.... The firm handles some of the government's most sensitive and highly publicized banking cases. Just recently, Hopkins was retained to investigate the officers, directors, and lawyers of Silverado Banking Savings & Loan Assn. of Denver, a group that included President George Bush's son Neil." The article conveniently left out that Hopkins & Sutter reportedly helps cover-up failed savings & loans that were part of covert operations for the American CIA. Neil Bush, thanks to Hopkins & Sutter, was left off with a mere slap on the wrists.

Hopkins & Sutter is closely aligned with CIA "black budget" boss Henry Hyde, who is

also a Congressman. (See the document on our website where they are apparently putting the arm on their law clients for the re-election campaign of Hyde.)

Among their clients, Hopkins & Suffer has ocean shippers and forwarders. Remember: Hyde limited the Impeachment Resolution against President Clinton to sexual matters only, rather than the treason Clinton committed with and for the Red Chinese. White House intern Mary Cairtin Mahoney was murdered by an intelligence agency "hit" team, July 1997, right in the District of Columbia. Why? Caity, as she was called, knew a great deal and was to have been called as a Federal Grand Jury witness regarding: That Clinton, from time to time, met with the reputed head of the Red Chinese Secret Police, Wang Jun, and conveyed to him U.S. industrial, financial, and MILITARY SECRETS—to a sworn enemy of the United States. And get this terrible conflict of interest: so-called "Independent" Counsel Kenneth W. Starr had Wang Jun as HIS PRIVATE LAW CLIENT! AND, Starr has been an UNREGISTERED LOBBYIST for the Red Chinese government, an offense for which Clinton could have Starr in prison and was blackmailing Starr.

In Chicago, a partner in the Hopkins & Suffer law firm has been Jay Steinberg. He was the Chapter 11 Trustee in one of the strangest bankruptcy cases of its kind. William J. Stoecker was a very young man running a tiny lawn-care service. By the greatest mystery, banks in Chicago and Boston loaned him over a BILLION DOLLARS so he could buy up, among others, defense contractors that did secret work for the U.S. Government. And get this: the banks apparently did not check him out very well. In a short time, he built up a so-called "empire" of such firms—and then his empire collapsed because of apparent fraud. His firms were put into bankruptcy and the Chapter 11 Trustee was Jay Steinberg.

In undisputed matters in court, we contend that Steinberg reportedly aided in upwards of one billion dollars disappearing in the Stoecker matters and that the corrupt top IRS officials are reportedly aware of this vast apparent embezzlement and do nothing about it. WAS THE WHOLE AFFAIR A CIA OPERATION? After all, Hopkins & Sutter seem to be reputed experts in espionage-style cover-ups, such as with Neil Bush and Silverado.

A Chicago-area caulking contractor, Joseph Andreuccetti, claims Chicago-area banks swindled him out of large sums. To make good his pending claims, a federal bank regulatory agency about 1983 parked \$58.4 million with Chicago-area based Household International and Household Bank. The matter was in INVOLUNTARY bankruptcy starting in 1984 and continued for almost 14 years. As to the top-level IRS officials in Chicago and their theft, for their own personal benefit and

not for the U.S. Treasury, of properties belonging to Andreuccetti, see my series, "Corrupt IRS Officials Face Exposure In Dope Bust".

Chapter 11 Bankruptcy Trustee Jay Steinberg sold one of the major properties to a Bankruptcy Court Auctioneer, who bought it for HIMSELF and his partner, a known gangster. The auctioneer, Wallace Lieberman was later found murdered. The IRS officials, who had long known of the gangster, suddenly started a situation rushing the gangster into jail. And from there, the corrupt IRS officials stole the properties for themselves, not for the U.S. Treasury. We were the only ones to do a documentary which we aired on our weekly public access cable TV program in Chicago about the murder of Lieberman and what all was involved.

Of the \$58.4 million of funds thus escrowed, or parked, with Household, Steinberg participated reportedly in secretly transferring \$50 million of that to Little Rock, Arkansas. Why? To try to reportedly cover up the \$47 million embezzlement there of an S&L, for which Bill and Hillary Clinton are subject to federal criminal prosecution and jailing, on charges of misappropriating federally-insured bank funds.

Helping transfer the \$50 million to Arkansas was Hillary's lawyer-crony, John E. Gierum, from the suburb of Park Ridge where she is from. Gierum confessed to me, in the presence of his former client, Andreuccetti, that the Clinton White House is trying to frame him to shut him up. In court, Gierum, when confronted by me with his confession, did not dispute the same.

More details are in stories on our www.skolnicksreport.com website.

Is it a mere coincidence that Household International is the successor and alter ego of Nugan Hand Bank, a CIA proprietary that went under in 1980 just after one of its founders was murdered? As to Nugan Hand Bank and the CIA, see *The Crimes Of Patriots* by Jonathan

Kwitny who points out that former Director of Central Intelligence, William Colby, was the General Counsel of Nugan Hand. Later, Colby was also the unlisted General Counsel of Household. When the Jay Steinberg/Household/Andreuccetti/Little Rock matter began to bubble and boil in 1996, Colby was murdered and it was made to look like a "boat accident".

By the way, the elder Bush is no stranger to political assassination. With the CIA in 1963, he apparently tried to cover up some of the details following the murder of President John F. Kennedy. (See document at our website.)

3/13/00 SHERMAN H. SKOLNICK

GREENSPAN REPORTEDLY AIDS AND BRIBES THE BUSH FAMILY PART SEVEN

THE REPUTED SOYBEAN-DOPE MACHINE

There was a conference in Chicago supposedly on the topic of what to do about the dope scourge. The former chief federal prosecutor in Chicago was there, Anton R. Valukas. I was sitting right in front. So it should have been easy for me, as a free-lance journalist, to ask the alleged crime-buster a question.

"Some contend the CIA is flooding the U.S. with dope by way of Chicago. What did YOU do about this problem, as the U.S. Attorney here, Mr. Valukas?" I asked in my usual point-blank manner. He refused to answer and, instead, pointed to some other reporter who had a question just short of asking this panel member about the weather.

Also sitting on the panel as one of the speakers was Richard J. Dennis. He was over-stuffed. Looked to me like 350 pounds of laundry. On second thought, he seemed to be a pompous British viceroy, at some Caribbean colony, like in some movie about pirates. Dennis was glassy-eyed and seemed to me to be half-giggling. On a panel about dope, did they put up a speaker who was stoned?

Dennis has been dubbed the "soybean king". He also is reportedly in favor of legalization of narcotics. My interview policy, however, is to never question, if I can help it, someone who is drunk or stoned. So, I didn't ask Dennis anything.

Dennis made his mark in the period of 1989. At the time, the Vatican-owned agro-chemical firm, Ferruzzi Finanziaria S.p.a., was determined to get a foothold in the U.S. soybean market, in competition with the highly secretive Cargill and the reportedly highly corrupt Archer-Daniels-Midland or ADM. Ferruzzi, fair and square, abiding by the rules, had cornered the market on soybeans. Cargill and ADM had bet big the wrong way. By the

way commodity contracts are written, Ferruzzi had the right to seize THEIR assets if they defaulted. And they could not comply with the contracts, which would have damaged them worldwide. Some say billions of dollars were involved.

The bosses at the Chicago Board of Trade, in the middle of the game, changed the rules to protect Cargill and ADM as long-time speculators on the exchange. Ferruzzi went to federal district court. One of then President George Herbert Walker Bush's cronies, Chicago Federal District Judge James B. Zagel (312-435-5714) said he has no intention of helping Ferruzzi by defaulting the two grain speculators.

In a related case, also naming the Chicago Board of Trade as defendant, another Federal Judge, George M. Marovich (312-435-5590) kept the matter hanging near forever. On the one side of that case were some bankers and such from Arkansas, tied to Hillary Rodham Clinton and her law partner, Vincent W. Foster, Jr. On the plaintiff's side of that case in 1991, Hillary Clinton/Foster's representatives met me in Chicago. As a known judge-buster, I was asked if I could come up with some dirt on Judge Marovich.

That was easy. Among other things, he was an owner of a small, closely held suburban bank, South Holland Trust & Savings Bank that reportedly dealt in the soybean markets through their then correspondent, Continental Bank of Chicago. Also, Judge Marovich owned a west suburban shopping mall, Cermak Plaza, which reportedly had enterprises laundering illicit funds in corrupt combination with top brass of the Internal Revenue Service, Chicago Region Office, and the Director of the Illinois Department of Revenue. That is, the mob and the state and federal tax collectors in a corrupt arrangement.

The clue to it all could not be disputed: ownership was shown on Judge George M. Marovich's mandatory financial annual disclosure form. That was the starting point.

I asked if they wanted to be on my public access cable TV program to discuss their misgivings about Judge Marovich having their case. They declined. Evidently they simply wanted leverage for reported blackmail, the usual practice of some lawyers.

Funny thing happened. In 1993, some of the top officials of the Chicago Board of Trade asked to discuss with me and my associates a problem. It was not directly related to the soybean mess. I suddenly changed the subject. In the presence of witnesses, I asked whether Judge Marovich was crooked in the soybean case against the Chicago Board of Trade (No. 89 C 8467, U.S. District Court, Chicago). They blurted out that a total of FIVE JUDGES, INCLUDING JUDGE MAROVICH HAD TO BE "PAID". They were sore at having to reportedly "buy" Judge George M. Marovich,



Judge James B. Zagel, and three judges in Chicago's Federal Appeals Court, Judge Jesse E. Eschbach (312-435-5824), Judge Joel M. Flaum (312-435-5626), formerly a crooked Illinois Tollway Official, and Judge Kenneth F. Ripple (312-435-5510).

All told, the Board of Trade officials confirmed the "fix" cost them \$62 million. I recognized that as the biggest judicial bribery in my many years as a court reformer.

One of the Board of Trade officials turned to the other and said "You shouldn't be telling him (pointing to me, Skolnick)." Whereupon the Board of Trade Director answered: "I am telling him (meaning me, Skolnick) because he probably already knows and it is bound to come out and we're all going to get blackened. You know we had to do it."

The above is from the undisputed court record in 96 C 4373.

Thereafter, later in 1993, Foster, as the new deputy counsel in the Clinton White House, was found dead. (Visit our www.skolnicksreport.com website for details on the role of Greenspan/Bush in the murder of Foster; Part Four of this series.)

About the same time as the death of Foster, the head of Ferruzzi, in Milan, Italy, was murdered, Raul Gardini. His family are reportedly angry that the American authorities were covering up the corrupt mess of the Chicago Board of Trade and corrupt federal judges in Chicago.

Knowing about all this got me, and my cable TV associate, Joseph Andreuccetti, on Hillary Clinton's "enemies list", to be falsely hounded and pursued by the Federal Gestapo. (They used to follow me, in my wheelchair, into the washroom in the Federal Courthouse. I always offered to detail how much government toilet paper and paper towels I used there.)

So me and Andreuccetti sued Hillary Clinton, two IRS officials, and a top Clinton Justice Department official. The suit was in Chicago's Federal District Court. Guess who got our case? You guessed it! Judge George M. Marovich. (Case No. 96 C 4373.) A lot of the above details about him and the other judges were in our 65 pages of highly specific dates, names, and details. Despite the fact that our suit detailed him and his reputed mafia/IRS shopping center, Judge Marovich DID NOT DISQUALIFY HIMSELF. In an unprecedented ruling, he dismissed our case, claiming we had TOO MANY FACTS, DATES, and DETAILS for him to consider.

The attorneys for Hillary Clinton and the other defendants NEVER DISPUTED or challenged our facts in the Court record.

Later, as a punishment for fingering them on bribery, the Judges of the U.S. Court of Appeals in Chicago issued an order barring me and Andreuccetti from ALL THE COURTS in their 7th Circuit, Illinois, Wisconsin, and

Indiana. (Don't bother to tell me about my *First Amendment* rights. At the hands of corrupt judges, our rights have been cancelled. And the next higher court, the U.S. Supreme Court, refuses to do anything about it.)

Somewhere in the middle of all this was soybean hotshot Richard J. Dennis. He reportedly does corrupt business deals with former movie star, U.S. Senator Fred Thompson (R-TN). Thompson, in turn, is the reported link between Dennis and the laundering of gangster movie funds disguised as soybean deals. Dennis' clients for this reportedly are Hollywood bigshots, reportedly interested in massive tax evasion. Remember, we have already pointed out the elder Bush and his crony Bill Clinton, and Ollie North, were jointly instrumentally implicated in the CIA dope trafficking through the southern states.

The money came up to Chicago reportedly via a bank in Chicago, Garfield Ridge Trust & Savings Bank. And who was a stockholder of that closely held bank? Why, the head of the tax-writing committee of Congress, Congressman Dan Rostenkowski, crony of crooked Democrats as well as Republicans interested in massive tax evasion. Defrocked, Rosty, as he is called, was sent to prison for defrauding the private bank of the House of Representatives. BUT, Rosty was given a pass on the numerous apparent bribes he got from the Chicago Board of Trade, labeled "honorariums" or lecture fees.

Rosty's bank was the transit point to funnel the illicit funds to the Chicago Board of Trade, where they were disguised, reportedly by Dennis and others, as "soybean" trades. Federal Reserve dictator Greenspan reportedly approved of these dirty money deals done jointly with George Herbert Walker Bush and Bill Clinton and Senator Fred Thompson.

These reputed dope "soybean" transactions for Dennis/Bush/Fred Thompson and some in the movie and sports industry, reportedly went through the elder Bush's secret account at Metropolitan Federal of Tennessee, in Nashville, Tennessee. (See our website document of Alan Greenspan's coded approval of secret wire transfer to the Tennessee bank, TEN BILLION DOLLARS to Bush's secret account.)

One of Richard J. Dennis' reported clients has been sports celebrity Michael Jordan. People forget that Jordan and/or his father reportedly got involved in sports gambling apparently with Chicago mobsters and reportedly refused to make good betting losses to the Chicago criminals. Some claim that this reneging on sports bets resulted in Jordan's father getting murdered. To teach Michael a lesson you don't screw the mob. Two nobodies were blamed for murdering the elder Jordan. Someone else apparently had killed the elder Jordan and dumped his body in a swamp. In the beginning, because it was a Black man, the local authorities reportedly did an

inadequate job of examining the body. The two nobodies found the abandoned car but were later caught with it. Since they had the car, they were blamed for the murder.

In this regard, you have to consider the 1988-89 case in the federal court in Chicago, the Norby Walters case, involving sports agents most often being linked with mobsters. The reality is that, if you want to be a sports celebrity, you most likely have to have a sports agent IN with the gangsters. Remember our earlier story about Bush and the Jacobs family and their food and beverage concessions at stadiums all over the U.S. Jacobs' firms were reportedly mafia-linked. Also, the monopoly press, like the *Chicago Tribune* and the TV networks, linked financially with sports events, are instrumentally interwoven with criminals.

Richard J. Dennis reportedly bankrolls publications that seek to glamorize dope or push to legalize it. He reportedly is the money bags, in part, behind Z magazine. When Oliver Stone's movie about the murder of President Kennedy, *JFK*, was making a big splash, Z magazine ran a story condemning it as if it were a fairy tale. There is a lot about the way Z magazine, and an organization linked to it, operate, that seems to be a CIA proprietary operation, functioning reportedly with CIA Foundation money. Is there an overlap between Dennis, the soybean-dope business, and the American CIA? The answer is most likely yes.

The soybean-dope mess has been interwoven with massive operations in the Chicago markets by the Red Chinese, who have an armlock on the Chicago Board of Trade, the Chicago Mercantile Exchange, and the Chicago Board Options Exchange. Part of that is through the elder Bush's brother, Prescott S. Bush, Jr., who is Chairman of the Board of Directors of the United States of America-China Chamber of Commerce. (Visit their www.usccc.org website.) Some contend Prescott is implicated in illicit transactions by the Red Chinese through the Chicago markets. Remember: there have been published accounts that Prescott Bush, Jr. has worked corrupt deals with the Japanese mafia, the Yakuza, that is big with the dope trade through Chicago. The Yakuza owns about 50% of all the high-rise Chicago downtown buildings built in the 1980s. More currently, the age-old foes, Red China and Japan, are together when it comes to money laundering of criminal loot. George Herbert Walker Bush was part of the U.S. liaison to China.

Much of this is well-known to professional traders on the Chicago markets. Little, if any, of this ever gets into the monopoly press.

Some of the Bush/Dennis/Fred Thompson reputed illicit transactions also reportedly went through the Mexican bank with operations in the U.S., Grupo Financiero Bancomer. In 1998, the bank pleaded guilty to U.S. criminal charges that the bank was a dope money laundry.

(The bank has a white-wash explanation on their www.bancomer.com website.)

That bank is interwoven with a reputed criminal money laundry, run by the Bronfmans, Bank of Montreal, and their Chicago unit, Harris Bank. A major owner, along with the whiskey-soaked Bronfmans (who own Seagrams booze, reputed gangster movie chain Cineplex Odeon, and various entertainment entities in California and elsewhere), has been U.S. Senator Peter Fitzgerald (R-IL). (See our story about this: “The Reputed Cocaine Bank Money Laundry Wizard”.)

As we have shown in this series, the Bush family has 25 or more secret accounts, transacting billions of dollars under the direct coded supervision of Federal Reserve dictator Alan Greenspan. And the bank in Tennessee is one of those, doing illicit transactions reportedly jointly with Richard J. Dennis and U.S. Senator Fred Thompson. You can understand now why Senator Thompson dragged his feet in supposedly investigating campaign fund misdeeds. He was digging in an area where he would have had to finger some banks, ending up holding up a mirror to himself and his own criminality.

Note: we have shown that the Elder Bush has a joint account with the Queen of England in the British-monarchy-owned Coutts Bank, London. And the royals are notoriously in the dope traffic, since the Opium Wars 150 years ago. One book points out how close Bush is to Queen Elizabeth II:

“When George Bush was elected Vice President in 1980, Texas mystery man William (“Will”) Stamps Farish III took over the management of all of George Bush’s personal wealth in a ‘blind trust’. Known as one of the richest men in Texas, Will Farish keeps his business affairs under the most intense secrecy. Only the source of his wealth is known, not its employment. Will Farish has long been Bush’s closest friend and confidante. He is also the unique private host to Britain’s Queen Elizabeth II. Farish owns and boards the studs which mate with the Queen’s mares. That is her rationale when she comes to America and stays in Farish’s house. It is a vital link in the mind of our Anglophile President.” This quote is from *George Bush: The Unauthorized Biography* by Webster Griffin Tarpley and Anton Chaikin, 1992, paperback edition, page 46.

More is coming to this series. Stay tuned. 

Don’t fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have.

— Louis E. Boone

That “Secret” Something We All Are Searching For

3/28/00 SOLTEC

Good afternoon, my friend. It is I, Ceres Anthonious Soltec, come in the Radiant One Light of Creator Source. Be at peace and be still.

Your world of illusion and “mystery” will soon be coming to a point of breakthrough. Much of what you have come to “know” as reality will be greatly impacted and altered as the perceptual shifts in consciousness are made. All of these experiences can and should be used as catalysts for further growth and understanding.

The cause of these shifts are the increasing frequencies irradiating your planet that we have discussed in great detail in the many past writings. [Editor’s note: For you new readers, these writings have been collected together in the two volumes (so far) called WISDOM OF THE RAYS: The Masters Teach. The ongoing series of “spiritual” writings first appear in this newspaper.] Many ones do not consciously perceive the shifts in frequency, yet such is evident to the astute observer. Much like a parent who sees a small child every day, they do not notice the changes in size as much as one who only sees the child once or twice a year. And yet, there are always tell-tale signs that will give indicators to the parent that growth is occurring—such as clothes that don’t fit any more.

Look for the tell-tale signs all around you and notice the changes. Do you feel the inner tugging of your heart which is yearning to match the higher frequency state of the planetary system? This may manifest in an inner unrest that will cause some discomfort as if somehow you are missing out on some big “secret” of life that seems to be sitting on the peripheral edge of your current understanding.

It is not a secret, but rather an indication of emotional restrictions in your energy fields that are causing a weightiness of sorts in your heart. In other words, the emotional blockages (baggage) that you once could easily tolerate are becoming more and more burdensome as the background frequency of your planet continues to rise. In effect, the small annoyances of a couple years ago are becoming much more amplified as your general sensitivity as a being continues to increase. These are the tell-tale signs to look for within.

The greatest obstacle we see, which most ones on your planet are faced with in terms of allowing their natural frequency to rise, is that there is a great covert effort to keep ones in an off-balance state of distraction. The single most effective method being used at this time is MONEY—or more generally, materialism.

Many ones have been greatly distracted into chasing the illusion of money and the perceptual “status” it seems to buy. The “American Dream” of having a large house, two cars, a couple of children, and a dog or cat, has been painted for you, and you are supposed to make it yours, especially if you are an American.

There is nothing wrong with having such dreams, but when both parents have to work and place the children in day care for someone else to raise so that the “dream” may be fulfilled, we must ask: Where is the balance and reason in such a “dream”?

True wealth is never found in dollars. True wealth is found in the heart. Finding within that which satisfies the inner longing of the heart is quite a worthy endeavor.

You each have a purpose for being there in the physical. Fulfilling the true reason for your participation in the physical at this time is what will lift your spirits (frequency) and, at the same time, empower you with creative insights that will help you to manifest what you need along the way.

Great inspired ideas will always attract energy and momentum if they are held in focus and acted upon in reason. You each have the ability to tap into higher consciousness and allow for new and creative ideas to flow forth.

It is up to YOU to initiate the “call” for Guidance, Assistance, Understanding, or whatever it is you desire. We, of the Host of God in service to The One Light, ask that you seek first the protection of The Light (that which serves to free ones from the “traps” of ignorance) else, in all likelihood, the dark ones (those who effort to sell lies that keep you in a state of ignorance and thus usurp your power) will be first to come.

One of the most subtle tricks of the dark side, concerning money, is to make you believe that you have to have money PRIOR to beginning a new creation. NO, NO, and NO!

How much money did God need to invest prior to creating the Sun around which your

planet orbits, or your very planet itself? Sorry, but the creative cycle ALWAYS begins with an emotional DESIRE and mental THOUGHT.

Look for a moment at what a desire and a thought are. Can you touch either? Can you see them with the physical eyes? What is the nature of desires and thoughts? Where are the origins of these non-physical phenomena? Do you personally realize that YOU (the SOUL you) were born from Creator Source's desire expressed as a purposeful thought-energy form?

The nonphysical world of desires and thoughts is quite real and, in the Higher Dimensions, these take on a solidness that could be likened to the solidness of steel or the softness of a feather in your current environment.

The façade of thinking that you need money prior to taking action—that would result in positive change and thus help you to further realize your purpose—is a GREAT and well used TRICK of the adversarial forces.

Let us say that you love to help children and you would love to start an orphanage—run not for the purpose of making money, but rather for the purpose of providing needy children with a loving, nurturing environment. Let's assume you are very driven to realize this lifelong dream, and yet you have no extra money other than \$20 a month to invest. Perhaps you could start on your weekend by volunteering at an existing orphanage in your area, one day a week, spending the \$20 on gas for your car.

Just taking a small step toward reaching a goal will result in a great return flow of energy that will continue to grow (like rolling a snowball along a snow covered field). By taking such action, you would likely find yourself among other like-minded people with a similar IDEA and DESIRE. Now, can you see that when you have two or more minds (God-force energy translators/focusers) focused upon the same goal, how there would naturally be an amplification of the DESIRE?

Remember, please, that like attracts like. Opposites do not attract on the thought levels or the emotional levels of existence. Only in a small subset of the physical can you observe a phenomenon wherein the one pole of a magnet seems to attract the opposite pole of another magnet. However, if you were to look at two of the iron atoms of the magnetized iron bar, held closely together due to their VERY, VERY strong attraction for one another, you would see that their affinity for one another is so great that it takes great force to pull one atom of iron away from another. In essence, the attraction for likeness is far greater than an opposite.

When you send forth a thought and hold it for just a few seconds within your consciousness, there will always be a response to your desire (that which precipitates the

thought in the first place). The response is most often another thought that will then lead to a new or inspired idea.

Sometimes, usually when a thought is held for a longer period of time, there will be an actual physical manifestation occur. This is most often witnessed by you ones as an event such as the phone call you just received and your first response is: "I was just thinking about you!"

These sorts of occurrences are clues and indicators to you that your internal Guidance system (personal connection to Creator Source) is functioning properly, and to let you know that you have the ability to develop this perceptual awareness to a much greater degree.

These Higher creative abilities exist regardless of your perception of same. If you are a thinking and reasoning being, then you MOST CERTAINLY have a personal and direct connection to Creator Source. Technically, only Creator Source can break a connection; this would, in essence, un-create you, and you would no longer exist.

Please know that Creator Source would not have created you in the first place if He did not want you to persist, grow, and evolve in newness. Creator does not make mistakes and you should have NO FEAR of ever being un-created. It was only a technical point made to illustrate that YOU CAN AND DO connect to and through Source every moment, throughout your entire existence, regardless of your perceptual understandings or beliefs. You may choose to ignore the connection, deny the connection, or use the connection in any manner you see fit.

We of the Host of God offer these words in response to the many petitions from you ones who ask: "What is my purpose?" and "Why am I here?" or "What can I do to help?"

Always the answer will be, from the Lighted Realms, to first go within and find personal balance. This means let go of the anger, apathy, boredom, and grief. Find a place of inner peace within the balancing energy of Creator Source—God. From this position of balance will come greater clarity, and ability to recognize within, the still Inner Voice that will help you to find the answers to the more specific questions you are looking to have answered.

Be diligent—for the dark energies do not wish to see you awaken in this manner and will attempt to throw all sorts of distractions in your way. Taking the first step described above will, in non-physical space, cause a condition of energy flow that would be likened to turning on a light bulb in a darkened stadium. The resulting focus of attention from negatively oriented entities may not be comfortable, but with persistence and determination you can and will learn to recognize and use your own inner connection to Source.

You could say that awakening and

deliberately using your Higher creative abilities is necessary in order to pass your "final exam" and "graduate" to the next level of experiential growth. Many call this the "fourth dimension", but we see that there is much confusion in the minds of the ones who will be reading this message as to what exactly that means, so we will just say "that which comes after your current level".

We do see that it would be very beneficial, for the new readers of this information, to re-run Master Hilarion's messages dealing with the nature of the "bio-electric sensing machine" you call your body. [Editor's note: Those writings constitute Chapter Four in Volume II of WISDOM OF THE RAYS: The Masters Teach. We are, as suggested here, re-running those messages elsewhere in this issue of The SPECTRUM.]

Learn to use your God-given talents and abilities to create whatever it is that makes your heart sing with great enthusiasm and joy. You will find that many will be attracted to you as you express your uniqueness in an inspirational manner.

The correct manifestation procedure is as follows: First comes desire, then comes thought (this usually happens simultaneously with one another). As an emotionally charged thought is held in consciousness, then comes another thought, and more ideas. When an idea truly resonates with your Higher purpose, you will naturally be driven to express this idea in the physical. This may mean telling someone of your idea or taking action to find out more information which may help you to bring your idea more fully into physical manifestation.

Please note: you will not be given an inspirational idea from the Lighted Realms that you are incapable of using in some way to further assist in your personal growth. The Lighted Brotherhood will not find it beneficial to run you around on a "wild goose chase" for the sake of satisfying an ego desire you may have that serves no Higher purpose. However, you can be sure that darkly aligned energies most certainly will—and are masters at this!

As you continue to express your ideas in the physical, more and more energy will be added to your quest. Truly inspirational ideas that cause the heart to sing with exhilaration will attract all of the necessary resources needed in order to bring forth the energy that will cause the manifestation to occur. Please note that often the resources (people and money) only come into the equation AFTER the preliminary creative energy is set forth.

Clear focus on an end result will put all else into alignment. Your heart's response to the focus will tell you if the focus is a truly worthy endeavor.

Exercising these abilities will be challenging and rewarding. Often the fears and worries associated with taking a risk, being ridiculed for being different, etc., will cause you to have

to deal with the inner emotional blockages or constrictions we spoke of earlier in this message, and thus will likely cause you to confront those annoying “little” things that keep you from finding the inner peace you are seeking. Note: The “weights” of fear and doubt are what make doing something the first time much more difficult than the second or third.

Actively applying your creative abilities is the “secret” something that many of you ones feel you are missing in life—that seems to be just outside your reach. It is NOT outside your reach!

Actively creating is the secret to unlocking excitement and happiness in your life. Conversely, seeking to destroy what another has created will not bring forth an inner sense of fulfillment, but rather an ego-driven idea of gratification that only serves to hurt self. Seek newness. If you do not like what another has created, then go create something better and thus serve as a teacher rather than a critic.

The more you free yourself from the social pressures that propagate illusion and fear, the better you will be able to exercise your creative abilities. Though the formula is simple, it is not particularly easy. This does NOT mean that it need be difficult, but those challenges with which you are faced that require creative solutions are BY CHOICE AND BY DESIGN given to you so that you may recognize growth and thus further expand as an aspect of Creator God and the Infinite Creation.

I am Ceres Anthonious Soltec, come as Teacher, Guide and Friend, in service to The One Light—Creator Source. Blessings and Peace to you all. Salu. 

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As Featured in The SPECTRUM
October 1999, page 41

Understanding Your Bio-Electric Sensing Machine

Editor's note: In Soltec's 3/28/00 writing, elsewhere in this paper, it is suggested that we re-run this two-part dissertation from 1997, especially for our newer readers who may not have the benefit of so many of our past presentations of “spiritual” messages.

As the planetary frequency continues to rise, and all of us upon Mother Earth experience various effects stimulated by these new energies, it is helpful to review this most instructive lesson from Master Hilarion. Our bodies—that machine which most of us just take for granted—are indeed a most amazing creation and, as Master Hilarion so skillfully points out, can be very helpful in our quest for inner peace and fulfillment through the sorting out of those often nagging fundamental questions about direction and choices and purpose.

The following is Chapter Four in Volume II of WISDOM OF THE RAYS: The Masters Teach. And for those of you who are wondering: yes, a Volume III will eventually be a reality. How soon that happens is a matter that depends upon the usual things that bring such a project into manifestation. Volume III will continue the collection of spiritual messages from where Volume II left off, up to the present. Your heartfelt notes and other wonderful compliments about this series of books is truly what keeps the momentum going!

5/17/97 HILARION

Good afternoon, my friend. Please release of the emotional charge and allow the energy to flow naturally and smoothly. It is I, Hilarion, of the Fifth Aspect of Creator's Spectral Expression. I come in The Light of Holy God of Lighted Creation. I come as the Cohan (Master Teacher) of the Emerald Ray.

Ones on your planet are greatly concerned with the physical well-being of the body in which they are housed. Here we shall give forth some insights that will help to clarify the causes of the conditions that ones are experiencing. For most this will not be “comfortable” reading because the reasons for illnesses are most often other than what a person wants to hear, let alone accept.

The physical body is “merely” a conduit for the interaction into and the interfacing with the physical experience. I say “merely” because

that body is a most exquisite creation indeed and poorly understood by your current level of so-called medical science.

It is a self-contained bio-electric machine that is quite suited to handle a wide array of energy patterns and frequencies that allow for the animation and coordination between the physical and the non-physical. The body's electrical system is quite sensitive and balanced in such a manner as to have the capability to respond and alter according to emotional desires of the one controlling the mechanism.

YOU ARE NOT YOUR BODY! “You” are the one inhabiting the mechanism and it responds to your desires. There is similarity between “you” inhabiting and operating your body, and the process of sitting behind the wheel and driving your automobile.

The body, for the most part, is self regulating and will tend to run quite well in an “autopilot” mode. However, there come times of experience where the body is subjected to threat, such as physical injury, when it will offer a reactionary response to the danger and bring focus to the impending physical condition.

An example of this reactionary impulse would be to quickly remove one's hand from a hot stovetop. The body will retain information that will help one to avoid future damage and will offer a cautionary warning to the host (YOU) when the hand even gets close to a warm object.

This mechanism is part of the design of the body so that more primitive (lesser aware spiritually) users will be able to persist long enough in the physical without demise so that there will be adequate time sequence for growth.

This is the situation wherein one will tend to live instinctively and obey the signals of the body such as hunger, thirst, and rest. Ones will seek out the satisfaction of these basic needs so that they can experience as fully as possible.

As entities begin to grow more and more aware spiritually, they will begin to come out of the fog and into a more reasoning condition wherein mental anticipation of the future need for food will be recognized and planned for through storage.

This is the point where ones begin to awaken enough to realize that there is something more to the experience than to just

exist and search out survival needs. This is where ones begin to reason with others the value of working together with one another in order to quiet the distractions and concerns of the body. This is where there occurs the first spark of sensing that man is more than a reactionary animal and that there is an inner desire to explore this awareness.

As cultures and beings evolve, there comes the need for Guides and Wayshowers to interject more and more of the true nature of the physical experience. While Esu "Jesus" Sananda is a good example of one such Wayshower who came to your planet 2000 years ago, MANY have come at this present time. These more advanced ones will volunteer for the challenge of fulfilling this task and will choose to take on a body in the physical to bring forth the all-important messages concerning the non-seen-but-felt spiritual connectedness of mankind.

These awakening nudges will often cause great emotional stirrings in the body. Ones will not know how to handle these energy surges at first, because they are subtle yet strong in their grip upon the physical apparatus. The surges will cause an array of sensations within the physical which, in turn, can provide the physical entity with guidance as to what is right versus what is wrong.

Much like the reactionary impulses to avoid physical danger, the body will offer reactionary impulses in response to other kinds of situations, which can nudge you to go toward that which will offer comfort and warmth. And in the case of the presentings of spiritual truth, the body will offer the best it can in the way of "gut felt" responses to that which is being offered.

"How", you may ask, "does the body do this?"

The physical part of the body is but "only" one small part of the entire apparatus that makes up the entire, functioning, bio-electric machinery. Just like in a computer, you have all the physical components—the main processor, the memory modules, the peripheral (audio and video) circuit boards, and the interconnecting wiring. And yet, more fundamentally, the computer still requires electricity (energy) operating in very focused ways in order to function and come to life at all.

In the case of the body, there are various electrical counterparts associated with each physical part of the body, including each organ and each individual cell. More fundamentally, there is a coordinated electromagnetic (LIGHT) energy field that encompasses the entire physical body. Some can actually see this "luminous" electromagnetic field under the proper conditions and call it the aura.

Your body's electromagnetic field interacts with the electromagnetic fields emanated by others and will respond to the various

frequencies of these fields.

This is when you ones will say that you KNOW you can trust a person immediately; you don't know why but you can just "feel" it. This is why, when another comes offering true spiritual knowledge, you "feel" it within your "gut". You are responding to the higher-frequency energies flowing into the electromagnetic field of your body. The body then responds with a desire to find more of what causes this reaction.

This is also the reason why some ones will be frightened of you. They will know that you hold truth and they cannot hide their trickery from you and that you will, in time, see through their games. These ones have resisted the spiritual path, having not yet learned to recognize that there is value in the experience. These ones have an energy signature that is much lower in frequency. They are usually the ones clinging to the physical-material for their comforts and security. They are much like the animal who has to horde and hide food from others who might take it away—not realizing that there are infinitely abundant sources of nourishment for both the physical apparatus and, more importantly, the soul (the non-physical, God-like, thought projection of Creator Source).

When ones turn from their purpose, there come the "STRESSES" of the life experience. This unbalanced condition is a signal to you so that you can stop to evaluate where you are heading and compare that to where your heart tells you that you should be heading. The heart knows the direction which will garner fulfillment.

More accurately, it is the emotional (electromagnetic) energy center associated with the heart that is attuned to both your purpose from Creator Source and the impinging emotional currents of the ever-changing electromagnetic pulse-wave universe in which you exist. This heart energy center responds by instinctively offering that which will help you to discern your most satisfying path in life.

When you first start heading in a direction that is not fulfilling to the purpose for your being down there, you may or may not notice the subtle annoyance that you feel. But be assured that it is there. This causes slight distortions in the energy field of the body as you resist the natural flow of your experience. These distortions are what you ones refer to as "stress" and the corresponding worry and frustration is a by-product of the electromagnetic distortions in the non-physical part of the body.

If these distortions are allowed to persist, they will cause physiological malfunctions within the body. The physical body will respond to the out-of-balance (out-of-phase electrical impulses) condition of the electromagnetic energy field of the body. This will result in negative physiological changes

within the body if the condition persists—such as colds, flu, cancers, and especially that #1 cause of death: HEART dis-ease.

Please be aware that the direction of the individual always starts with a thought and a decision. When ones are considering choices of action is when ones should really make an effort to monitor the response of the heart or "gut" while evaluating their choices. Some do this automatically and may cause frustration in others because there will be times when the only reason they can offer for an action is: "I don't know; it was 'just' a feeling." These perceptive ones have learned to recognize and utilize the "bio-feedback" that is being offered to them.

When there is illness of any sort in the body, you can be assured that the one experiencing the illness was not paying attention to the signals offered through the heart energy center. There are choices and decisions associated with the condition that allowed for the stress to persist on and on until there is great unbalance within the physical, causing improper coordination between the various energy centers, and thus the body will not regulate itself properly.

When ones can isolate that which causes them "stress", they will be looking for that which has a decision or choice associated with it and would be wise to perhaps re-evaluate or look for that which they are resisting. Usually those things that the heart desires by way of growth have responsibility associated with them, and ones know analytically that there are often "growing pains" associated with such responsibility—as the primitive, ego-based, reactionary mode of living is replaced with a freer, more personally responsible mode of living.

Many will go through many life experiences without ever recognizing the connection between the physical condition and the non-physical stress—only to cast blame upon another for *their* lack of physical balance. YOU each are creator of YOUR experience, either through deliberate action or passive reaction. Your physical condition is no exception!

Ponder upon these words, for they are offered in love and NOT with the intent to be offensive or hurtful. At this time many are crying out for assistance with the physical condition of the body. You will see that there is great value in finding within yourselves the TRUE cause(s) of any unbalanced situation.

The subject matter discussed here is far from complete. It is offered as a general overview so that ones can come into awareness of self in a general, yet more balanced, manner. There shall be more coming forth on this subject of the physical body's functioning. Please be patient and understanding. Thank you!

I am Master Hilarion. I represent the Heart Center of God. In Light and Love, Salu!

5/24/97 HILARION

Good afternoon, my scribe. It is I, Master Hilarion, of the Emerald Ray of Creator's Spectral Desires. I come within the Wholeness of The One Light, Creator Source. Let us please continue from last we wrote, for there is great interest and desire for this information at this time.

We last spoke about the general overview of the basic functioning and interactions of the physical body. The various energy centers of the body function in a harmonious and balanced interchange in carrying out the regulation of the various physical-functioning organs and cellular matter that make up the entirety of the body. There must be two-way communication, in a timely manner, between the physical body and the non-physical counterpart we will refer to as the light-body (light being electromagnetic pulse-wave energy) in order for the body to respond to the delicate fluctuations of the electrical impulses generated by each cell of the body.

This exquisite communication is accomplished through what you ones would call superconductivity. We will here broadly define superconductivity as the conduction of electrical energy without resistance to that flow of energy.

In the world of "science", ones are having trouble achieving this superconducting state utilizing just basic metal and ceramic compounds, even at temperatures just slightly above where the conditions are most favorable (very cold). Yet, in Nature (God manifest), it is happening all the time right before your eyes. (In fact, it is happening IN your eyes, for that matter!) And in the body, this superconductivity occurs at temperatures averaging 98.6° Fahrenheit—and higher when the body is fighting foreign invaders.

The problem is that the current perceptions of "physics" are based upon assumptions which would appear to be true, but actually only include half (at best) of the picture. This is why your typical mainstream scientists are having so much trouble duplicating (or even realizing the true physical nature of) the world in which they live. But here I am digressing from the lesson for today, so let me return to that subject.

Each individual type of cell is attuned to very specific frequencies and will respond to the regulating currents of the light-body energy pulses. There is an underlying unique frequency signature associated with EACH individual on the planet that will keep each of you, to some extent, electrically isolated from one another, so that the direct electrical functioning of your body will not interfere with the direct functioning of another person's body.

This is the "genetic signature" of the body, unique to the DNA structure or blueprint of each cell. This is a "plasma shielding" that the

body exists within. It will allow physical matter to pass through, while shielding out specific frequencies and wavelengths.

Without this shielding, ones would empathically alter the state of one another. There are ones who can tune into the various frequencies associated with this energy field, and if not careful, make themselves quite sick (unbalanced) if they are tuning into one who is out of balance.

When ones are in an out-of-balance condition, the energy field tends to be compromised in that it will lower in frequency and in intensity. This is a condition wherein you ones become more susceptible to manipulations by those who specialize in the "black arts". These dark ones will alter their frequency to match the lower-frequency state that you enter when in these "stressed" states. Know that these dark ones operate ONLY in the lower spectrum of the physical range of existence.

When you move up in frequency, you are moving beyond the range of their influence. This is why we of the Lighted Hosts of God will urge you to keep your Light shielding in place and fortified.

While each physical body is isolated in certain frequency ranges, each entity is also connected in other HIGHER frequency ranges that will allow for the communication with the rest of the universe (God's infinitely creating Mind). As we spoke about in last week's writing, the creative desires are projected out from the heart energy center and are focused with the mind. The greater the desire, the quicker the physical manifestation of the desire.

This mode of creation exists and works outside of the limitations of moral and ethical beliefs of the individual. This is to say it works for everyone regardless of their morals or beliefs. This is a basic Law of Creation: Go forth and CREATE, expand, and GROW!

There are ones on your planet who will manifest money and power without regard for who they step on, in order to reach their goals. Their desires often manifest quickly because they are not easily distracted with the Conscience that the average person has to contend with.

These ones, who are so physically focused and self-isolated from their Conscience (inner guidance from their Higher Self), will achieve a state where they get to the top of the mountain and will have everyTHING (physical) that they desire—only to find that there is still an inner lacking that is not satisfied. These ones are taking to extremes, one aspect of creating, and will, in time, either disintegrate their souls completely, or rebound back into the Light Source who created them—then wiser, for they know then where value IS NOT!

You focus your desires and send them out through the heart, and then the universe responds. Yet you never seem to get what it is

you are wanting. Therefore you dismiss these words as fanciful delusions of a lost soul.

NO! They are NOT!

You ones fail to monitor your thoughts CAREFULLY! You will send out conflicting signals, and thus negate the energy pulses. You will say, "I want more money!" And then, in the next breath (or thought) you will say, "But, I never get it." Do you see that the one thought cancels out the other? Your vacillating heart will send out both, and the net sum will be zero—or quite a bit less than you "thought" you were creating!

The seeming lack of clarity and single-mindedness of thought and focus usually comes from a conflict between what you consciously desire and what your Higher Self is desiring in the way of growth. And that Higher Self is doing battle with the ego-based self which desires comfort and satiation of physical desires.

This causes the kinds of stress that you ones feel, usually in the heart area of your chest. While this lower, ego-based self serves a self-preservation purpose in the primitive cultures, it must be overcome if you are to ever move beyond the limitations that hold you from reaching through to Higher levels of realization.

The ego's reactionary impulses will serve you physical "warnings" to obey, by offering physical reactions or pains if you do not follow what it desires. Much like the warning sensations felt when your hand comes into close proximity to a hot object, the ego-based reactionary self will attempt to cause you to avoid situations that could lead you to override the ego's functioning. This war is perhaps the greatest challenge you ones face in the physical experience because there are great efforts on the part of the dark ones to hold you from progressing through that physical classroom.

When you live in fear, you live in a reactionary state that will, at best, only serve the ego's desire for self preservation. However, your Higher Self knows the functioning of the ego and will offer to you challenges that will shed light upon this fact. Most often the "clash" which results from encountering the lessons of this learning process will cause physiological changes and unbalanced conditions within the body. These reactions could manifest in many different ways, from sudden weight gain or loss, to colds and flus, or even cancer.

Most elderly people in poor health are in that deteriorated condition due to years and years of ignoring the "small" stresses and allowing them to build and accumulate into conditions of cancers or other various dis-ease ailments. These ones will often be very unhappy in general, and will reflect this in their physical demeanor, appearance, and voice.

Middle-aged people on this same path will

often exhibit physical symptoms of old age (such as prostate troubles or menopause) at an “early” age. The individual always has a choice to turn around the physical conditions of the body, for it will respond miraculously to a re-balanced mental state wherein the head and heart can live in harmony.

Teenagers and younger adults tend to act irrationally to their inner conflicts and will lash out and hurt those around them in both physically and mentally abusive manners. When they realize that this behavior is not acceptable, they will begin to internalize their frustrations and hide them from the world. Meanwhile those stresses begin to manifest in the body, in later years, as degenerative malfunctions like cancers and organ failures.

You may be asking, “How can one avoid this, or turn it around?”

First there must be a desire for inner balance. This means that you have to either confront the garbage that the ego-self holds onto, and see it for what it is, and come to grips with the fact that YOU are responsible for YOUR condition, and accept the responsibility for that which you have created. Or, you can (and this is possible though difficult) simply insist on balanced physical health, and focus the mind and heart on that singularity with the entire passion of your heart, and don't listen to those who would hold you down, for they are the puppets and tools of the adversary.

Particularly within the framework of policing controls set up by those dark ones who own the drug companies and make great profits from a drug-based “health” business, medical “science” has yet to (be allowed to) discover the correlation between the various electromagnetic energy fields of the body and the body's physical functioning—let alone perceive the connection between (and the true impact from) this “clashing” of the mental reactionary ego with the Higher Self or soul connection. Therefore there is, more often than not, misdiagnosis of the cause for a condition that is manifesting in the body.

These ones trained in your so-called medical schools (again under the control of those drug companies) can prescribe electrochemical mixtures (drugs) which will cause reactions and responses in the physical as your body tries to deal with the chemical invader. They can offer electromagnetic radiation treatments to kill living tissue (both cancerous and non-cancerous). But these “medical professionals” do not understand the non-physical effects that their treatments have on the light-body part of the human apparatus. Therefore they, for the most part, end up treating the symptom(s) instead of the TRUE cause(s).

These ones are usually well intending and well educated in the physical structure of the body (to a point), yet they would need to study fundamental electrical science and molecular

physics to great depths in order to come into a more complete understanding of what is taking place around the body. And even then, they would still need special abilities and talents in order to directly perceive these all-important energy fields of the body.

You will have to follow your own Guidance, and be responsible for the choices and decisions that affect both the quality and length of your stay in the physical. Do keep in mind that what you voice with your mouth is often in conflict with what you radiate from your heart. You may be able to hide behind words, but the heart will give you away every time. And for those who tune into the heart energy emanations, they will know you and they will know when you are out of balance and off purpose.

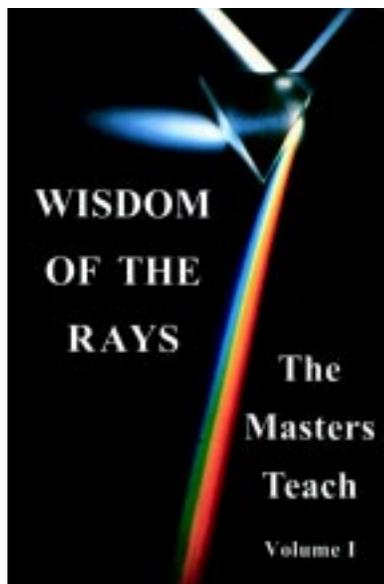
And for those of you who like to deny this to yourselves, you can look to that which manifests in your life: Is your current state of “living” this life's experience something that is fulfilling to you, or is it full of stress and frustration?

May your heart be your guide, and may you learn to listen with the heart and project forth from those inner satisfying desires that bring forth balance. I am Hilarion, Master Teacher and Healer, come in the Radiant One Light of Creator Source so that His promise to you be fulfilled—and so that I, too, may grow in wisdom of experience. Salu! 

Wisdom Of The Rays: The Masters Teach

The expansive yet compassionate nature of the messages delivered in *WISDOM OF THE RAYS: The Masters Teach* not only challenges those already firmly committed upon the spiritual path, but also provide a serious first step to help ones who are just awakening to (and inquiring about) the magnificent Spiritual Transformation now sensed by many to be in progress upon this planet.

Volume I & Volume II



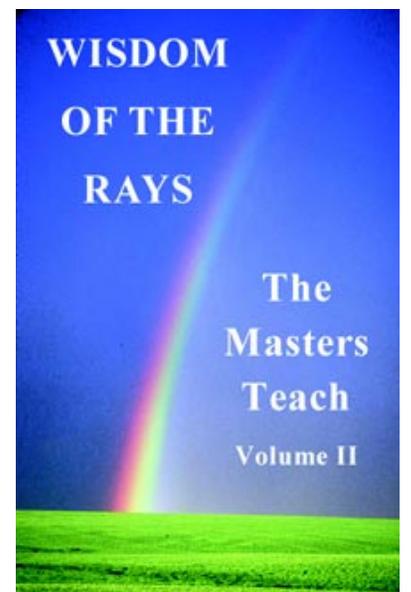
Preface & Introduction by
Dr. Edwin M. Young
(400 pages + 4 color photos)

“Our Elder Brothers from the Higher Realms of Creation are attempting to communicate with ALL of us at this time. Why? Take a look around you. The old ways of doing things aren't working. Our planet is entering a time of massive, turbulent change and renewal. To put it bluntly: we NEED help! And that's where this book comes into the picture. Yes, eventually 'the Phoenix will arise from the ashes' after this Great Cleansing process, but the ride could be quite a bumpy one, especially for those ill-prepared for what is to happen.

“Just how we choose to deal with such change is THE question each of us must confront. Yet confusion swirls everywhere upon Earth at this time. And restless searchers cry out for that which may help them cope with these truly challenging times ahead. Thus these messages courtesy of our most loving Elder Brothers from the Higher Realms of Creation who are but further along the same spiritual path we all must eventually walk.”

(From the Back Cover of *Wisdom Of The Rays: The Masters Teach*, Volume 1)

(See Back Page for ordering information)



Preface by
Dr. Edwin M. Young
(500 pages)

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Wisdom Books & Press, Inc.

provocative ... haunting ... full of symbolism and vivid visions....

WHY THE END?

Two Millennia Of Prophecy And It's Fruitless Attempt To Awaken Humanity

J.T. REVELATOR

The book that dares to ask the ultimate question. Many prophets over the last two millennia, each with their own perspective, have tried to warn humanity about the "future" catastrophic "end-time events" in the hopes of altering them. That time is now upon us.

WHY THE END? is a distillation of prophecies and messages spanning the last 2,000 years, sorted by topic for you, the awakening human. Unlike other books that dwell on past history or vague fragments of events, **WHY THE END?** gets to the point, chronicling the diverse range of prophecies and offering the facts and clues from scientific disciplines.

You may have pondered on some of these questions:

Why is time "speeding up"?

Why are animals exhibiting strange behaviors, some dying inexplicably?

Why is the weather fluctuating and getting more severe?

Are you feeling on edge as if something profound is about to happen soon?

Is there a limit to humanity's abuse of the planet?

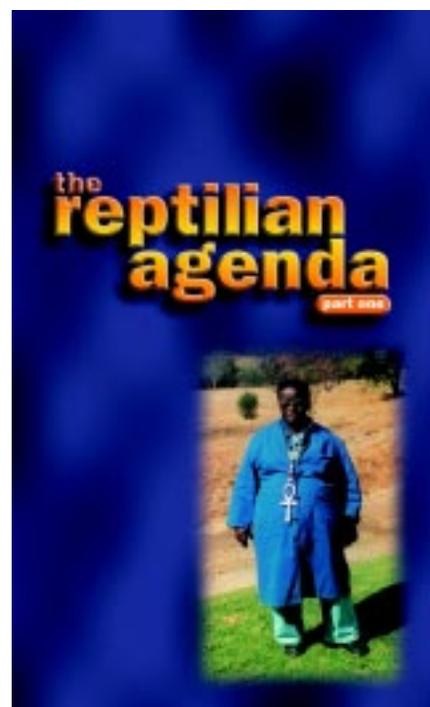
When does the "New Age" begin?

WHY THE END? intends to answer these questions and more in a no frills uncompromising manner. Some of these projections are quite harsh and could be interpreted as "doom and gloom", depending on your perspective. But if you have an appetite of what is really on the horizon, then **WHY THE END?** is the book for you. May you have the eyes to see.

The bottom line is that the Purification of the Earth is underway, and will escalate very soon. **WHY THE END?** will prepare you mentally for the events, while those less informed will become incapacitated by fear as they witness the end of life as we know it. In reality, it is the cleansing of the old to make way for the new "Golden Age". It then becomes your choice as to how you will witness the events.

The Reptilian Agenda

Parts I & II



David Icke has produced two amazing videos with the Zulu "sanusi" or shaman, Credo Mutwa, who reveals astonishing information which, until now, was only available to the highest initiates of the African shaman tradition.

He has had attempts on his life and endless threats in an effort to silence him right up to the recording, but, as Credo says, "The world must know this—and know it now."

He reveals how a shapeshifting reptilian race (the "Chitauli" to Africans) has controlled humanity for thousands of years and how their bloodlines are in the positions of royal, political, and economic power today.

Credo Mutwa supports all the themes outlined in *The Biggest Secret* and adds his own unique knowledge and experience of travelling Africa for nearly 80 years.

These videos will re-write the UFO/extraterrestrial story in a way that will blow your mind. UFO researchers have ignored Africa and therefore ignored one of the greatest sources of knowledge on the planet.

While people still argue over Roswell and the extraterrestrial beings apparently found there, African tribes-people have been interacting with these ET "gods" for thousands of years, sometimes eating them, as Credo Mutwa did on one occasion with unforgettable consequences.

Credo has not only seen dead "greys" many times, he has seen them examined behind their "grey" exterior and he knows exactly what they really look like—and it is nothing like we think!

"This is the most amazing man it has ever been my honor to meet—a genius—and the importance of these videos is simply beyond words".

—David Icke

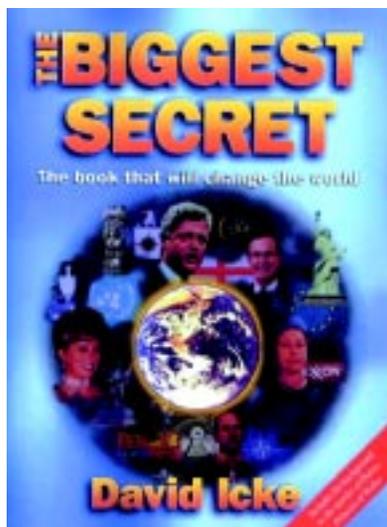
After making these videos, Credo was visited by two people from Cape Town who offered him 50,000 rand, and a house anywhere in South Africa he would like to name, if he would agree to never speak to David Icke again and never have anything to do with him. Credo's reply can be imagined!

(See page 64 for ordering information)

Wisdom Books & Press, Inc.

The Biggest Secret

by David Icke



ISBN: 0-9526147-66

The long awaited NEW RELEASE by David Icke. The Blockbuster of all Blockbusters!! With Stunning information never before released on the murder of Diana, Princess of Wales.

David Icke's most powerful and explosive book to date includes the astonishing background to the murder of Diana, Princess of Wales. Every man, woman, and child on the planet is affected by the stunning information that Icke exposes. He reveals in documented detail how the same interconnecting bloodlines have controlled the planet for thousands of years. How they created all the major religions and suppressed the spiritual and esoteric knowledge that will set humanity free from its mental and emotional prisons. It includes a devastating exposé of the true origins of Christianity and the other major religions and documents the suppressed science, which explains why the world is facing a time of incredible change and transformation. *The Biggest Secret* also exposes the true and astonishing background to the British Royal Family and, through enormous research and unique contacts, he reveals how and why Diana, Princess of Wales, was murdered in Paris in 1997. This includes information from a close confidant of Diana for nine years, which has never before been made public.

The Biggest Secret is a unique book and is quite rightly dubbed "The book that will change the world." No one who reads it will ever be the same again.

Revelations of a Mother Goddess

—VIDEO—

An Interview by David Icke

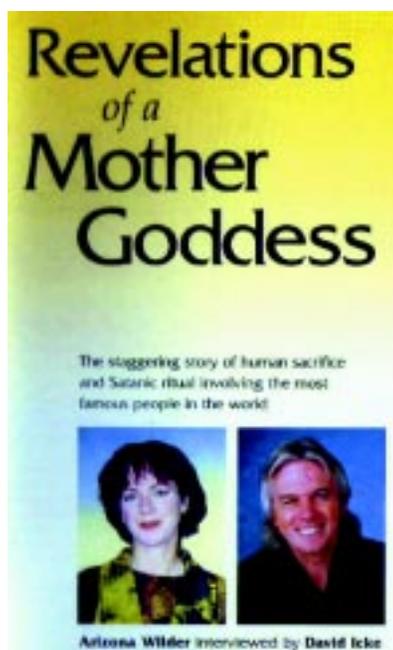
The staggering story of human sacrifice and satanic ritual, involving the most famous people in the world.

Arizona Wilder, formerly Jennifer Greene, was mind-programmed from birth to become one of the three most important female conductors of Satanic rituals on the planet. Her programmer was Josef Mengele, the notorious "Angel of Death" in the Nazi concentration camps, and when he died in the late 1980s, her programming began to break down.

In this video interview with David Icke, she describes human sacrifice rituals at Glamis Castle and Balmoral, in which the Queen, the Queen Mother and other members of the Royal Family sacrificed children in Satanic ceremonies.

She talks of the same experiences with Henry Kissinger, George Bush, Bill Clinton, members of the Rockefeller and Rothschild families and a host of the most famous names in the United States and the United Kingdom.

Your view of the world will never be the same when you hear the revelations of Arizona Wilder and their relevance to your daily life.



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Publishing The Truth

Guests: Rick Martin Cortright and Gail Cortright—*The SPECTRUM*

LIVE (with audience), cable-access television program, with host Dennis Grover.

This very special episode features guests Rick Martin Cortright and Gail Cortright from *The SPECTRUM* newspaper. This discussion focuses on the trials and tribulations encountered by those attempting to offer a truly free press. Part of that general topic was a discussion of the many challenges encountered when publishing information such as that offered through *The SPECTRUM*.

(Shipping is included with this item.)

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