

# CONTACT

Phoenix Project: A LIGHT IN EVERY WINDOW!

*"YE SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU MAD!"  
"NOW THAT YOU'RE MAD, LET'S FIX IT!"*

VOLUME 10, NUMBER 12

NEWS REVIEW

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OCTOBER 17, 1995

# Economic Alert For Major Catastrophe The Props Can't Hold Much Longer

10/10/95 #2 HATONN

## ECONOMY

It is happening, readers, so check that handwriting on the walls—especially of the men's room—or the suicide notes. **GET OUT OF ALL "FUNDS" NOW!!!** If you have been listening to us you are **OUT** of the **MARKET** as individual stock owners—now is the time to get **OUT**, if you can, of the Mutual Funds.

The T-bills and government securities are going to fare as badly—remember that there were long delays in payoffs in just this past month. **Do NOT, I repeat, DO NOT LISTEN TO THE POLITICIANS!**

In these days (this week) you watch the game put a hold on computer trading—and that is mostly as concerns Mutual Funds.

If the trading is closed down—you can't even trade **OUT**. It is serious time, investors!

Bonds are about to dump in a major way, also. The markets, and more pointedly, bonds, have had to calculate the Fed easing rates by at least 2 - 3%. It is not very likely to happen at all and, if it does so, it will be but a temporary deception. This means that rates will ultimately go a lot higher while bond

*(Please see Economic Alert For Major Catastrophe, p.13)*

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# The News Desk

10/13/95 PHYLLIS LINN

## FLUNKING GRADE FOR MEDIA'S O.J. COVERAGE

O.J. slander continues to dominate the printed media. SOMEONE wants to make sure you believe he's guilty, regardless of what the jury decided. The following article was written by Sherrie Mazingo, chair of broadcast journalism at the University of Southern California and teacher of classes in journalism ethics. It appeared in the October 11 issue of the *SAN FRANCISCO CHRONICLE*, [quoting:]

What grade should we assign to the media coverage of the "Trial of the Century"?

A trial that cost taxpayers \$9 million, but in which an estimated three times that amount was spent by collective news organizations covering the story: 40,000 pages of trial transcripts and 6 million words, compared to tens of millions of words in print and broadcast devoted to the coverage. And consider 146 trial witnesses but 1,400 reporters, camera crews and other news personnel converging at one time or another on the Los Angeles County courthouse during the trial—10 times as many news people as involved in another big trial—the Lindbergh kidnapping case.

"What grade should we assign to coverage of the "Trial of the Century"?

A San Francisco newspaper compares the brutal murders of Othello and Desdemona in surreal, twisted imagery of a modern-day Shakespearean menage-a-trois. O.J. jokes appear as a regular feature of the *Los Angeles Times*. The tabloids—print and television—scream histrionic headlines: "Nicole to Friend: O.J.'s Going to Kill Me!" Below the headlines, speculative, sensationalized, sleaze-trail stories. The mainstream press reports stories on the stories reported by the tabs in a mimicking exercise of me-too journalism. More respectable packaging, same sleaze.

Media coverage in the O.J. Simpson case calls to mind an editor's comment that the press is like a baby—"a huge appetite at one end and no sense of responsibility at the other." Responsible, ethical coverage is determined by standards of fairness, balance and accuracy. Fair. In the O.J. Simpson case, was the coverage free from opinion or bias? Balanced? Did the coverage represent all positions and viewpoint with equal weight? Equal space? Time? Accuracy? Coverage that is completely error free? No stretch of the imagination or editorial license allows us to suggest that even a fraction of reporting in the O.J. Simpson coverage was error-free.

What grade should we assign to media coverage of the "Trial of the Century"? An "F". [To the media controllers, it was a job well done—an "A+" for stirring up racial strife.]

## WORLD BANK'S MEASURE OF WEALTH

From the September 18 issue of *THE BILLINGS GAZETTE*, [quoting:]

WASHINGTON(AP)—Developed by the World Bank, a new system of measuring wealth attempts to go beyond traditional gauges like gross national product. The appraisal includes four ways of assessing societies, only one of which is how much material wealth it produces. The system has produced evidence that almost every country, from Afghanistan to Zimbabwe, rich or poor, has more wealth in its people's productive ability than in the goods it produces.

The system, laid out in a World Bank publication

released Sunday called "Monitoring Environmental Progress: A Report on Work in Progress", for the first time folds a country's people and its natural resources into its overall balance sheet. [In other words, to the World Bank, people are just another commodity—human resources.]

The system quantifies three types of capital:

- \* Man-made, the traditional measure of what a country produces plus the roads, water systems, railways and other facilities already in place.

- \* Natural, the value of land and water and the riches they hold.

- \* Human, the value of people's ability to produce, how well they're educated [i.e., programmed], how well they're fed.

In addition, bank economists are trying to figure out how to measure social capital, the productive value of families, communities and various social groups that enhance societies.

## CULT AWARENESS NETWORK MUST PAY DAMAGES

From the October 1 issue of *THE ORLANDO SENTINEL*, [quoting:]

SEATTLE—A man taken from his home by "deprogrammers" who tried to persuade him to leave the United Pentecostal Church has been awarded nearly \$5 million by a federal court jury. Jurors found Friday that Jason Scott was deprived of his freedom of religion by Rick Ross and the Cult Awareness Network of Chicago. Scott's mother, Kathy Tonkin, contacted the defendants in 1991 when she became worried about her son's membership in the church, and Ross and others took him from her home.

## GURU-BUSTERS DEBUNK HOLY CHARLATANS

From the October 11 issue of the *SAN FRANCISCO CHRONICLE*, [quoting:]

When Hindu believers flocked to temples across India and as far away as the United States in September to witness the "miracle" of religious idols that appeared to be drinking milk, it came as a clarion call to another group of Indians who have assigned themselves the quixotic mission of debunking all gurus, swamis, yogis and others claiming mystical powers. Since 1949, members of the Indian Science and Rationalists' Association have been busy exposing fraudulent "godmen" who whisk gold watches out of thin air, levitate, give off electric charges, and even claim to have conducted erudite discourses with tigers in the wild. The "guru busters", as they have taken to calling themselves in recent years, include activists raised as Hindus, Muslims and Christians and as members of other religious groups.

Although the rationalists say they have 86,000 members in 300 branches across India, nearly as many Indians can be seen at dawn each day dipping themselves in the muddy, garbage-strewn Hooghly River, a branch of the Ganges that flows through the heart of Calcutta, in the belief that washing in the water cleanses the spirit [This idea is pervasive throughout the cultures and religions of the world, as if mankind receives a poorly understood subliminal message from deep within his soul: "Wash away sin with pure water." It'll never work with the third dimensional definition of "water" as H<sub>2</sub>O, but correctly defined as "thought", "water" does get the job done.]

Ghosh set out to show that any liquid, including milk, can be made to rise from a spoon through the porous ceramics used for the idols through capillary attraction. At the railway station, Ghosh and his assistants attracted friendly laughter, suggesting that milk-drinking idols strained the credulity of many Hindus. It may have helped that Indian newspapers had begun to suggest that the milk miracle was a stunt organized by a New Delhi-based guru, Chandraswami, whose ties to Prime Minister P.V. Narasimha Rao have



Rationalist Prabhir Ghosh (center) held a fake skull, saying it was typical of tricksters' props

BY NEW YORK TIMES

been front page news after accusations that he has wide influence over the government as well as contacts with Indian criminal gangs. Rao's contacts with swamis have brought him embarrassment more than once. In 1993, he seemed moved during a visit to his native state of Andhra Pradesh when a well-known guru, Sai Baba, appeared to produce a gold watch out of thin air. But Indian newspapers had considerable fun at Rao's expense when film of the event that had been taped by an Indian state television team was played back in slow motion and revealed that the Baba had employed sleight-of-hand techniques commonly used by magicians.

Before Rao, several Indian prime ministers had close links with gurus. Jawaharlal Nehru had a guru, as did his daughter, Indira Gandhi. Gandhi's favorite, Dhirendra Brahmachari, fell from favor after his habit of having holy messages appear on blank sheets of paper was exposed as a new application of an old high school science experiment involving invisible ink. When the guru, attempting a comeback, greeted devotees with electric shocks, the rationalists stormed his ashram and exposed a car battery with wires beneath the guru's throne.

The rationalists have challenged not only practitioners of Eastern faiths, but also Christian evangelists, including an American who claimed to have made a child presumed unable to hear or talk since birth to speak during a rally in Calcutta. Ghosh stormed the platform and persuaded the 10-year-old boy to confess to the crowd that he had grown up speaking Bengali, the common language in West Bengal. [*Discernment is a real challenge sometimes!*]

### GANGS INFILTRATE POLICE

From a recent Associated Press article, [quoting:] CHICAGO—Some of the city's most notorious street gangs are infiltrating the Police Department, and officials can't do much about it. Until gang members in blue break a law, they are protected by their union contract and the right to associate with whomever they please. In the last three years, at least 15 police officers have been charged with crimes, forced to resign or investigated for membership in a street gang, the *Chicago Sun-Times* said in today's edition. Seven officers in one police district are under investigation for gang ties, the newspaper reported.

"We can't deny we have individuals who are members, fraternize or associate with street gangs," said Police Superintendent Matt Rodriguez. "Why would they not do the same things organized crime always did [*DOES*], such as infiltrate the police? If the mob bought judges, politicians and policemen, why do we think the gangs can't do it?"

Deputy Superintendent Michael W. Hoke, head of internal affairs, said the officers with ties to gangs are hindering police work. "They come in and they learn our investigative techniques, can spot undercover cops, know how we do things," Hoke said. "Yes, we're concerned about that."

### STATEWIDE FLUORIDATION COMES TO CALIFORNIA

Here's an exemplary piece of propaganda; notice how the opposing viewpoint is dismissed as lunacy and elitist. Another grade of "F"! From the October 11 issue of the LOS ANGELES TIMES, [quoting:]

Half a century after municipalities across the nation began to fluoridate drinking water to reduce tooth decay, California has finally joined the movement. Gov. Pete Wilson has signed a bill to require most California water agencies to add fluoride. Seldom has a public-health measure drawn such emotional and bizarre objections as fluoridation. Early foes called it a communist plot to destroy America, and others have seen it as a poisonous threat to human genetic material. But after 50 years of widespread U.S. fluoridation,

Communism has collapsed and not many two-headed monsters roam the countryside. Yet the bill, by Assemblywoman Jackie Speier still drew stout opposition. With no more Commies to blame, the critics now rage over roce "mass medication" and claim unproved links to bone fractures and cancers.

The scientific facts are essentially beyond dispute. Years of comprehensive studies [*by proponents of fluoridation*] have proved that fluoride reduces tooth decay in children by about 60%. Half of all American children entering first grade today have never had a single cavity. Unfortunately, the same cannot be said for California youngsters. Opposition was so stubborn that to this day only 17% of the state population gets fluoridated water, compared with 62% nationally. The fight was particularly bitter in Los Angeles, where the City Council rejected fluoridation in 1966 and again in 1974. [*But now it is literally being forced down their throats. The adversary is relentlessly tenacious.*]

Today the critics argue that consumers should have a choice over fluoridating—a rankly elitist position that inevitably works against the health of the poor. [*End of quoting.*]

So free choice is rankly elitist?! Here's what Charles Eliot Perkins, one of the nation's foremost industrial chemists and author of *The Truth About Water Fluoridation*, has to say, [quoting:]

The real reason behind water fluoridation is not to benefit children's teeth. If this were the real reason there are many ways in which it could be done that are much easier, cheaper and far more effective. The real purpose behind water fluoridation is to reduce the resistance of the masses to domination and control and loss of liberty....In the rear occiput of the left lobe of the brain there is a small area of brain tissue that is responsible for the individual's power to resist domination. Repeated doses of infinitesimal amounts of fluorine will in time gradually reduce the individual's power to resist domination by slowly poisoning and narcotizing this area of brain tissue and make him submissive to the will of those who wish to govern him. [*End of quoting.*] Who do YOU believe? When was the last time "the government" did something to benefit its citizens that didn't turn out to be a Trojan horse?

Do you suppose Governor Wilson is unaware of this information? Not likely. Here are excerpts from one letter he received, from Dr. Paul Kenyon, N.D. of Honolulu, Hawaii, [quoting:]

SUBJECT: Fluoridation Bill AB 733

RE: POLICY DECISION INFORMATION FOR THE GOVERNOR

"The tooth decay rate stays the same with or without fluoride" (TNTC)

FLUORIDE I.G.: Farben-German history

PROZAC: Fluoride agent by prescription

SARIN GAS: A Fluoride nerve gas

ALZHEIMER'S DISEASE: A link between Fluoride and Aluminum?

Dear Governor Wilson:

I have been investigating fluoridation and fluoride compounds for more than ten (10) years. I have testified before the Hawaii State Legislature on numerous occasions and provided research information to assist the legislature in making decisions about fluoridating municipal water supplies. There is certain background information about fluoride which is generally not known by the U.S. Public Health Service (USPHS) or State Departments of Health (DOH). If I may, I would like to briefly advise you because your decision concerning fluoridation has serious legal, moral and ethical implications for Californians.

The original fluoride research was conducted by I.G. Farben chemists in Germany in association with the Nazi war camps. The thrust of the research was to find a commercial use for industrial-waste grade fluo-

ride. The biological research was conducted on Nazi War Camp people. What the research concluded was that fluoride acted destructively on the brain and nervous system causing impaired reasoning. The toxic effects of fluoride include tissue damage to the brain and nervous system and irreversible narcotizing changes. All confirmed by autopsy.

The information was reported by Charles Elliot Perkins in a letter he wrote to the Lee Foundation in Milwaukee, Wisconsin in 1954. Mr. Perkins, a foremost industrial chemist, had been assigned by the United States Government to take charge of the I.G. Farben Chemical Company at the end of World War II. the history of fluoride can be characterized by atrocities committed against Nazi War Camp people. This history is totally ignored by officials in the United States.

While questions still remain about the positive dental effects of fluoride, THERE IS NO QUESTION ABOUT THE PSYCHIATRIC EFFECT. Twenty-five percent of the "major tranquilizers" used for psychiatric medications are fluoride compounds. PROZAC, manufactured by Eli Lilly, is one of the best examples. Like many FDA-approved drugs, PROZAC has excessive side effects which include delirium, violence, psychosis and suicide. Few medical professionals recognize PROZAC as a prescription of FLUORIDE—the same stuff now being proposed for California's drinking water!!

Several other alarming fluoride discoveries were made by I.G. Farben researchers during the Nazi Occupation of Germany. They are Fluoride Nerve gasses. You may recall hearing about SARIN gas on CNN? SARIN was released by terrorists in Japan with devastating consequences. Another nerve gas made of fluoride is called SOMAN. Both compounds are made from industrial waste-grade fluoride and are extremely dangerous. The common denominator between fluoride nerve gas and water fluoridation programs is the starting material—FLUORIDE, Hazardous and Dangerous. (see National Library of Medicine under Toxic Substances)

In my opinion, one of the greatest areas of concern is the association between fluoride and aluminum and the relationship between aluminum and ALZHEIMER'S DEMENTIA. The question most commonly asked by researchers is, "how is the aluminum getting into the brain, producing senile plaques and poisoning/necrotizing brain tissue?" A strong argument can be made for nominating FLUORIDE in this instance.

In *Science News*, January 3, 1987, a study revealed that boiling fluoridated water (1 ppm) in an aluminum cooking pan for ten minutes increases the leaching effect of aluminum by 1,000 times more than non-fluoridated water. Fluoride is highly reactive in the presence of aluminum. The aluminofluoride "cocktail" represents a neurologic nightmare. FLUORIDE has the capacity to damage enzyme systems which may be protecting brain changes characteristic of Alzheimer's. There are four million Americans with ALZHEIMER'S DEMENTIA and none of the experts have determined the cause. I believe it's just a matter of time before the scientific community confirms the above relationship. For public health and safety, I recommend keeping FLUORIDE out of municipal drinking water until the mystery of Alzheimer's is solved.

In summary I presume you are not familiar with the material I have presented. This information is the result of a personal investigation: an attempt to make sense of a complicated political issue. Much of this condensed material was presented as testimony during the Hawaii Legislative Hearing on Fluoride in 1987. HAWAII DOES NOT HAVE COMPULSORY FLUORIDATION. Perhaps CALIFORNIA should follow suit. PLEASE VETO FLUORIDATION BILL AB 733. I will be happy to furnish your office with reference material and other supportive documents if requested.

Yours in matters of mutual interest,  
/s/Dr. Paul Kenyon

# Update On Mark & Cathy's MK-ULTRA Mind-Control Tour

To: Rick Martin  
At: CONTACT

September 25, 1995

## REFLECTIONS FROM BEHIND THE FRONT LINES

Dear Rick and all of our CONTACT Family,

As I write, Mark and I are literally up in the air over the northwestern states of our country, flying home after a grueling, 3-week speaking tour. Spreading the word on CIA MK-ULTRA mind control to patriots battling on the front lines of this Mind War has been an enlightening experience I'll never forget!

My former MK-ULTRA mind-control "owner", U.S. Senator Robert Byrd, revealed to me in one of his long-winded recitations that perpe-Traitors behind the New World Order were "counting on good people to do nothing". Once again, he is being proved wrong! Good people are actively arming themselves and each other with TRUTH all across this nation, fully understanding that knowledge is our ONLY defense against New World Order controls.

Previously Mark and I devoted our efforts to alerting law enforcement and mental health professionals to the absoluteness of mind control, since their need for viable solutions proved proportionate to the vast numbers of victims/survivors they encountered every day. Now, with mind control literally affecting everyone—from the traumatizing "drug wars" of our streets, to robotic acceptance of media (mis)information control, to absolute thought control through systematic tortures—Mark and I took our inside knowledge directly to the trenches of this battle for Freedom.

Good people from all walks of life are currently uniting in, seemingly, any room large enough to house their meetings. Mark and I were fortunate to have personally experienced the reality of their organized intent—which is, of course totally opposite of the "malicious" portrait of patriots portrayed by the treasonous controlled media. From state to state, we spoke in auditoriums, gymnasiums, rented meeting rooms, and even a rural warehouse. The decor was generally consistent—an American flag free of gold fringe. Most meetings began with the *Pledge of Allegiance* and a prayer, and all proceeded with arming those in attendance—with knowledge!

All across the beautiful Northwest, Mark and I stood proudly beside the American flag as we armed good people with the ONLY effective defense against mind control: knowledge. We urged Americans to peacefully unify efforts and demand that the National Security Act be repealed in order that We-the-People have control over the "secrets" that are being used to control all of us.

It is in the intellect and wisdom reflected in the positive response of true patriotic leaders where I rest my hopes for the restoration of Constitutional values and freedoms to our nation. This ongoing Mind War of the New World Order requires good guys to exert wisdom, high intelligence, and logical action in order to reinstate peace where psychological warfare atrocities are currently proliferating.

The anticipated short-term memory caused by systematic trauma media events no longer applies as it did during the Reagan-Bush Administration. Instead, people are waking up and remembering—and questioning if and how mind control applies to various events in history. They remember Adolph Hitler, John F. Kennedy, Jim Jones/Jonestown, Charles Manson, the tragic McMartin preschool case, the Menendez brothers, Lt. Col. Michael Aquino and the Presidio Day Care scandal. Foremost on the mind of those we talked with in the Northwest are Ruby Ridge and the death of Vicki and Sammy Weaver, the Oklahoma bombing, and Waco

tragedies.

People who deem themselves average citizens are actively seeking answers since numerous families and loved ones have been touched by New World Order atrocities in one form or another. It seems UN controls are proliferating in everyone's own backyard these days—or in their wallets and banks, churches, schools, street corners, courtrooms and prison, daycare Centers, on television, in the "news"papers, and Mark and I gratefully provided some logical answers to "why?", and "what can be done to take back OUR country?"

The primary question publicly raised was, "How could this happen in the free world?" Simply stated, bad guys know that good people do not think to focus on the criminal, immoral, inhumane actions masked behind world peace. The soul-ution is also found in the way we think because good people think deeper—and perpe-Traitors of the New World Order never took into consideration the strength of the human spirit. It is true that 5% of the population leads the 95%, whereby

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we need only to replace the controlling 5% with moral, just leaders whose agenda is peace rather than dominance.

Most people rose to their feet and cheered, elated to be effectively armed with information necessary to taking back our country. Yet, a very few seemingly remained immobilized—blinded from TRUTH by their misdirected emotions and hatred. A neo-Nazi attending one of our meetings became agitated and accused me of "Hitler-bashing", when, in fact, I was talking about George Bush. When I reiterated TRUTH according to my experience, the neo-Nazi stormed out of the meeting in a "blind" rage. Hatred is counterproductive to peace, and focus is deliberately being shifted through the media from the true source of our nation's decline to diversionary emotional issues, such as racism, sexism, violence, and fear.

One example of blinding emotions incited by the media stems from the O.J. Simpson trial. Regardless of whether he is guilty or innocent, the "legalities" covered by the media prove that our "criminal justice" system has collapsed. Diverting attention from this now internationally recognized fact through deliberately agitating emotional turbulence in what the media reinforce as a "racial issue", has divided We-the-People and prevented us from effectively unifying efforts to restore Constitutional values to our once great nation. Additionally, this media circus dominated the news while ignoring important issues such as Northern California's "Gorbachev USA" summit, where further UN controls of We The People proliferate—without our knowledge.

Divided we would fall—into the downward spiral of world dominance. Those enlightened by TRUTH refuse to follow. They know it is Truth that sets us free!

During the course of our talks, many people from all walks of life came forward to discuss their own widely varied levels of victimization. There were no racial, economic, religious, or social barriers as patriots united their voices to passionately and intelligently provide viable solutions to UN controls.

Parents disgruntled with a "Global Education (Goals) 2000" public school system, designed to increase our children's learning capacity while destroying their ability to critically analyze, are quietly uniting to take back our schools. Noting a change in their children's behavior, parents began educating themselves to the "unthinkable" facts in order to be effective in freeing schools from federal criminal influence.

One leader in this effort, a citizen of Germany, is proving the parallel of events that enslaved his home nation during Hitler's regime to events occurring in America today. His eye-opening revelations include citing the incorporation of all ten points of the *Communist Manifesto* into the "free world"—the tenth being "government control of education".

Likewise, the Native American people are proving how violent events that enslaved them to "Indian reservations" in this "Land of the Free, Home of the Brave" when the New World was "discovered", parallels the enslavement of the American populace to the New World Order.

In Northwest America, the mind-control devastation emanating from the Mormon Church is even more apparent than the worldwide waste of humanity from Catholic atrocities. Ex-communicated Mormons, many of whom had been Elders in the Church, claimed to be actively siding with Bishop Glenn Pace in their determination to take back their Church. Some voiced concern for the Church's participation in New World Order agendas, and what they discovered when they "followed the money". Most had family members directly affected by satanic, trauma-based, mind-control atrocities that were proliferating at the highest levels of the Church's structure, and sought rehabilitation for their loved ones.

In the course of our travels, I met a wise man who was obviously at peace with himself despite his apparent and eloquently expressed understanding of numerous issues plaguing our nation. He agreed that repeal-

ing the National Security Act was a viable solution to arming humanity with Truth and, ultimately, restoring Constitutional values to our nation. Mark and I noted his inner peace and asked him how in the world he was able to avoid the common, Post Traumatic Stress Disorder (PTSD) reaction to waking-up-to-reality. He eloquently responded, "Since history is again repeating itself, I turned to the most accurate historical document [sic] of all time—the Bible. I found the answers I needed to know and applied those truths to myself."

Numerous Vietnam vets stepped forward to tell their powerful stories that the media continue to ignore. Like me, they, too, have been manipulated by their patriotism. Their voiced complaints range from having been mind manipulated through deliberate information control to having been robotically mind controlled through torture and trauma. They believe, like Mark and I believe, that you need to know and have a right to know those "secrets" that have kept us in the dark ages of information control far too long.

**Secret Knowledge Equals Power.** And perpetrators of the New World Order cloak absolutely anything—including the sexual assault and mind control of our children—under a cloak of secrecy called "National Security" that is threatening the security of our nation! By supporting those in Congress who are actively working to repeal the National Security Act, we will gain access to information pertinent to making sound rational decisions and ultimately taking back our country. Armed with Truth, we will no longer succumb to the deliberate diversions that keep us shooting at each other, rather than disarming the true culprits.

Mark and I were astounded by the vast numbers of mind-control survivors, their families, and advocates who attended our meetings. Together, we provided them "Keys to Survival" and I explained how Mark taught me to bypass immobilizing emotion by journaling (writing out) my memories. By deprogramming the program first, I was able to untangle deliberately induced scrambles and logically question and reason that which I experienced. I explained how advanced secret technology was used to control my perceptions, citing my 1977 experience when I saw the then-top secret triangular stealth fighter plane and was led to believe it was an extraterrestrial spaceship. Speculation and superstition begin where available scientific documentation leaves off, whereby secret technological advances can be used to incite the belief that events are "beyond humanity's ability to impact". After logically explaining my own mind-control experience, numerous survivors informed me that they were no longer afraid to look at their own past victimizations which had previously seemed "larger than life", as programmed.

Logic is the way to recovery. Indeed, it is Truth that sets us free—not carefully incited, UNnatural, fearful helplessness.

Our Northwest tour concluded with the Prepared-

ness Expo in Seattle, Washington. Although our book, *TRANCE Formation of America*, was still on the printing presses, Mark and I were able to provide a constructive, informative, and comprehensive mind-control handbook at our booth. Mark and I momentarily slipped away from the clamor of our booth into the crowds to see what other participants were providing the populace. I was pleasantly surprised by what I encountered! One particular, very busy militia booth was being run by an obviously intelligent, wise, suit-clad gentleman who was, indeed, arming folks—with information!! Most Expo vendors were peddling knowledge, proclaiming that violence is not the answer to resolving our nation's need. They already know what you need to know... Knowledge is our ONLY defense against mind control and the New World Order!

As we toured the Northwest, Mark and I encountered many kindred spirits, soul-diers on the battlefield for freedom who proclaim Evolution over Revolution. The beauty of this great land is a spectacular sight, and was especially apparent to us in northwest Montana. The courageous, brilliant people encountered, many of whom were well informed *CONTACT* readers, expressed determination to make a difference for Kelly's sake, the sake of other mind-controlled survivors worldwide, and for the sake of our nation and humanity as a whole.

The goodness of man shone brightest to me as I gazed across the majestic mountains of northwest Montana, pondering the magnitude of the problems plaguing our nation. A wise leader in this battle for freedom, understanding the soul-rejuvenating peace of the beauty Mark and I beheld, swept his arm across the vast landscape as he calmly revealed, "I would not be fighting this battle if there was no hope."

Mark peacefully added "We've already won. They just don't know it yet."

That is faith of the highest order. I do believe in Truth!

We have a right to know and a need to know TRUTH. Write your congressmen and demand that the National Security Act be repealed and free us from the dark ages of information controls.

Enlightened in Truth,  
/s/Cathy O'Brien & Mark Phillips

P.S. Our plane touched ground before I was able to complete this letter to you, and it was further delayed when Kelly's desperate plight demanded immediate attention upon our return. I deeply appreciate those of you who have written her because, as she said, "her CONTACTS keep her going these days." Knowing good people care has made a world of difference for her. Please continue your MORAL support of her through your kind letters.

Thank you!

**For further information on the Monarch Project**

**contact: Mark Phillips or Cathy O'Brien**

**P. O. Box 158352**

**Nashville, TN 37215**

**to write to Cathy's daughter:**

**Kelly Cox**

**% Jabnell**

**P.O. Box 690**

**Powell, TN 37849**

# The Hopis: Endangered Guardians Of Our Continent

*Editor's note: "The Hopi" by Scott Smith and Sandra Wells is reprinted with permission from FATE Magazine. This article was first published in FATE Magazine, August 1995. To contact FATE, call 1-800-843-6666, or write P.O. Box 64383, St. Paul, MN 55164-0383.*

## THE HOPI

by Scott Smith & Sandra Wells

For 15 days, members of the Antelope and Snake Societies have been in ritual preparation, singing songs in the underground kivas, smoking sacred tobacco, making prayer sticks, setting up altars.

On the sixteenth day, other members of the Hopi tribe gather around the village plaza. After a long wait, two lines of 12 men suddenly come into the plaza, the Antelope priests, painted gray and white, and the Snakes, painted red-brown and black and clad in kirtles and moccasins, hair hanging to their shoulders. They silently circle the area four times, each one stomping with his right foot on a sounding board over a hole that goes down to the underworld, sending an unearthly signal to the kachina spirits that the Snake-Antelope ceremony is reaching its climax.

On the final pass, the Snake chief reaches into a holding area and pulls out a snake—as often as not it is a rattler, not defanged. The chief holds the snake gently in his mouth, just below its head, and dances slowly around the plaza. Others pick up snakes in the same manner, eventually releasing them to be taken up by others. The priests are unafraid of bites as they sing their mesmerizing songs to the spirits of the animals. As dusk comes, the priests move out of the plaza to bless and release their snakes into the desert to carry messages to the four corners of the Earth about the renewal of life for another year.

## THE LAST RITES

Until a decade ago, the Snake Dance could be seen by anyone each August on the high mesas of northeast Arizona, where two-thirds of the 10,000-member Hopi tribe live in an area their ancestors settled nearly a millennium ago, the oldest continuously inhabited villages on the continent. The reservation consists of 632,000 acres plus 911,000 acres shared with the Navajos who surround them and with whom they are in constant conflict over land rights. Now, only Hopis can witness many of their dances, as they gradually close their ceremonies to outsiders because of unauthorized research, photographing and sketching of rituals by academics, and theft of ritual items. In March 1993, greater restrictions were imposed in reaction to a *Marvel Comics* issue which depicted the kachinas, the ancestral spirits—guardians of the Hopi “the people of peace”—as violent. For those who show interest and respect there are still—so far—opportunities to witness rites. The Hopis are the largest, most cohesive and most vibrant traditional community in North America. Only about two percent of the people have been converted to Christianity. Worldwide, indigenous people have heard of the Hopi's legendary adherence to the

ways of the ancients and many travel to the mesas to admire the integrity of the culture. Even some other traditional Native Americans accept the Hopi claim based on sacred tablets the tribe still possesses to be the spiritual guardians of the continent. They are “God's Chosen People of America” as Zula Brinkherhoff's book by that name put it. They were appointed by the caretaker of the world, Maasaw, serving Taiowa, the Creator. Other native people know of the many Hopi prophecies—of the appearance of automobiles and airplanes, of world wars and the formation of the United Nations—that have come to pass. They believe that the Hopi are in close touch with the world of spirits.

Although they will not talk much about it with outsiders, many Hopis report that during their religious rituals which take up as much as two weeks of a given month, they sense or see the kachinas and divinities. In *Maasaw: Profile of a Hopi God*, Ekkehart Malotki and Michael Lomatuway' ma comment that “in an encounter with Maasaw, a human being cannot look upon the god for long without losing consciousness.” The ceremonies keep the tribe in tune with the world of the spirits. The dancers in their elaborate costumes become possessed by the kachinas they portray. Unlike feel-good, New Age neo-paganism which consists of lovely songs and an admirable ecological sensitivity but vague theology, this is a real religion, a way of life based on

being in regular contact with supernatural powers.

This most unusual culture, with its disdain of the material world and absorption in its religious beliefs, became much-admired by the counterculture of the late 1960s. The main translator at the message of the traditional Hopi elders for an interested worldwide audience was Thomas Banyacya. The traditionalists he spoke for were under attack by the Tribal Council, which wanted to, in their view, compromise with the U.S. Government and American culture on crucial issues. The resistance was concentrated in the village at Hotevilla.

As the counterculture became part of the mainstream, less was heard of the Hopi message. More than two decades later, we wondered what had happened to the tribe and decided to make the pilgrimage to see if the traditional ways of life were still intact.

Banyacya, now 85 and living in the Tribal Council's bastion of Kykotsmovi, still brings the traditional Hopi message to New Age gatherings and other audiences worldwide. He pleads for help to save the traditional culture still under pressure from the temptations of the modern world and the Tribal Council, which is so bent on breaking the power of the traditional elders that it even tried to stop this article from being written.

## GUIDED THROUGH HISTORY

To understand the Hopi today one has to understand their version of the tribe's history. The Hopi once occupied a much larger area than the current reservation. Because of their similar pictographs and architecture, we know that the immediate ancestors of the Hopi and other pueblo-making peoples of the Southwest were the Anasazi, “the Ancient Ones”, cave-dwellers who showed up around 100 B.C. and who became peaceful farmers by A.D. 500 when corn was introduced. At the height of their civilization (1075-1125), they were rich in material goods and astronomically advanced. They built impressive communal stone structures at places like Mesa Verde, Colorado, and Chaco Canyon, New Mexico.

## ALIEN CONTACTS?

Then, for unknown reasons they abandoned their communities in the twelfth and thirteenth centuries. According to the Hopi, the clans were separately guided to their current location by a cloud during the day and a star at night just as they had been during previous continental treks of legend. The Hopi were reportedly led to underground safety in each of three previous worlds when these worlds were destroyed, first by fire, then polar shift, then flood. Each time the “ant people” saved them.

Hopi artwork shows the ant people as having small spindly bodies and large heads and eyes. These features caused Robert Puscas (“The Legend of the Anasazi”, *UFO 7:6*) to consider the possibility that the legend might be reporting supernatural or extraterrestrial intervention, keeping in mind that the kachinas are said to ultimately be from other planets and of the spirit world. (During the non-ceremonial half of the year the main kachinas said to be prominent ancestors reputedly live in the nearby San Francisco mountains while other former mortals go to an underworld to perform the dance rituals.) The similarity of the cloud and



A public dance in the Wuuwuchim Ceremony, the 16-day ritual that begins the Hopi ceremonial year in November (negative 1539).

the star to the shining round object that has accompanied Marian visions (Scott Rogo, *Miracles*) suggests a shared religious phenomenon. Adding to the impression are the events of the early 1940s, when Hopis were praying for a special sign that Maasaw was still with them and a "fireball" passed through nearby forests and then back again on four consecutive nights without burning any trees, as prophetically anticipated.

### THE COMING OF THE WESTERNERS

Like other Native Americans, the Hopi priests had prophecies of a lost White Brother, Pahaana, who would return to them. So it was not surprising when the first Spaniards showed up, albeit 20 years later than the Hopi had expected, in 1540. But when the two groups met, a prophetic test showed that the Spaniards were not Pahaana, and the Hopi knew trouble was to ensue. By 1680, Spanish rule had become so repressive that the Indians at the pueblos revolted killing 500 Spaniards, though just four in Hopiland, where the local church was razed and used to build homes and kivas.

Twelve years later, the Spaniards used gifts to reestablish rule over most pueblos, though the oldest Hopi village of Oraibi refused to submit. By 1703, the Catholic Church had again created an intolerable situation for the Hopis, because many of the Arrowshaft clan at Awatovi had converted. If conversions continued, the tribe's leaders reasoned, the clan-based religious ritual cycle, on which Hopi survival and the welfare of the whole continent depended would be threatened. Sparing only those who still knew their clan songs and possessed Hopi religious paraphernalia, the rest of the tribe swept down on the 800-strong village of Awatovi and slaughtered many of the residents. It was the last time Christianity was to make significant inroads among the Hopi. The next century was largely peaceful for the tribe, but in the 1800s it came into increasing conflict with the Navajos. A Hopi reservation created in 1882 did little to protect them, and in 1898 a smallpox epidemic left only 1,832 Hopis alive.

### PROGRESSIVES VERSUS TRADITIONALISTS

In 1906 tribal "progressives", who were convinced

they could maintain the Hopi way while benefiting from white culture, and traditionalists, who believed this path was dangerous, came to split, a frequent event in Hopi history. The traditionalists moved out of the oldest village of Oraibi (now largely in ruins) and set up Hotevilla, which remains the center of traditionalism. But now as Thomas Mails' book, *Hotevilla: Hopi Shrine of the Covenant and Microcosm of the World*, makes clear, the Tribal Council has gradually undermined the traditionalist position even there.

For example, the Tribal Council has tried to force everyone to put in electricity. Hard-core traditionalists object to this for two reasons: coal mining needed to fuel the power plants takes place on sacred land; and the traditionalists believe electricity disturbs the sacred energy of the ceremonies. Purists rely on solar power. Getting Hopis to modernize undermines reliance on the beliefs of the traditionalist elders.

Although the conflict is not allowed to interfere with the vital ceremonial cycle it is becoming increasingly serious with the Tribal Council viewed as illegal by conservatives using any pretext to lock up traditionalists (who believe the tribe should be ruled by elders chosen according to Hopi tradition on a matrilineal clan basis). Ironically the Council casts itself as the protector of Hopi religion when attacking traditionalists for being too open with outsiders about Hopi ritual. (It was the conservatives who cooperated with Frank Waters in the writing of his classic *The Book of the Hopi*; they believed that by helping the world to understand their religion the Hopi would gain respect that would help them sustain their way of life.) The man in charge of persecuting traditionalists is Leigh Jenkins director of cultural preservation for the Tribal Council. His primary media task is to discourage interest for fear that the traditionalist view might get out. He disguises this as an effort to protect Hopi religious purity. He neglects to mention that he is a Christian and no longer active in Hopi ritual. An example of how the mask of religious protector drops when money or politics are involved can be seen in the way two recent films about the Hopi were treated. One was put together by traditionalists and Jenkins blasted it for using old movies of dances. Yet he was willing to use the same clips for a documentary he was involved with. One of his recent crusades was to attack Thomas Mails' pro-traditionalist seminars and books like *Secret Native American Pathways*. Jenkins's cronies have allegedly stolen traditionalist books from libraries and stores on the pretext of protecting Hopi secrets. As Mails points out, his books are primarily aimed at helping outsiders gain insights toward a more spiritual life and there is nothing about Hopi religion in them that has not already been publicly stated by various Hopis themselves. The fact is that the religion is so complicated (often compared in richness with Tibetan Buddhism) that what knowledgeable outsiders know is still only the tip of the iceberg. The dance cycle begins with the great November ceremony of *Wuwwachim*, lasting 16 days, half in preparation, half in the kiva. The next is the winter solstice rite, *Soyal*, which lays out the pattern of life for the coming year. January brings the Buffalo and Social dances. Then in February the first of the kachina dances, *Powamu*, initiates children into the religion. March through June host Plaza dances with long lines of kachinas praying for rain and good crops. In July, the Hopi have home-going ceremonies, as the kachinas prepare to return to the mountains and spirit world. August

is the Snake dance month. Basket and Butterfly dances for women are held in September and October.

### VISITING HOPILAND

There are two problems with trying to witness the ceremonies. One is that the Hopi priests usually set the date only about a week in advance. In many months, however, one can count on dances being held most weekends. The second difficulty for visitors is the increasing tendency to ban outsiders: some villages seem to make this absolute; for others it is on a dance by dance basis and policies do change. If you wish to witness this great living religion, first call the tribe's public relations office (602/734-6648) to see what information is available about open dances, especially where there is no phone, such as at Old Oraibi. Then confirm the open attendance policy with the villages that have phones: for all of First Mesa 737-2420; Sipaulovi 734-2570; Shungopavi 734-2262; Mishongnovi 737-2520; Kykotsmovi 734-2474; Bacavi 734-2404; Hotevilla 734-2420 (a good personal contact for the traditionalist view would be the Hoyungowa family); and Moenkopi 283-6684 (not near the others).

To appreciate the ceremonies more fully read about Hopi religion and history in advance—and realize that ceremonies are conducted for hours in the native language. (Be prepared for Hopi clowns between acts in the religious drama too.)

Walpi, which has buildings hundreds of years old clinging to the top of First Mesa where a few Hopis still live in the old style without utilities, is the site of the tribe's only tour. Visitors may not take notes on the tour and photographing or sketching any villages is strictly prohibited (supposedly to prevent any chance of getting pictures of dances, although there is the added advantage of not publicizing just how run down much of the reservation looks). On Second Mesa there is also a Cultural Center (734-6650) whose museum is a useful first orientation stop. (There is also a hotel and camping area there as well as restaurant and grocery stores. Note that alcohol is prohibited on the reservation.)

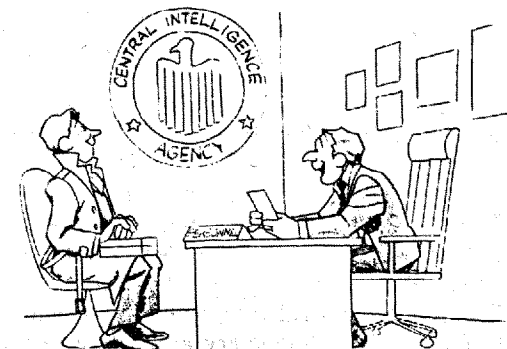
Be prepared to help tribe members survive by buying some crafts: prices are not cheap with a tiny pottery dish going for \$40 or the simplest kachina for \$80. (A lot of work goes into the kachinas in particular and it would not be proper to buy some of the cheap knock-offs made by Navajos that are available at outside stores.) After dances, people in the area welcome a knock on their door to check out crafts which is a good opportunity to get to know them. As Thomas Mails says in his *Secret Native American Pathways*, faithful practices of their religion "has brought the Hopi a remarkable inner peace. You will see it in their faces, demeanor, and unhurried pace of life. Those who still live in the older villages have...virtually nothing, and yet they have everything."

Scott Smith and Sandra Wells are writers working in West Hollywood, California. Reprinted with permission from the August, 1995 issue of *FATE*.

Photos: H. R. Voth, c. 1900, before photography of ceremonies and villages was banned; used by permission of the Mennonite Library and Archives, Bethel College, North Newton, Kansas.



Hopi priests carrying cornmeal to Flute Spring as part of the Soyal or winter solstice ceremony (slide 51).



"Hey, this is my résumé...Oh! Very good!"

# Colloidal Silver Information

*Editor's note: This article was downloaded from the Internet address: deanm@sensemedia.net.*

**WHAT IS IT?** Colloidal Silver is a pure, all natural substance consisting of sub-microscopic clusters of silver, held in suspension in pure water by the electric charge placed on each particle.

**WHAT IS A COLLOID?** A colloid is a substance composed of particles that are extremely small but larger than most molecules. These particles in a colloid do not actually dissolve but remain suspended in a suitable liquid. All living things exist in the colloidal state. Most over-the-counter medications are in a crystalline state. Before any medication can be used, the body must convert it from a crystalline state to a colloidal state. The body can more readily use medications already in the colloidal form opposed to the crystalline form.

**WHAT DOES IT DO?** Colloidal Silver is a powerful, natural antibiotic. It is the most usable form of the most effective disease, germ, virus and fungus killer there is. It has been found to be both a remedy and a prevention for colds and flu, all infections, and all fermentation due to any bacteria, fungus or virus, especially staph and strep, which are often found in diseased conditions. It has been reported to rapidly subdue inflammation and promote faster healing. Taken daily, it is like having a second immune system, resulting in more energy, vitality, vigor, relaxation, faster healing and reduced bodily toxins. An antibiotic kills perhaps a half-dozen different disease organisms, but Colloidal Silver is known to be successful against over 650 diseases without any known harmful side effects or toxicity to the body. Dr. Harry Margraf of St. Louis says, "Silver is the best all around germ-fighter we have."

**SILVER IN OUR BODIES?** We get silver and all minerals in the body through the food we eat. This comes directly from organic soil. This soil is rich in living organisms. These organisms break down the soil so plants are provided minerals in a form assimilable to the plant. Hence, we get the silver naturally from the minerals present in organically grown plants. If we eat plants that have been grown on chemical fertilizers, as most plants are grown today, without living organisms in the soil to help provide nutrition to the plant, we do not get the quantity of vitamins and minerals which are available in organically grown foods. Thus, deficiencies develop.

As the tissues age, or if we cannot assimilate silver for some reason, we develop a silver deficiency and an impaired immune system that can lead to cancer and other diseases. Some suspect a silver deficiency is possibly one of the main reasons cancer exists and is increasing at such a rapid rate today. Dr. Robert Becker [author of *The Body Electric*] noticed a correlation between low silver levels and sickness. People who had low silver levels were frequently sick, had innumerable colds, flu, fevers and other sicknesses. He said he believed a silver deficiency was the reason for the improper functioning of the immune system. He found that silver works on a wide range of bacteria, without any side effects or damage to the cells of the body, and stimulates major growth of injured tissues.

**WHY SILVER?** Silver has benefited mankind's health for thousands of years. In ancient Greece and Rome people used silver containers to keep liquids

fresh. American settlers traveling across the West, often put a silver dollar in milk to delay its spoiling. Around the turn of the century doctors prescribed silver nitrate for stomach ulcers and it has been a common practice to put a few drops of a silver solution in newborn babies eyes to kill bacteria that causes blindness. A silver compound known as silver sulfadiazine has been used 70 percent of burn centers in the U.S..

It also helps stop the herpes virus. Note: it is not the silver in dental filings that is harmful but the mercury in the filings.

**WHAT IS THE HISTORY OF COLLOIDAL SILVER?** The use of Colloidal Silver goes on and on in medical journal reports. It was widely used 60 to 70 years ago when, among other reasons, the cost became prohibitive...about \$100.00 per ounce in 1930 dollars.

Colloidal Silver, as it is now produced, is a redevelopment of an earlier, cruder product that was first used in the early 1900s. It is now produced at a much higher quality and at a fraction of the earlier price.

**WHAT ARE THE KEY CHARACTERISTICS?** Since Colloidal Silver is non-toxic, non-addicting, and has no side effects, the body develops no tolerance and one cannot overdose nor do harm to liver, kidneys, organs or any part of the body. It is safe for pregnant and nursing women, and even aids the developing fetus in growth, health, as well as easing the mother's delivery and recovery. Colloidal Silver is tasteless, odorless, non-stinging, harmless to eyes (even babies), contains no free radicals, is harmless to human enzymes, and has no regeneration for damaged cells and tissue. It helps prevent colds and flu and all organism-caused diseases.

**HOW DO I USE IT?** Colloidal Silver may be taken orally or topically, directly applied to the skin. It can be used orally, atomized or inhaled into the nose or lungs, and dropped into eyes.

**CAN I USE IT ON MY PETS?** Absolutely! It is safe to use on your pets.

**HAS IT BEEN MEDICALLY TESTED?** Yes! Colloidal Silver has been successfully tested at the UCLA Medical Labs, where it was antibacterial on every virus it was tested on.

**WHAT DOES THE FDA SAY?** According to the FDA, Colloidal Silver may continue to be marketed and used as it was originally intended. Colloidal Silver exceeds FDA recognized standards.

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# MANNA FROM HEAVEN

## Spelt —

# The Staff Of Life

*Editor's note: Due to the number of requests we have received for information on the important grain product called Spelt, we are reprinting a most informative article on this subject which first appeared in the 9/28/93 issue of CONTACT. Spelt products (and bread machines) are available from New Gaia Products; see Next-to-Last page for information for contacting New Gaia.*

by Rick Martin

*"And take for yourself wheat (spelt) and barley, beans and lentils, millet and rye, and put them in one vessel, and make for yourself bread of them; according to the number of days that you shall lie upon your side, three hundred and ninety days, you shall eat of it."*  
— Ezekiel 4:9

"Everywhere in creation, trees, plants, animals and gems, there are mysterious healing forces, which no person can know, unless they are revealed to him by God."  
— Anonymous

*Spelt (Triticum Spelta) is not wheat, and it is among the most original and natural grains known to man.*

Modern research has proven that *Spelt* was grown in Europe more than 9,000 years ago. *Spelt* was last prominent in Early Medieval Europe.

*Spelt* contains all of the basic materials for a healthy body, including protein, fats, carbohydrates, vitamins, trace elements, and minerals. *Spelt* contains more protein, fats, and crude fiber than wheat. *Spelt* also contains special carbohydrates (muco-polysaccharides) which play a central role in blood clotting and stimulate the body's immune system.

The exceptional historical author, Zecharia Sitchin, said, "Scholars, who have now established that agriculture began with the domestication of wild emmer as a source of wheat and barley, are unable to explain how the earliest grains (like those found at the Shanidar Cave) were already uniform and highly specialized. Thousands of generations of genetic selection are needed by Nature to acquire even a modest degree of sophistication. Yet the period, time, or location in which such a gradual and very prolonged process might have taken place on Earth are nowhere to be found. There is no explanation for this botano-genetic miracle, unless the process was not one of natural selection but of artificial manipulation.

"Spelt, a hard-grained type of wheat, poses an even greater mystery. It is the product of 'an unusual mixture of botanic genes', neither a development from

one genetic source nor a mutation of one source. It is definitely the result of mixing the genes of several plants. The whole notion that Man, in a few thousand years, changed animals through domestication, is also questionable.

"Modern scholars have no answers to these puzzles, nor to the general question of why the mountainous semicircle in the ancient Near East became a continuous source of new varieties of cereals, plants, trees, fruits, vegetables, and domesticated animals.

"The Sumarians knew the answer: The seeds, they said, were a gift sent to Earth by Anu from His Celestial Abode." Some food for thought, pun intended, from Zecharia Sitchin's provocative historical work called, *The Twelfth Planet*.

More food for thought comes from a closer look at the differences in the *Spelt* varieties. In a recent meeting, Commander Hatonn stated, "Man has tampered with *Vita-Spelt*; GOD brought man *Common-Spelt*." And, again, there is verification of the Sumarian legends.

Quoting Hatonn's written word, "We are not interested in 'saving' anything—but we'll offer God's gifts to anyone who desires to share in HIS work and journey. *Spelta* is a grain all of its own unique being. It is the best fiber resource, has large amounts of B-17 (anti-cancer). It is the grain GOD gave to the planet as "manna" when you were put upon it. The *Spelta* is more mildly flavorful than wheat, and even ones allergic to wheat will have no allergy to *Spelt*."

Once you get into the subject of grains for eating, naturally the subject of bread follows closely behind. The baking of bread goes back to the dawn of Western Civilization. Archeological remains indicate that Stone Age residents of Europe were mixing crushed grains with water and cooking them on flat stones. These cakes were the forerunners of the unleavened flat breads still popular in Northern Europe.

The development of leavened bread is usually attributed to the Egyptians of around 2,300 B.C. They discovered that a mixture of flour and water, if left uncovered for several days, begins to bubble and swell, and that if this is mixed with fresh dough and allowed to stand for a few hours before baking, it yields a light and sweet bread. The Egyptians learned also that a small quantity of raised dough, removed before baking as "starter", can then replicate this process a few days later in the next dough batch.

Natural leavening remained the basis of Western bread baking for 4,200 years, and bread has remained the basis of the Western diet. In Rome of the 2nd century B.C. there were large public bakeries, equipped with mechanical mixers and kneaders driven by animal power.

Although much of the art of baking was lost during

Europe's "Dark Ages" (5th through 13th centuries), by late Medieval times, the baker was once again a highly trained and skilled craftsman. Before being admitted to the baker's guild he had to master the subtleties of the art during a long apprenticeship. This training was genuinely essential to success. Naturally leavened dough is a living thing, and to control it under varying conditions, to turn out a consistent product day after day, is an acquired fine art.

In the middle of the last century a major change occurred. The work of scientists like Justus von Liebig (the founder of modern Nutritional Science) and Louis Pasteur led to the discovery and identification of the microorganisms that are responsible for the fermentation process. One of these, the single-celled yeast species *Saccharomyces cerevisiae*, was isolated and cultured. Used by itself it was found to cause a very rapid, uniform, and predictable raising of dough. Thus, yeasted bread was born.

The phenomenon of leavening is based on several facts. One is that the air contains a variety of microorganisms, such as fungi and molds. Another is that when these alight on a proper host, and conditions of moisture and humidity are correct, they will initiate fermentation, one aspect of which is the breaking down of complex carbohydrate molecules into simpler sugars or monosaccharides, with the release of carbon dioxide.

In the United States, grains make up only about 30% of the average person's diet, and this figure is only about HALF of what it was a century ago. Some three quarters of the grain consumption of Americans is represented by wheat and wheat flour.

For human survival in the future, *Spelt* is an ecologically ideal grain. It (*the Common variety*) is not a hybrid like wheat. Not being a hybrid means its seed are useable for planting—that is, will germinate—as well as for eating. *Spelt* requires a minimum of care and grows in a variety of climates. It isn't fussy. Due to its inborn resistance, it is not sensitive to typical grain diseases.

Moreover, for this out-of-control nuclear age, it is important to note that the *Spelt* kernel is tightly surrounded by a strong husk or hull, which must be removed before consumption. This protective covering guards against air pollutants and radioactive fallout! Thus *Spelt* is an excellent seed for storage purposes.

[Editor's note: At this time we would like to share with you portions of a recent telephone conversation between Leonard Ridzon of Ridzon Farms, 47810 SR 14, New Waterford, OH 44445, (800) 289-3636, and Rick Martin for CONTACT, on September 16, 1993. Leonard Ridzon is a commercial *Spelt* grower and has written two books: the first book is titled, THE CARBON CONNECTION, and his newest book the CAR-

BON CYCLE is also available. Leonard sells non-certified Common Spelt seed for 16 cents per pound, FOB Ohio. [Remember this article is two-years old.]

Leonard: There are four environmental varieties of Spelt, currently to my knowledge, in the United States.

Rick: And what are they?

Leonard: One is the Common, which is what we've got; the other one is called Champ, the third variety is Vita, and then the newest one, which they brought in, is from Luxemburg. Now, you have to keep in mind, the Luxemburg model, to my knowledge, originally was obtained from Germany. Spelt is called Dinkle in Germany. Those are the four varieties that, to my knowledge, are the ONLY varieties in the United States. The only one that will grow toxic-free is the Common.

The German variety is the result of the changing of the soils in the early 1900s in Germany.

Rick: Ok.

Leonard: The original Common Spelt came from Germany back in the early 1800s. Ok? The difference is it has never been subjected to what the Dinkle was, and that was a complete transformation of the energy fields in the soil to negative energy fields. In other words, all acids are negative energy.

Rick: Ok.

Leonard: That Spelt was grown for, you know what I mean, a hundred years, onto the same condition, so it adjusts environmentally. And that is how it gets the name environmental species, ok?

Now, we have planted the Vita-Spelt, at the test farm, three years. The first year we planted it on a strip of healthy ground. And it did fairly well. The next year we planted it on a piece of ground that we know was not healthy. It had been subjected to a lot of chemicals over the years. We planted, and it did quite well; the problem was that it fell down but, then, the third year we planted in healthy ground again and the yield diminished tremendously. And, of course, this is exactly what was supposed to happen, according to—you know, it didn't know that when it was growing, obviously. But, based on what I knew, it was supposed to not grow so well and it didn't. So, consequently, there was no reduction in the toxic level of the grain in that three year period. It still maintained the same toxicity level. My past experience has been, when we had a grain that was toxic and we planted it under non-toxic conditions, in healthy soil, we found that it took about three years for it, at max, to adjust. The very first year there was an adjustment. The second year there was adjustment. And the third year there was a complete adjustment. So, obviously, when we planted the Vita-Spelt, and there was no adjustment, this indicated what would happen in the third year. The yield would decline. And, of course, that's exactly what happened. The yield did decline.

Based on what we've seen on this, the Vita-Spelt can never cut it; you or I will not live long enough to take the seed that might change environmentally, and start a new generation, which will probably go back to the original.

It's interesting because one of the characteristics of these is, the Common has a light beige color to it. The Champ has a light bronze color to it. The Dinkle or Vita-Spelt, and, incidentally, Vita-Spelt is Dinkle; it came from Germany, and it has a darker bronze color than the Champ does. The one from Luxemburg, ironically, has got the darkest. So, there appears to be something in relationship to the bronze color and the toxins. What is it? I don't know; I'm not a chemist. And what purpose would it serve to find out? There would be no value to it, except for knowledge and who would believe you anyway.

We do know, as a matter of fact, I just got a call this morning from a customer and they wanted to know how we were fixed for non-certified Spelt. And I said, "We've probably got five-hundred-thousand to a million pounds." And he said, "Well, we just got a call

from a company in California..." and, obviously, this company has been buying Vita-Spelt. And, they've been having quality problems, which is exactly what happens because the toxic levels are higher or lower in the grain, and it doesn't run the same on every farm. So, obviously, that creates a quality problem. And this is one of the things that we are honored with, is that we have not had ANY customer ever be able to call us and question us on our quality because our quality is always the same. The Common is the only thing that we grow.

Rick: Now, where is the Champ from? And where is the Common from? What are the points of origin?

Leonard: Well, the Common originally came from Germany when the immigrants came over here from Germany years ago in the 1800s. They brought the seed with them. And its been planted over here ever since. It's not something that just showed up. The Champ was developed—I shouldn't use the term developed. Let's say that the Champ was segregated by the University of Ohio out of seed. In other words, they took a species out of that and grew it.

Rick: How did you get exposed to the different varieties of Spelt to begin with?

Leonard: Simply because, what happened is, originally there were only two. And that was the Champ and the Common. Spelt, based on what I've seen, should never exceed 15% protein. It should run between 12-15% protein on the finished product. When it goes over that, then it becomes toxic and the molds will grow on the bread and all the things happen that tell you that there are toxic conditions present. One of the methods of testing aflatoxins and microtoxins is molds. And they use five molds for that testing; that's the scientific community. I use molds the same way that they do, the difference is that I use eighty different molds.

Rick: Ok, let's talk about Common and Champ seed for a moment.

Leonard: Ok.

Rick: In what quantities do you supply Common seed and do you have a price list that you could fax to us?

Leonard: Well, the only thing that we sell is seeds. The seed stocks are 16 cents per pound, FOB Ohio.

Rick: Ok, is there a limit as to quantity of Common seed stock that you have available at any time?

Leonard: Oh no, no. We can supply you with 100,000 lbs. of seed stock.

Rick: Ok, now, there was mentioned a difficulty in replanting year after year the Vita, as opposed to the Common. Does the Common not have the same difficulty or do you recommend plant rotation, such as soybeans in alternate seasons?

Leonard: Two years of Spelt, successive crop years; then two years of beans, and then you can come back again to Spelt.

Rick: Is this related to nitrogen or are there other factors?

Leonard: What's that?

Rick: The need to plant soybeans, as opposed to continuing the Spelt?

Leonard: Oh no, no, no. The reason that you do that is that the bacteria in the soil, that produced the food for the Spelt, are completely different than the ones that produce the food for the soybean. So what you have to do is, you have to change the crop because the crop determines the bacteria that will be present. In other words, if you took an example, let's say you had a hay field and you took the hay field and you plowed it down and you planted Spelt or wheat because they're both grasses. Ok? They wouldn't do well. Oats would not do very well. Because, what it would be doing, it would be trying to still stimulate the same bacteria that had already been growing there.

Rick: Ok.

Leonard: So, one of the things that I recommend is to plant two years of corn, two years of soybeans, and then two years of Spelt. That is the rotation that I recommend. Now, of course, obviously, sometimes you can't quite get the real rotation. But that is an ideal

rotation program. You put the Nutri-Carb on [a product offered by Ridzon Farms], then the seventh year you start the cycle all over again, ok?

Rick: Ok, and what kind of yield are you getting per acre, roughly?

Leonard: On Spelt?

Rick: Yes.

Leonard: The average is 3-4,000 pounds per acre. Now, prior to 1988, we were seeing yields of 6-8,000 pounds. The highest yield we ever had was 14,000 pounds per acre on a fifteen-acre field. That was the highest. But since 1988 there has been a diminishing in the production of energy. And, of course, that's all we're talking about. If we take off corn, we've just taken off energy. And the ground doesn't have the ability to produce the energy that it used to. Now, they are producing heavy, high bushels. You know what I mean, per acre. The problem is that the nutrient values, the protein structure, which is your nitrogen, has gone from ten down to three. So you're now getting 150 or 180 bushels of 3%-protein corn, where prior to 1988 they were getting about the same bushels of 6%-protein corn. And fifty years ago they were getting those same yields and they were getting 9-10%. So, the yields have stayed up there, but the production and nutrient structure has declined. But, of course, the unavailable protein in the crop has increased and this is a problem because it is the unavailable proteins that are the problems related to illnesses, sicknesses, and diseases.

The problem with some Spelt seed is that it has been de-hulled and you can't plant seed out of the hull. You've got to plant the seed in the hull. And this is what we experienced. Then, later on, a guy in Illinois who worked at the University, or in the University system, took some grain and germination-tested it and he found out that the seed that was de-hulled only germinated 80%. And, based on what we saw, it appeared that only about 40% of it yielded, which was correct. And we found out that the seed which was in the hulls germinated 112%, and runs about 80-90% productive units. The reason it ran 112% is because, in Spelt, there can be two seeds in a jacket. As a matter of fact, in a pod, two spikelets, ok, there can be anywhere from 2-4 seeds in two spikelets. So, consequently, if you had four, you know, you'd have a higher germination rate. One of the things, I suppose, that once you cast your boat—if you're in the wrong boat, what are you going to do?

And you know it as well as I do. You can take a field and look at that field and there'll be spots in that field where it's four feet tall, and places where it's two feet tall, in the same field. Everything was done exactly the same. Of course, I just played the patient game. Back in about 1985, we had shipped some of our samples to Europe. As a matter of fact, the quality of our grain was superior to anybody else's, so consequently, we were looking at a tremendous European market. Only to find out, a few years later, when we had taken all of our seed stocks and had converted it into production, we found out that the European market had dried up. And, I found the reason that the European market had dried up is, they had, in either Austria or some place like that, they had developed a new testing instrument, a new spectrograph that could go down to parts per billion. Here, when they got checking, they found out that the grain that they were buying from the United States, which was organically grown, they found out that they can buy the same grain from Turkey or from Brazil, depending on what the grain was, at HALF the price and it had the same toxic levels. So, they got really angry at the Americans, and quit buying.

Rick: Sure.

Leonard: Then it was only last year that there was a substantial movement of soybeans to Europe. Part of the reason for this is that their needs are greater and they were hoping that the ground had cleaned itself up a little bit more. The fact of the matter is, anything that is grown organically is merely half as toxic as what is

grown conventionally. That which is grown conventionally, less than 2% will pass a toxicity test. On organics, less than 2% of that will pass a toxicity test. And this is what the Europeans found out. And, of course, I already knew it because of my method of testing, but it was just a case of how you are going to—you can lead a horse to water but you can't make him drink.

**Rick:** Well, that's a fact. I'm very glad that you advertised in *ACRES*. We would have never known about you if you hadn't done that.

**Leonard:** By the way, for your information, I wrote a book on carbon, and I also wrote a second book, which is not named at this point. We're having difficulty selecting a name for it.

**Rick:** We would be very interested in that, as well.

**Leonard:** Well, I tell you what. The current *ACRES*, last month and this month, on page 19 they are serializing the new book.

**Rick:** Ok.

**Leonard:** So you might want to get those two issues.

**Rick:** Ok, I have them.

**Leonard:** Ironically, I haven't seen the new issue because mine didn't get here. I called them and they have to send me a special issue. Mine got lost in the mail.

**Rick:** Well, that's the way Murphy's Law works!  
...Laughter...

**Leonard:** Matter of fact, Charlie Walton called me up last week and gave me the compliment of compliments. He said, "I've got to tell you, out of all the books that are in the library, the only guy who is writing something *new* is you. Everybody else, Scow and Larson and, you know, all of them, are just rewriting a different approach to the same old thing." And, he said, "You are not doing that. You are writing completely new and in areas that are not really understood."

I've been working quite a bit with the doctors and stuff like that, you know, in the research area. They call me up. When they run into trouble with chemicals, guess who they call? They call me. Do you have anything like this? Last year, I published the first information on adrenaline poisoning. It was in animals. And now that I've looked at it a little more in-depth, it's widespread in people—adrenaline poisoning—compounded by the fact that we are taking in all of these poisons in our foods. I know what I'm doing, because I'm not guessing at it.

**Rick:** Ok, about ten minutes ago, Rod walked in and he has a question for you when you're through with your train of thought there.

**Leonard:** Well, tell him to shoot the question.

**Rod:** You're supposed to finish your train of

thought, now.

**Leonard:** Oh, I'll pick it up.

...Laughter...

**Rod:** You'll forget it. Listen, Leonard, back to the testing that you do for the toxicity. You mentioned, and we've talked about, how you use the mold. Is that how you do the test?

**Leonard:** That's the final test, yes. I have a quick test, what I call a quick test. I can tell if what you've sent me is toxic in less than 10 seconds. It takes me a minute to determine the level of toxicity. Then, if I want to pursue that in the scientific area, it takes three weeks to three months to do the mold test. I don't run the mold test every time. I do forty-fifty tests a day. And if I took every test that I ran and run the molds on them, I would have no room in my office for me.

...Laughter...

**Rick:** Now, you're reachable at the New Waterford address?

**Leonard:** Yes.

**Rick:** And where in Ohio is that?

**Leonard:** Twenty miles South of Youngstown, Ohio.

I spoke with a farmer yesterday from Illinois and they've got what they call the *sudden death* syndrome. He was organic and got 11 bushels of wheat to the acre this year. He said, "I can't grow no corn because I can only grow about 40 bushels." And I said, "Where are you at, exactly?" "Kind of Central Illinois." And I pinpointed him and I said, "Ok, you're very close to the Indiana line." He said, "Yes." I said, "Well, what you got I saw in 1989 and I predicted that, within a very few years, we were going to see major disastrous situations occur, and what's happening, the crop that's up there about 6-8" is very healthy and just dies. And it's **DYING FROM RADIATION POISONING**, that is what's killing it. And he said that he had eleven bushels of wheat this year but his neighbors didn't get any. And he said most of the beans died, and the corn died. And he said, it's a real disaster. And I said, add another four or five years, your eleven bushels of wheat will have been a bumper crop. Because we are, and here we go, I'm getting into an area where I really...

**Rick:** No, no. I hear everything you're saying.

**Leonard:** We're in the End Times.

**Rick:** We ARE in the End Times!

**Leonard:** Twenty-five years ago I had a vision that by the year 2000, thousands upon hundreds of thousands of people, healthy looking people, would just literally drop over. And when they opened their chest up—of course, twenty-five years ago we didn't have the technology that we have today—they would find that their lungs were destroyed.

And it was a bad situation. At the time, I was selling investments for new insurance companies. And I was trying to point out to these people that the safest investment there is in insurance companies because they never lose money. You know what I mean. And I said, "By the year 2000 this was going to happen," and I forgot about it until a year ago in July. What brought it to my attention is that my wife had passed away and when they had gone in to look at her lungs, the doctor said, "There's nothing there. It's gone." He said, "It's gone." And, of course, then the little light went on and said, "Hey, remember when I told you what was going to happen?" And then, of course, the year-ago-July issue of *ACRES* had the little story in there, in the last third of the paper, that, in 1992, 434,000 people were going to die from lung cancer. And it rang a bell in my mind that in 1987, only 60,000 people died from lung cancer. So, guess what, it's increasing at nearly 100,000 a year any more. And the numbers get higher and higher.

In 1989 I had a vision. When I say I saw a vision then, I was looking at a picture and the picture that I was looking at, the message that came, said that this is what is going to happen by the year 2000. And, of course, obviously, when is it going to happen then? That was 1989. In 1991 it happened the first time and

# Spelt

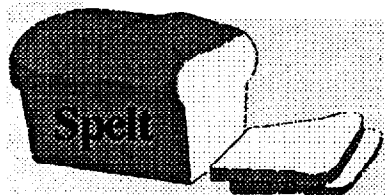
## New Gaia Presents Bread Mixes, Flour & Kernels

Spelt is the most ancient and very best grain. Spelta is a grain of its own unique being. It is the best fiber resource and has large amounts of B-17 (anti-carcinoma). The grain berry grows an exceptionally thick husk that protects it from pollutants and insects. It is stored with its husks intact, so it remains fresher. Thus, unlike other grains, it is not normally treated with pesticides or other chemicals. The strong, protective husk may also be a metaphorical signature of this grain's capacity to strengthen immunity. Spelt contains special carbohydrates (Mucopolysaccharides) which are an important factor in blood clotting and stimulating the body's immune system.

*New Gaia* offers Bread Mixes that use pure Spelt flour instead of wheat. The taste is uniquely nutty and enjoyable for the whole family. Also offered are combination Bread Mixes with both Spelt flour and whole wheat flour. Both are perfect for a 2 lb. loaf of bread which can be utilized in the Hitachi Bread Machine or others of its equal. The mixes are easy to use with only the simple addition of water, butter & sweetener. The packages come in 2 lb. sizes only.

Also available are whole spelt flour packages for your baking and homemade bread needs that come in 2 lb., 4 lb. and 8 lb. sizes.

You may also order the hulled spelt kernels that can be milled at home into flour. These come in 4 lb. and 10 lb. bags. [See Next-to-Last Page for ordering information or call 1-800-639-4242 (1-800-New-Gaia)]



it's just been getting bigger and bigger and bigger.

**Last year all of the alfalfa died in Wisconsin.** The problem is, they blamed it on "Winter Kill". The only problem was it was dead before winter ever set in, because the alfalfa roots were all consumed and that meant that bacteria had to consume them, and bacteria don't feed in frozen ground, do they?

Rick: No.

Leonard: Wrong, they do, they do. ...*Laughter*... Then, of course, the other thing, I have, what appears to be, abilities that are unexplainable. I can see sort of like an X-ray. Now, I can't see everything, obviously, but I can see sick trees and sick fields and I can see crops that are dead, while they're still green.

Rick: Sounds like a Divine gift to me.

Leonard: That's what I consider it to be. And, ironically, it has all been tied in with the Nutri-Carb. I have to go back to 1980. In 1979, I was broke for a second time and I said to God, "If you get me out of this one, I know how I got into this one, it will never happen again." And he sent me the ability to make Nutri-Carb. And it's ironic because we have sent samples to many people and they have spent thousands of dollars, sent it to laboratories, and nobody has been able to duplicate Nutri-Carb; nobody. And there have been some people who have taken coal and used it and nothing will grow where they used it. There is something big going on. Well, what got me, as I said, my wife passed away last year. They found cancer on May 11 and on June 17 she was dead. They couldn't do anything for her, although she responded fantastically to the treatment, which she accepted or wanted.

Rod: I've got a question, to back up. Rick had asked you about the rotation of *Spelt*. And your recommendation is the 2 years. What was your experience with *Vita-Spelt* and its rotation?

Leonard: The exact same thing will occur with *Vita-Spelt* as occurs with any other *Spelt*. It will only produce that amount of grain that the enzyme action that it can give off produces, bacterias produce for the plant.

Rod: I was talking to you yesterday about 1-year rotation, and when you go into the 2nd year with *Vita-Spelt*, you don't have too good of a yield.

Leonard: That's correct, because what's going to happen is that the first year crop of *Spelt* is extremely good. Then, the second year is not going to be because you've taken up so much energy in the first year. I don't care if you didn't get a drop of water in the ground. Because 98% of what you took off, well, in *Vita-Spelt* 80% comes out of the air and 20% comes out of the ground. But on the *Common Spelt*, 98% comes out of the air and 2% out of the ground.

Rod: 98% out of the air?

Leonard: Yep. You should have gotten a crop of 900-1,000 pounds. Now, I didn't really establish what your real humus level was, however, which is part of the calculation.

Rod: We want to put *Spelt* in a Wheat field. How is that going to do?

Leonard: Is this Winter Wheat or Spring Wheat?

Rod: Spring Wheat.

Leonard: Alright. Now, what are the chances of that Wheat sending up germination next year?

Rod: You mean if some seeds get back in the ground?

Leonard: Yes.

Rod: Well, it could be potentially so.

Leonard: Do not, do not plant any *Spelt* on Wheat ground that has the ability to regerminate itself because what will happen—and you just brought up a very interesting thing—we happen to have had a situation where we had gotten some Wheat into the *Spelt*, and they called up and said, "We've got a problem."

And I said, "Well, I tell you what, we don't really have a problem." And they said, "Oh, we don't?" And I said, "No sir." And they said, "Well, what are you going to do?" And I said, "We'll solve the problem for you."

And what we did, we went and cleaned the *Spelt*, because the Wheat fell through the screen. So we cleaned all the berries out and sent them a load of *Spelt*. And that solved the problem. It only had 2-3% Wheat in it, but it was enough that it reflected on the test, the allergin test. There were a number of people who would have reacted to it who were allergic to Wheat. We had the same thing happen with Rye.

Rick: Well, we have to close this for now, but thank you very much for sharing such fascinating information with us.

Leonard: It was my pleasure.

A comparison of amino acids between WHEAT and SPELT is shown below:

Amino Acids mg/g fresh weight	Wheat	Spelt
Cystine	1.10	1.35
Isoleucine	4.40	5.60
Leucine	6.00	9.00
Methionine	2.40	4.00
Phenylalaine	5.00	7.00
Threonine	5.50	5.60
Lysine	2.90	2.75
Tryptophane	1.20	1.80
Valine	4.20	5.80

In comparison with other grains spelt has generally more vitamins and basic minerals. Therefore Hildegard's saying: "spelt is the very best grain" is true.

average mg per 100 grams	Barley	Rye	Wheat	Oats	Spelt
Vitamin B1	0.43	0.35	0.48	0.52	0.649
Vitamin B2	0.18	0.17	0.14	0.17	0.227
Potassium			481.00	335.00	385.00
Calcium	38.00	115.00	43.70	79.60	38.00
Iron	2.80	5.16	3.30	5.80	4.17
Manganese	1.70	2.40	2.40	3.70	2.90
Copper	0.30	0.50	0.44	0.47	0.62
Zinc	2.70	1.30	3.36	4.00	3.40

Sources: product analyses souci, milupa (11.11.88) and SCI-TEK Lab.

## Editor's *Spelt* Note

*Editor's note: While we are going to press we have just received a spelta-query from a subscriber who has just spoken with Leonard Ridzon (at 800-289-3636). R.B.'s question concerns the viability of growing spelta in a home garden due to the hard-shell husk surrounding the grain. We concur that the hard shell surrounding the grain makes it extremely impractical for the home garden. And yes, it does take very expensive equipment to remove the outer hull, thus making the grain usable for bread. This is WHY we are advertising the NEW GAIA hulled Spelt products. Thank you for asking!*

# Economic Alert For Major Catastrophe

(Continued from Front Page)

prices must in reaction go a lot lower. Remember more specifically: WATCH THE MARKET BUT KNOW THAT EVERY LAST ITEM IS MANIPULATED—ESPECIALLY THE “REPORTS”.

I suggest that CONTACT run this information on the phone call-in line. You don't have to hype it for we are not in the financial newsletter business. Just report that it is time to get out of Mutual Funds ASAP because the only thing holding the market together—IS MANIPULATION—THE ACTUAL “CRASH” IS UNDER WAY AND THE BIG BOYS CAN'T HOLD IT MUCH LONGER!

What do I suggest next? Get in touch with the Institute and see if you can't help salvage a remnant and hold some of your assets as well. We are not in the “investment in anything” (SAVE PERHAPS YOUR BELLY AND SOUL) business—most especially “gold”. We buy gold to protect the loans you make—with the bank. When gold increases (doubles) in value from the time of the loan—you are home clear with a return of value AND additional return for your help. We need tractors, plows (time to beat that gold into plowshares, friends, along with colloidal solutions for your infestation with infections). I can't be more blunt about this, friends, it is time to help us in a big way—YOU NEED GRAIN AND COMMODITIES TO SEE YOU THROUGH. Yesterday's closure of the computerized [stock market trading] business should have been your loudly RINGING ALARM.

Now, I am going to offer some material on LIFE as I have spent this whole morning on these topics as above. We need help and YOU NEED TO HELP. We need to know right now who is with God and nation and WHO IS NOT. As God has said to those who gathered and pronounced big “deals”: “You are either with me or you are against me.!” We are finding who runs the track with the staid old tale-tellers and who is actually getting something done in the name of God of Life. Nobody is going to “SAVE YOU”, friends—NOBODY EXCEPT YOU!

Don't be sucked in by ANYONE as to the attacks and denouncements of such as Bill Clinton. The idiot with that label is nothing but a puppet and the name-calling and rock-tossing is beside the point and a money/time waster of the highest order. You can't have a “Republic” by throwing darts and playing into the side-games. You certainly CANNOT DEPEND ON ANY MAN DOING IT FOR YOU. It is unfortunate that men make promises they cannot keep—but you cannot rely on the “blame game” to get you through. You must protect self and family for making it through the tough times and then, and only then, can you accomplish rebuilding. Scatter your assets, be they financial or emotional, to the winds and all you reap is more WIND. There are plenty of ones who will simply suck you DRY and play on your emotions until you can't think clearly. Tough times don't last, readers, but tough people do—IF THEY THINK AND ACT IN

GODLY WISDOM. The time for great tattling revelations is past—now that you KNOW—you must attend the immediate self and family in as much security as you can gather and take as much shelter as you can glean. We have laid a workable foundation, we can do no more FOR you—the rest of this journey is UP TO YOU.

OK, we need tractors, plows, goods for roofing and some of the old time religion which helps neighbors build barns and plant the fields. We don't need ANY MORE who stand by and the minute the trouble hits, retreat from the garden and leave the MESS to the ones who care enough to give their very best and last. You want ME to pay for everything and then do all the work to boot? No thank you. Dharma is personally harvesting the millet for the birds in winter so we may not have much writing for a few days. You each do that which you will—but check to make sure it is enough for I find that more prattling than back-against-the-wheel is being applied. May your tummies never have to know the gnawing pain of total hunger nor, as Paul L. has had to do, watch a loved one die of untreatable body-devouring diseases you cannot stop. LIFE IS WHAT HAPPENS WHILE YOU ARE MAKING OTHER PLANS—BUT WHEN IT DOES “HAPPEN”, FOR GOODNESS SAKES, CHANGE YOUR PLANS!!!

Dharma, I change my own plans now—you go cut your grain for I see your need to do something else for the moment. We all knew it would not be easy nor pretty when the housecleaning would be done—but ah, how bright and shiny is the soul when the debris is removed. Parasites come in all shapes, sizes and forms. Let us never be a “parasite” to another while we THINK we attend Godly actions which amount to nothing more than misinformation and “talk” at best. A man is judged by his actions and by HIS GOD. To consider that ALL the cleaning at the farm, for instance, must be by PAID workers is unthinkable to me—but I too have seen almost NO SUGGESTIONS OTHERWISE. The same few do IT ALL. So be it for I think I shall just begin to “wait” on God to fix it all for me! If nobody cares enough to help then so be it. And no, I should not, nor should you—HAVE TO BE THE ONE TO ALWAYS ASK, PAY AND PETITION. This becomes a point of neighbor helping neighbor—not a cult, church or paid pot-luck. I had to see who gives a damn and the numbers are scarce indeed. Who has bothered to help check and prepare in the one shelter system we have? No? Then where do YOU think YOU WILL GO? IF THE SHOES FIT—WEAR THEM! I am not your nice nanny or your 64,000 year old E.T. who babbles his way through your pocketbook. YOU do whatever YOU WANT TO DO—but I am about through giving you all “save the assets” information while you denounce me and mine and then are nowhere to be found when the rake needs manning. God may well be total patience—I AM NOT! Salu.

## 72-Hour Kit Checklist

- Water**  
Stored in a portable container. Rotate regularly. Have at least three gallons per person (for a three day supply). Have a water purification method.
- Food**  
Suitable for long term storage. Packaged to prevent water damage. Include cups, utensils, paper plates and a can opener, if needed.
- Extra Clothing**  
A complete outfit of warm clothing for each family member. Include extra socks, and underwear. Include walking shoes.
- Warmth & Shelter**  
Coats, hats, scarves, and gloves for everyone include warm blankets (wool or emergency blankets are best). Rain ponchos, garbage bags, and/or umbrellas to keep off the rain. Warm Packs or other heat source. Pup tent or tarp.
- Light Source**  
Flashlight with extra batteries or a chemical lightstick. Kerosene lanterns are fine, but any flame may pose a hazard, especially near potential gas leaks. Have at least two quick and safe light sources in your kit.
- Tools**  
Pocket knife, lightweight shovel, duct tape, matches, pocket sewing kit, screwdriver.
- Important Papers**  
Important family documents (such as birth certificates, marriage certificates, insurance forms, wills), addresses and phone numbers of relatives, and places to meet if separated.
- Money**  
Keep at least \$20 in your kit. Be sure to include quarters for phone calls, etc.
- First Aid Supplies**  
Pain relievers, bandages, antiseptics, clean cloths, burn ointment. Include any personal medications.
- Special Needs**  
For babies: diapers, ointment, bottles & pacifiers, hand towels, special foods, and other supplies as needed. Consider the needs of elderly people as well as those with handicaps or other special needs.
- Stress Relievers**  
Card games, books, small hobbies, hard candy, Bible. For children: small toys, paper and pen, favorite security items.
- Communications**  
Portable radio with batteries, signal mirrors, whistles, red flags, signal flares.
- Personal Sanitation**  
Sanitary napkins, razors, toothbrush, hand soap, dish soap, towels, toilet paper.
- Portable Container**  
Such as a book bag, backpack, or duffel bag. Should be easy to carry and lightweight. Shoulder straps are best for traveling long distances.
- Additional Items**  
Added as carrying weight and expense of kit will allow: Extra food, camp stove and cooking equipment, tents, sleeping bags, sun block, insect repellent, portable toilet.

## Watch Japan For Timing

# Preparedness Alert For Coming Major Earth Changes

10/14/95 SOLTEC

Good evening, Toniose Soltec present in the Radiant Light of Holy God who watches, along with the Hosts, a most amazing array of antics and shenanigans being either attempted or played out on your planet at this very moment. For a most obvious example, the long string of Space Shuttle delays going on this past two weeks, since September 28th, in conjunction with some very specific storms, should be enough to tell those of you who have opened your eyes to Truth that much is afoot in that chess game being played out before your very eyes but unknown as such to the masses of walking asleep or walking dead.

On the geophysical front, activity has ramped up to a new level of intensity all around your globe, though the normal news media would be the last to let you know of same. And, as I have stated many times in the past, because of what has been purposely agitated, it is now very hard to separate what is "natural" earthquake and volcanic activity from what is the result of man's direct tinkering, as natural reactions to all such tinkering shall occur.

The planet is becoming more volatile with each passing day. The energy exchange between the tectonic plates is constant as Earth-Shan seeks to reach a geophysical balance. Ones must be on constant alert, for catastrophe could strike at ANYTIME, ANYWHERE! The most urgent message I can write is TO BE PREPARED! The emergency preparation list which used to be run regularly in *CONTACT* should be run again [see page 13] as a reminder to ones who drag their feet.

If Mother Earth were not a VERY durable creature herself, lovingly putting up with sustaining YOU for such a very long time, without much of a "thank you" from those who derive all physical sustenance from her giving—if she were not this most generous being, YOU would not have made it to this day of experiencing on her "skin", so to speak. But you are like the annoying fleas crawling around on the back of the long-suffering dog: there comes the time when even the most patient dog gives a mighty shake and those pesky fleas go flying. That is the condition rapidly building now upon great Mother Earth-Shan. Creation shall always seek order and balance, and those who do not conform to same shall simply suffer the consequences of their foolishness.

For several years now I have told you to watch Japan for clues as to timing for major earthquake and volcanic escalations worldwide, and specifically around the Pacific Ring of Fire, especially as would affect the West Coast of the United States.

In a writing on 7/12/93 I wrote:

"Your Pacific Ocean is...ringed by a series of deep, underwater trenches that are unstable margins of lithospheric plates along which large-magnitude earthquakes occur.

"Please remember, if you will, the previous writings we have presented upon the subject and place

known to you as Japan. Japan's islands are exposed parts of mountains that rise from the ocean floor—some from extreme depths of the Japan Trench to the east, which extends to more than 34,000 feet. Japan's highest peak is Mount Fujiyama, the famous volcano, which rises to a height of 12,389 feet. The Japanese Islands actually are on the eastern-most edge of the Eurasian Plate, bounded by the Pacific Plate on the east and the Philippine Plate on the southeast.

"The Pacific Plate, as you have been shown before, is moving in a northwesterly direction, and the Eurasian Plate is moving in roughly an easterly direction, with the Indo-Australian Plate to the south moving in a northerly direction. This causes the little Philippine Plate to be squeezed from all sides, and thus is creating extreme amounts of pressure on the Japanese Islands, which are actually subducting beneath the Philippine Plate and the Pacific Plate. Because Japan sits on the very edge of the Eurasian Plate, it is where the most of the seismic activity occurs.

"An oceanic trench is a narrow, deep trough, parallel to the edge of a continent or an island arc. The continental slope forms the landward wall of the trench, its steepness often increasing with depth. The slope will typically be 4 to 5 degrees on the upper part, steepening to 10 to 15 degrees or greater near the bottom of the trench. The deepest spots on Earth, nearly 12 kilometers below sea level, are in oceanic trenches.

"In most parts of what you call the Circum-Pacific Belt, earthquakes, andesitic volcanoes and oceanic trenches are closely associated. Distinct 'earthquake zones' begin at oceanic trenches and slope landward and downward into the Earth at an angle of 30 to 60 degrees. These zones have been named Benioff Zones, after the man who first recognized them. All Benioff zones tend to slope under a continent, or a curved line of islands known as island arcs. Andesitic volcanoes may form the islands of the arc, or they may be found near the edge of a continent that overlies a Benioff zone.

"These volcanoes form island arcs or erupt within young mountain ranges on the edges of continents. The rock produced by these volcanoes is usually andesite, a type of extrusive rock intermediate in composition between basaltic oceanic crust and the continental crustal material of granite.

"Oceanic trenches are marked by abnormally low heat flow, compared to normal ocean crust. This implies that the crust in trenches may be colder than normal crust. Oceanic trenches are also characterized by very large negative gravity anomalies. This implies, then, that trenches are being held down, out of isostatic equilibrium, resulting from equal pressure from all sides.

"Where an oceanic plate subducts beneath a plate with a continent at its leading edge, the melting of the subducting oceanic plate occurs beneath the continent. Consequently, the rising melted material (basalt) passes through and mixes with the granite of the continental

crust. This results in a continental arc of volcanoes along the edge of the continent—for example, the Cascade Mountains in your Pacific Northwest.

"If the spreading center producing the subduction plate is far enough from the subduction zone, an oceanic trench is well developed along the margin of the continent. The Peru-Chile Trench is an example of such an occurrence, and the Andes Mountains are the result of a continental arc of volcanoes from which the rock, andesite, takes its name.

"So, what is all this about? Well, it is about that which is occurring within your Pacific Ring of Fire. The Japanese Islands are examples of the island arcs that were created from the volcanic activity associated with the deep oceanic trench. The islands, then, are merely the tops of these ancient volcanic mountains but, seismically, due to their location on the subducting edge of a plate, they continue to be volatile relative to seismic and volcanic activity. The Aleutian Islands of Alaska are also in the same position as are the Japanese Islands and are subject to the exact same type of occurrences. Because of the trench off the coast of these islands, you will find that the occurrence of earthquakes here will also be quite high. It is also significant to note that the entire Pacific Plate—and those plates that lie on its boundaries—are in for much activity.

"Chelas, have we not been telling you ones over and over again that your world is in a state of massive change? Do you yet begin to get the picture that all the mountains and islands are moving and changing? Do you not yet see that the face of your world is changing on a moment-to-moment basis? Are you yet beginning to understand that that which you ones have placed so much value and security upon can crumble and be only a memory in a moment's time?

"And yet, most of your world sits and continues as though it were merely business as usual. WAKE UP, PLANET EARTH!! IT IS NO LONGER BUSINESS AS USUAL. YOU ARE IN A TIME OF MASSIVE CHANGE—MASSIVE UPEHAVAL AND IT IS TIME THAT YOU ONES GOT YOUR ACT TOGETHER! This time it is Japan (I use "is" because it is not over there by a long shot and there is still much more upheaval and seismic-volcanic activity to follow). As I have stated before, Japan has just about had it, geologically speaking."

And then, in a writing on 10/16/93 I wrote:

"I have written in past articles that the Islands of Japan were going to suffer greatly in the anticipated coming changes—and that has not changed. These little land masses are severely fractured and faulted now, beyond ability to continue to hold together through much more shaking....

"The stresses and pressures have not relieved sufficiently to bring calm to this area, so it is not over yet by a long shot. So long as that Pacific Plate continues its massive movements, there is going to be continued earthquake activity in Japan, the Philippines, North

and South America, and all the little island areas within the Pacific Ocean....

"You are standing at the doorway of MASSIVE change, and you have but to look upon that which is happening daily to verify same."

Now let us take a look at a few recent events: A few weeks ago Mt. Izu (southeast of Tokyo) began to rumble with new vigor and caused several THOUSAND earthquakes in that vicinity within a short few days of counting time. Meanwhile, Mt. St. Helens in Washington State had begun shaking enough to cause local officials to push further out by a number of miles the "off limits" zone around the base of that barely sleeping giant, as well as close all hiking trails near her base. At that same time even your CNN non-news mouthpiece was showing spectacular pictures of a long-dormant volcano in New Zealand which was now very much alive and interfering mightily with air traffic due to the height to which volcanic smoke and ash plumes were being hurled into the air. Then, most recently, a volcano in very southern Japan came to life—one that had been dormant for about 250 years.

Moreover, at critical fault-crossing locations in both Northern and Southern California regions, earthquake activity has escalated to many times the "usual" background level of shaking. In the greater Southern California area, average numbers of quakes per week of magnitude greater than or equal to 1 have risen from several hundred to over 1600 in mid August, and now are "leveling off" to about 1000 — for the moment. Meanwhile, at the triple junction point in Northern California, where the Hayward and Calaveras Faults intersect with the San Andreas, a bit south of San Jose and Silicon Valley, quake activity has increased on average by a factor of 10 in both frequency and intensity.

And as if that weren't enough, the recent series of quakes on Mexico's West Coast ought to sound a warning loud and clear that the West Coast of the United States is in a most unstable time. The news media even had the brass to tell you that the second Mexico quake, which was inland while the first was approximately 3 miles out into the Pacific Ocean from the shore, was an *aftershock* of the first quake! Ok, if that's what you people will swallow for news.

Well, the way things are going, that's going to be a true statement—as everything IS connected to everything else and one quake precipitates the next and the next. But to conclude that such a pronouncement of "aftershock" means that all is ok, as in, "Well, it's only an aftershock", is by no means sound reasoning! In fact, we are at a point of great difficulty in predicting earthquake and volcanic activity around your globe because the stress levels on those crustal plates, coupled with purposeful beam blasts from several sources (due to tit-for-tat warfare) coupled with those recently resumed South Pacific nuclear detonations by the French Government, all make for a most complex situation which sometimes extends beyond the envelope of predictive scientific causal analysis.

I could go on, but the point of my noting these events is simply to indicate that you are in a time of accelerating cleansing activity on the part of Mother Earth and you should be prepared for some tough times ahead as a result of this inevitable cleansing process. We have written extensively on these matters over the past five or more years until we feel like an old phonograph record—but free will must prevail. We can but bring a small hint of the same sobering information to your attention as your own scientists are seeing yet are not permitted to share with the public. I shall not even remotely get into divulging what YOUR OWN scientists have at their desks which would scare the life out of you should they tell you the truth. But what else is new?

As I warned about preparations in that 7/12/93 writing:

"It is interesting, also, to note that the people who reside in your nation's mid-section, though they

be floating away with water [from the Midwest flooding in the summer of '93], have no potable water for consumption. How many of you have your "treated" water stored? How many in that place wish they had stored up some water for drinking?

"There is one dear child in Iowa who has followed and taken our suggestions very seriously, for she has water for consumption and has enough canned goods and supplies for her family to survive and live quite nicely, though her neighbors have quite a different situation. All the while, these same people thought she was out of her mind when she took her bedroom and turned it into a storehouse of water and canned goods. She is well prepared and now has time to catch up on her reading. Who's laughing now?

"You see, we do not simply tell you to get these things in order to scare or promote a state of fear or panic, but we do have a little better idea of what is occurring upon your world than you who reside there, for we have benefit of the larger picture. We are merely trying to get your rear-ends through all these changes and upheavals that are coming upon you ones in these days. So your neighbors think you are nuts—who will survive and who will not? Which of you will be forced to go to your corrupt, Elite-controllers for a handout, and which of you can make it on your own? In which category do you ones wish to be?

"When the water is polluted and contaminated and full of fecal matter from your sewage plants—and typhoid, cholera and dysentery or worse set in—these ones get a whole different picture of the way your world is. Most people in your Midwest are, this very day, standing in line for one gallon of water to share with their entire families and are forced to depend upon local shelters to provide them with meals and a dry bed in which to sleep.

"How many of you ones who have been receiving this ongoing information have prepared sufficiently for your families, pets and loved ones? Would you have enough supplies stored in case there was a catastrophic event this day, or would you wind up being among those counted standing in line for the barest of survival essentials? How many of you have even considered doing so? How many have considered preparing, but have put it off believing that it could never happen to you? It might be a very good time for serious reconsideration of such things.

"Those of you who live in the 'earthquake zones' of your United States need to be aware that there has been activity occurring all along the eastern edge of the Pacific Plate as well—from the Aleutian Islands all the way to South America. How many of you are prepared for a 7.8 or greater Earthquake? Did you believe that because the predictions of May did not occur that you ones are off the hook? Guess again. You are going to experience earthquakes sooner or later (more than likely sooner), so you need to reconsider the situation in which you and your family will find themselves.

"Whether California drops off into the ocean or not, when the major earthquake hits that place there is going to be massive, massive damage and injury, and your water and food supplies are going to be gone. There will be literally millions—**DID YOU HEAR ME, I SAID MILLIONS** in the streets, homeless, injured, thirsty, hungry and sick. There will be no jobs to go to and no way to get there if there were. Such an event will be the end of civilization as you have come to know it, in that place, for the prime directive of all will be simply to survive one day to the next. The Government will not have funds to help all who will need it and the insurance companies will be broke to the point of collapse, so there will be no money available to ones for rebuilding. It will end up being *your problem* to try to put the pieces of life back together again.

"Those of you who reside in the large cities are at the greatest risk in more ways than one. First, this is where the greatest amount of death and damage will occur in a major earthquake. Second, they will also be the prison camps which your government will set up, because they will not know what else to do with you. Third, during a nuclear attack, they will be the greatest targets. You who live in the rural areas are in better condition; however, you would be wise to store whatever you have means for acquiring—**INCLUDING MEDICAL SUPPLIES, FOR THERE WILL BE LITTLE OR NO PROFESSIONAL MEDICAL CARE AVAILABLE!**

"We are not playing around at little survival camp games this day, Chelas. This is a very, very serious time and we mean to instill a healthy amount of fear and attention within you so that your physical rear-ends might be saved, for it is not our desire that any should perish."

We are quite busy this day. Ones are dinking with the weather, the faults and the grid system. Chaos reigns on your planet. May God have mercy.

I am Toniose Soltec, come as one of the Hosts of God, to fulfill His promise to you the people of Earth-Shan so that His people shall have means of survival in this transitioning evolution.

I bring this writing to a close with the warning to stay alert to your own inner nudgings and keep the Light of Holy God around you as you go about your daily chores—as a most serious time of gamesmanship is underway on your globe as various factions of the Elite controllers battle for the position of "king of the mountain".

You of the ground grew are most cherished by all of us in the overseeing realms, as you are our front-line arms & legs for this planetary reclamation mission. Remember that we are NEVER farther away than a heartfelt call and we stand ready to assist as invited. Meanwhile we watch as Earth-Shan's rebirthing process ramps up to higher gear and warn you that it shall be a time for much misery for those who remain unprepared.

Toniose Soltec to clear in God's Holy Light of Radiance. Salu.

ZIGGY

BY TOM WILSON



# Phoenix Journals

## Latest New Releases

### SACRED WISDOM

BY GYEORGOS CERES HATONN  
(J102) \$6.00 224 Pages

"Our full and ONLY intent in offering works of anyone—is to present that which is available (and usually long-since buried or forgotten) as a reminder that truth has been there all along—you only needed to be nudged and SHARE. There is NO CORNER ON TRUTH and beware the person who claims same for self—always check WHY they might be doing so.

"The variety of information offered in this journal is seemingly on opposite ends of the poles. No—it is so connected that I cannot urge you strongly enough—TO MAKE THE CONNECTIONS. It runs from Clintonistas, through Usurpers of other ilk to and into the Hopi (AmerIndian) projections and prophetic offerings—along with HOW IT WAS AND IS.

"I remind you that PROPHECIES are only the telling of that which has been experienced—and unfolds as it WAS—the 'future' is for the CREATING! The information and speakings along with perceived 'actions' along the way—are TOOLS for your WISE CREATING. Wisdom is Sacred—and so, this journal will be called for identification: SACRED WISDOM."—HATONN

(INDEX INCLUDED)

### CONFRONT THE NOW CREATE THE FUTURE

BY GYEORGOS CERES HATONN  
(J103) \$6.00 234 Pages

"Let's tell it, this about Committee crimes and Hopi hopes, plans and then let us DREAM OF RECOVERY, FREEDOM AND GOODNESS—THAT WE MAY LIVE IN BEAUTY.

"We MUST speak of crimes and criminals, misled, deceived and deceivers, schemers and hopes—but only that we may know where and upon whom and what to base and focus attention and action.

"YOU need these strong men to lead and serve, friends. Whatever one Bo Gritz may be, he would serve freedom if he could find direction and valid REASON for doing a thing a different way than as he recognizes. TOUCH GOD AND YOU TOUCH INFINITY—all ELSE can be peeled away."—HATONN

Some very important topics: Where's That Comet? Unsolved UFO Sightings—Korea, China Powder Keg—The Philadelphia Experiment—Kissinger's Treason—More Excerpts From The Usurpers—Jupiter And Bogus Boulders—Questions Regarding Spiritual Truths—The Decline Of The U.S.—Russia's Flying Saucer—The Livermore Computer Hackers—Committee Of 17 Name List. (INDEX INCLUDED)

### TRACKING DOWN THE KILLER "AND OTHER FORMS OF MURDER"

BY GYEORGOS CERES HATONN  
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"This message journal is going to be printed in its most reasonable format for it must reach as many as will hear and see. You think that your diet-mongers, your 'shape-you' directors and your 'food expert' teachers are showing you the way. NO, they are NOT. You are becoming a planet of insane and deficient humanity. You have even crippled the very animal and plant life upon your place. IT IS ALL A PART OF THE NOW FULFILLMENT OF THE 'PLAN'. YOU ARE DYING AND BECOMING TOTALLY INFIRM BY MALNUTRITION. IN THE 'REAL WORLD' YOU CAN'T EVEN OBTAIN THAT WHICH YOU NEED AS THE PLAN HAS WORKED ITS MISERY SO WELL.

"Since the most of this journal will be about beriberi and the various deficiencies of food as tampered with, we will give you a definition as presented to us. BERIBERI: Caused by a deficiency in vitamin B1 (thiamine hydrochloride) and other vitamins, and is found in areas where the diet consists primarily of polished rice, white flour, and other nonvitamin-bearing foods. Increased need for vitamin B1; fever, high carbohydrate intake, or alcoholism may lead to deficiency."—HATONN

Some of the important topics discussed are: IN-CARCERATION AND SPACE SHUTTLE'S ROLE AS EFFECTIVE PARASITE-SPREADING TOOLS—The Talmud Unmasked—Tracking Down The Killer—The Bible War Program In Action—Gaiandriana And Spelta Are God's Gifts To You—Hydrogen Peroxide Usage For Health—How To Build Up Body Defenses Against Diseases—"Blue Beam" Postponed Temporarily—The Messiah Of 1665—ROME WAS DESTROYED BY THE JEWS. (INDEX INCLUDED)

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BY GYEORGOS CERES HATONN  
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This JOURNAL is part II of SPIRAL TO ECONOMIC DISASTER (J4). The Government's thirst for information on its citizenry is unquenchable. Is privacy possible? This document contains very pragmatic "how to" and tactical suggestions to help you legally "fade into the background". Additional topics: S&Ls—The Real Estate Market—Oil—Bonds—Precious Metals—The IRS—The New (traceable) Currency—The War On Privacy—Electronic Intrusion—Cashless Society—If Your Home Is Invaded—The Estate Plan That Never Dies—Special Report (On Corporate Strategy). (INDEX INCLUDED)

### CRY OF THE PHOENIX DEATH RATTLE OF FREEDOM THE PLAN 2000

BY GYEORGOS CERES HATONN  
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This JOURNAL describes the unlawful activities of the Legislative, Judicial & Executive branches of the U.S. Government. Some topics covered: Tunkashila Speaks—The Secret New Constitution—How American-Israel Public Affairs Committee (AIPAC) Buys Congress—Purpose Of Gun Control—Consequences Of Defying God's Laws—The Abuse Of Sister Charlotte—One Worlders Of The Lucis Trust (Luciferian Trust) Are Exposed—Jonestown—Khazars—The Protocols. (INDEX INCLUDED)



# New Gaia Offers Journey To Health

## What Should We Be Taking?

5/26/95 SANDRA TULANIAN, D.C.

The times in which we live in do not afford us the opportunity to keep life simple enough that health can be taken for granted by just ingesting food and water. The game rules have been changed by bureaucrats (directed by crooks higher up the ladder) who dictate questionable farming practices which, when added to the already choking pollutions of our atmosphere and water, ends up depleting the soil, the food supply, plus the air & water we breath of many of the essential nutrients that would otherwise allow our bodies to function optimally.

Aside from a core of products that New Gaia carries which will be discussed further on in this article, two brand new products are being offered that are extremely important to present first. They are **GaiaCol** and **OxySol**. **GaiaCol** is a combination of Colloidal Silver, Trace Colloidal Gold and Trace Crystalline Drias. This combination of ingredients has produced a product that is so high-frequency and potent that it could quite possibly be the solution to our ongoing fight against the new antibiotic-resistant diseases that we face today. Colloidal Silver was used extensively and very successfully against bacteria, virus, fungi and the like before the advent of the first antibiotic, penicillin; and the uses for Colloidal Gold at that time were just beginning to present themselves. Once the chemical companies began manufacturing the myriad of antibiotics, silver and gold were no longer looked to for treatment. Interestingly, the antibiotics that they were producing had no effect on the more resistant viruses, fungi and parasites yet this did not stop the medical community from prescribing these drugs regardless of the type of infection. Now we face a new generation of bacteria that are completely resistant to any antibiotics merely due to antibiotic overprescribing and resultant survival of the fittest bacteria.

Research has demonstrated that Colloidal Silver is non-toxic to humans and allows no known disease-causing organism to live in its presence. With the addition of Trace Colloidal Gold and Trace Crystalline Drias, the frequency of **GaiaCol** is remarkably enhanced to allow these newer, more powerful viruses and bacteria to be eliminated. **GaiaCol** is gentle enough to use topically on just about any skin, hair, or mouth condition without fear of toxicity and is outstanding for burns. For internal use it is recommended to maintain with 3-4 drops, 3-4 times per day under the tongue and if an infection is present, start with 1 teaspoon the first day and then 10-12 drops, 3-4 times per day under the tongue until the infection clears. Important: Due to the powerful nature of this product, friendly bacteria can be affected so it is advisable to replace the natural intestinal flora with some type of acidophilus/lactobacillus supplement daily or, at the least, when symptoms are noted (symptoms may include cramps, bloating, diarrhea/constipation and a general feeling of malaise).

Please note that this product is said to be perfectly

safe for children and pets and can be taken with other medications without incident. Colloidal Silver is not addictive and the body does not build up a tolerance to it. For your information only, Colloidal Silver has been used effectively on the following: acne, conjunctivitis, allergies, rheumatoid arthritis, bladder inflammation, venereal diseases, eczema, appendicitis, boils, cancer, candida, otitis media, prostate problems, whooping cough, ulcers, plus many, many others. **GaiaCol** can also be used to wet wound dressings and bandages and help heal cuts, scratches, abrasions, fever blisters, etc. There is a myriad of uses for this product which makes **GaiaCol**, in my opinion, one of the most exciting and valuable products on the market today.

**OxySol** contains Colloidal Silver and Trace Colloidal Gold but has Hydrogen Peroxide (food grade) and other trace minerals to add a new dimension to the effects. Organisms that have plagued us for centuries may be destroyed using this product but the new, more resistant strains will require the higher frequency **GaiaCol**. When added to water, the **OxySol** will help to purify, which makes this ideal for taking to restaurants or for travel. When taken with **GaiaCol** you get a two-fold effect of combating foreign invaders and providing a greater oxygen content for the health of the cells from the Hydrogen Peroxide. **OxySol** is wonderful topically as well, but is not advised for burns (use **GaiaCol** for burns). The trace minerals found in **OxySol** are vital to our health because the nutrients that were once taken for granted in our vegetables and fruits have been systematically farmed out of our soil. These trace minerals need to be replaced, otherwise our bodies continue to be open season for aggressive bugs. Another use for **OxySol** is to rid the oral cavity of harmful bacteria by brushing your teeth with 4 drops **OxySol** on your toothbrush or use as a mouthwash or gargle. The recommended amount to take daily for system clearing is 6-10 drops, 3 times a day on an empty stomach. If taken with **GaiaCol**, reduce both daily requirements in half. If you are adding **OxySol** to your water, just add 1-2 drops in each glass of water. Both **OxySol** and **GaiaCol** are very powerful additions to our pursuit of health.

Without these "food"-based essential nutrients our immune systems and body physiologies are sitting ducks for any attack—from chemical and biological "warfare" practices, to increased nuclear radiation pollution, as well as from other high-energy photon bombardment as this planet prepares itself for the upcoming changes.

It is up to every individual to take personal responsibility for their health and prioritize the needs their bodies may have at this time as well as pay special attention to the needs of their children. I hope to describe here some good products available to you so that your search for a basic, complete arsenal against disease can come to an end.

New Gaia has presented many products to the public that you can pick or choose for individual needs. But there is a core of products, which should be taken

regularly, that is felt to be essential to health and well being. These products are: **Gaiandriana**, **AquaGaia**, **Gaialyte**, **Kombucha Tea**, **Kombucha Vinegar**, **CarbraGaia**, **GaiaCleanse Program**, **Chlorella**, **Spelt**, and **3-In-1**. Each of these provides a service to the body that is a necessary assistant to the other. We will discuss each one individually to provide you with the information you need to understand why these items are necessary.

The physiology of the body is basically governed by the actions and programming found within the cell. The cells make up the tissues of the body, the tissues make up the organs such as the heart or liver which, in turn, make up the organ systems that work in harmony with each other to keep the entire body functioning. If the cell structure has been altered or is malfunctioning (for whatever reason), every organ system is affected. To what degree they are affected depends on the offending substance that has caused the cell's breakdown or the length of time that cell has been subjected to abuse.

**Gaiandriana** is a product that is said to help correct the faulty programming that has occurred at the cell level by correcting into perfection the cell's DNA/RNA blueprint. Viruses, unlike bacteria, have the ability to fuse with the DNA strand within the cell, creating a mutation to that cell. By perfecting the DNA/RNA blueprint, the cell may be returned to a level of vitality which allows it to fight off an incoming virus and maintain the homeostasis within the cell and, in turn, within the organ systems.

This is essential for the immune organ system, because without healthy cells that can fight off offenders like free radicals, viruses, and cumulative levels of radiation, the immune system is overtaxed to the point of exhaustion—eventually leading to dis-ease. Another benefit from consuming **Gaiandriana** is its ability and nature to thrive on the invisible, higher photon frequencies which are bombarding us daily. **Gaiandriana** is able to speed up the frequency levels of the cells to more nearly match the energies pouring in and assaulting the body. This, in turn, can offer a two-fold benefit: One benefit is the ability of the cell to withstand and actually adapt to these otherwise damaging energies; the other benefit is to help protect ourselves from mind manipulation through pulse beams that are irradiating mankind relentlessly. Originally the dose was 10 drops, 3 times per day, under the tongue. However, with the growing number of "manufactured" epidemics and other stepped-up plans for our demise by the Elite, perhaps more is better. One ounce or more per day may produce faster and more effective results.

**Aquagaia** was introduced to benefit the mitochondria system that lies within the cell. The mitochondria is the energy producer of the cell and is essential to convert the food we eat into usable cell fuel and to produce enzymes that are absolutely necessary for survival of the body system.

**Aquagaia** is also said to feed on vessel plaques adhering to blood vessel linings. Most all of us, by the

age of twenty, have plaques developing on the arterial walls due to the American diet that is filled with saturated fats, high protein, white flour products, and limited consumption of fresh fruits and vegetables. This product provides added fuel to any compromised system to assist in strengthening the immune system, as well as cleaning out blood vessels and enhancing the pliability of the vessel walls throughout the body. Both **Gaiandriana** and **AquaGaia** work in harmony to strengthen and eliminate mutations of all cells by working together within the cell structure itself.

Another product that you will find essential in your daily regime is **Gaialyte**. This is a fully integrated electrolyte liquid that is brought forth from the **Kombucha Tea**. The combination of tea and juice, vitamins, minerals, **Ginkgo Biloba**, **Echinacea**, **Chlorella**, oxygenators, **Aloe Vera** and **Gaiandriana** are a powerful combination that helps boost energy levels as well as provides electrolyte balance within the body to help enhance the performance of the **Gaiandriana** within the cells. Electrolytes are substances which dissociate into ions in solution and thus become capable of conducting electricity. The balance of these electrolytes in the body will aid in the protection from the various high-frequency energies that we are now subjected to as well as enhance the effectiveness of all the other products you are consuming for your health.

Another beverage that should be taken in a dose of approximately 8 ounces per day is the "**Tea Breeze**" **Kombucha Tea**. Enough can not be said about this fermented drink from the mushroom fungus found long ago by a prominent Japanese woman in a town called **Kargasok**, **Russia**. What she found amongst these villagers astounded her. The women were virtually without wrinkles or other signs of aging and the overall population was comprised of unusually healthy people. She was told that these people drank 8 ounces of **Kombucha Tea** daily. She brought the mushroom fungus back to Japan and, today, over a million Japanese people drink the fermented tea daily. With the high content of special proteins and enzymes, this tea is said to reduce cholesterol, restore hair growth, strengthen eyesight, help insomnia, aid in weight reduction, help with allergies, bronchitis, asthma and a myriad of other debilitating conditions including the prevention of certain cancers.

While these are claims from people who have used or researched the product, it would simply be prudent to regard **Kombucha Tea** as a must to add to your daily health regime. Many people make their own tea with the mushroom that is available through **New Gaia Products**, but for those of us with limited time, the ready-made tea in the 1-liter and 2-liter bottles is both delicious and convenient. Try mixing the tea with the **Gaialyte** and your favorite juice, or just drink it straight.

There is a **Kombucha Vinegar** that has been developed which offers similar properties to unpasteurized apple cider vinegar, which has been used for centuries to care for all types of ailments. This product packs a punch when fighting off the common cold and is great as a digestive aid. Many are using this product in their salad dressings or other recipes to enhance the nutrition that their families receive. While **Kombucha Vinegar** is not recommended for canning or preserving, it certainly is recommended for general consumption.

**CarbraGaia** is the membrane that is found in the mushroom fungus of the **Kombucha Tea** bathed in a nurturing amniotic-like fluid of **Gaiandriana** to aid the body in repair of connective tissue. This product was designed to replace the need for **Shark Cartilage** supplement, which has been well researched and documented in recent years and which is said to program the body to never develop cancer tumors. By mixing one teaspoon in to any of the above mentioned drinks, you add one more weapon to your arsenal in the quest to build the immune system to its optimum healthy state.

A 14-day program called **GaiaCleanse** has been developed that assists in the elimination of the nasty

parasites found within the body. Very few people realize the kinds and types of diseases that these parasites can contribute to, such as **Cancer**, **AIDS**, **Hepatitis**, **Hodgkin's Disease**, **Diabetes**, just to name a few. There have been reports that people have been able to turn their conditions around by utilizing a program such as the **GaiaCleanse Program** to eliminate the myriads of parasites, such as flukes, keeping house in their internal organs.

The beauty of this program is that 14 days every 3 months is all that is required to insure a body that is free of most parasites. The **GaiaCleanse** line includes tinctures that can be mixed in any one of the above beverages or in juice. There is also an intestinal cleanse that comes in the kit to ensure proper elimination and cleansing during the two weeks. These steps to health are important if one is to realize optimum health within the cellular structure and organ tissues of the body.

**Chlorella** is a single-celled, fresh-water algae which is a nutritionally balanced whole food that is extremely high in protein (60%) and contains more than 20 essential vitamins and minerals, 19 of the 22 essential and non-essential amino acids, enzymes, plus **Chlorella** growth factor. The combination of these factors results in a product that has been found to be excellent in the healing of wounds, injuries and ulcers, immune strengthening, age retardation, protection against radiation, normalizing digestion and bowel function, and protection against toxic pollutants, to name but a few of the benefits.

**Chlorella** is a rich source of chlorophyll, which is extremely effective in controlling body odor both internally and externally. The suggested daily consumption is 3 grams per day, but dosages should be adjusted to your individual needs. Many times the alkaline reserves in the body are so depleted that **Chlorella**, in larger doses, is warranted.

Moreover, because of its superb food value, **Chlorella** is an important addition to anyone's emergency food storage stash.

As part of an ongoing nutritious diet, the grain of **Spelt** (*Triticum Spelta*) should be added to every diet in replacement of the standard wheat grain. **Spelt** is superior to wheat in that it contains more protein, crude fiber, and fats than wheat. It also contains special carbohydrates (*Mucopolysaccharides*) which help stimulate the all-important immune system.

Many people who are allergic to wheat find **Spelt** to be easily digestible. What is most exciting is the delicious nutty flavor that **Spelt** offers to any baking needs. Another advantage of **Spelt** is the large amount of vitamin **B-17** found in the grain (also known as **Laetrile**) which has a reputation for retarding cancerous cell growth and aiding in the healing of other serious illnesses. **Spelt** also has an exceptionally thick husk around the center grain, which protects it from all kinds of pollutants and insects far better than happens with other grains. The **Spelt** grain can be ground up into flour and used in any recipe where flour is required. **New Gaia** offers the whole **Spelt** grain bread mixes, or the grain itself to be ground into flour, or the flour already milled for your convenience. This simple addition to your family's diet can provide a wealth of extra nutrition for your loved ones as well as a great taste experience.

The last product I wish to discuss is a newer product of which you may not be fully aware. Many of you have heard of the latest craze using a product called "**Pycnogenols**". **Pycnogenol** comes from the bark of the pine tree and is said to have remarkable anti-oxidant properties that are aiding in the relief of a number of chronic conditions. The **3-In-1** product offered by **New Gaia** has been found to be superior to **Pycnogenol**. The research that has been conducted on the elements found in **Pine Bark** were primarily conducted on **Grape Seed Extract** because this, too, had the components that offered the superior anti-oxidant protection.

What was discovered is that the **Grape Seed Extract**

was even superior to the **Pine Bark** in that it contains a higher level and higher potency of **OPCs** (**Oligomeric proanthocyanidins**) which are the active ingredient for free-radical scavenging. These **OPCs** found in the **Grape Seed Extract** are known for their instant bioavailability to seek out nasty free radicals and produce rapid counter-effect results. While no claims are here being made for the healing qualities of any product, the **OPCs** found in **Grape Seed Extract** have been identified with: **Anti-aging** protection, improved vision, decrease in wrinkles, resistance to mental deterioration, reduced risk of heart disease, reduced risk of stroke, enhanced immune system, faster healing, subdued **PMS**, and reduced inflammation of arthritis.

The other substances found in **3-In-1** are **Ester-C** and **Aloe Vera**. **Ester-C** is found to get into the blood stream faster and in larger amounts than other forms of vitamin **C** and wastes only a fraction of what other vitamin **C** products lose through elimination. It is also found to penetrate white blood cells more efficiently, which is necessary for their metabolism. There is also a reduction, if not an elimination, of the side effects from the acidity of regular **Vitamin C** because **Ester C** has a neutral pH. Each capsule also contains 150 mgs. of **Aloe Vera** which is the equivalent of one-and-one-half ounces of natural **Aloe Vera** juice. Excerpted from an article by **John C. Pittman, M.D.**, we read: "**Acemannan**, a mucopolysaccharide, is a long-chain sugar which is found as an active ingredient in **Cold Processed Whole Leaf Aloe**. It interjects itself into all cell membranes. This causes an increase in the fluidity and permeability of the membrane, allowing toxins to flow out of the cell more easily and nutrients to enter the cell. The net result may improve cellular metabolism throughout the body, resulting in a boost of energy production."

These three powerful ingredients are found in one product called **3-In-1**. It is a potent product that should be utilized by anyone suffering from a chronic condition or for those wishing to maximize the functioning of their immune system on a day-to-day basis.

All the above products discussed: **OxySol**, **GaiaCol**, **Gaiandriana**, **AquaGaia**, **Gaialyte**, **Kombucha Tea**, **Kombucha Vinegar**, **CarbraGaia**, **GaiaCleanse**, **Chlorella**, **Spelt** and **3-In-1** can be the keys to a healthier and more vibrant life by reinvigorating the immune system, increasing the metabolic activity of the cells, providing more complete nourishment to allow the organ systems to function in harmony with one another, and to increase our bodies' overall frequency levels to withstand the onslaught of various high-frequency energies that are thrown our way. These products work synergistically together to maximize the effects of each product.

Of course, right thinking, right exercise, and right eating are absolutely necessary to add to any health regime, but the benefits and gifts found within these various products are priceless to our well being in this high-stress world.

## *New Gaia Products*

1 (800) NEW-GAIA  
(639-4242)

*for information and  
a free catalog*

# OXY SOL

## Use For Water Purification

To purify water (of viruses as well as bacteria and other critters) for drinking purposes, use 10 drops of OxySol per gallon of water and agitate container enough to mix well.

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Item	PRICE PER UNIT	Qty.	Amount
• GAIANDRIANA 16oz. LIQUID	\$20.00		
• GAIANDRIANA 32oz. LIQUID	\$40.00		
• AQUAGAIA (Mitochondria) 16oz. LIQUID	\$20.00		
• AQUAGAIA (Mitochondria) 32oz. LIQUID	\$40.00		
GAIALYTE 1 liter	\$15.00		
GAIALYTE 2 liters	\$20.00		
KOMBUCHA TEA BREEZE 1 liter	\$ 3.50		
KOMBUCHA TEA BREEZE 2 liters	\$ 6.00		
KOMBUCHA TEA VINEGAR 16oz.	\$ 6.00		
CARBRAGAIA (FIBRINO-CARTILAGE) 8 oz.	\$ 8.50		
*3 IN 1* GRAPE SEED EXTRACT 60 CAPSULES	\$18.00		
*4 IN 1* WILD YAM EXTRACT 60 CAPSULES	\$22.00		
ALOE JUICE (WHOLE LEAF ALOE VERA CONCENTRATE) (10X STRENGTH) 1 liter	\$18.00		
SUPER OXY (1 qt.) (CHERRY-BERRY) (CRANBERRY-APPLE)	\$18.00		
SUPER OXY (1 gal.) (CHERRY) (CRANBERRY)	\$60.00		
A-C-E Anti-Oxidant Formula (180 TABLETS)	\$24.95		
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Item	PRICE PER UNIT	Qty.	Amount
GAIA CLEANSE 14-DAY PARASITE PROGRAM Individual components sold separately—call for prices	\$ 48.00		
HITACHI (HB101) BREAD MACHINE (FACTORY BLEMISHED/REFURBISHED)	\$149.00		
GAIASPELT BREAD MIX (Whole Wheat & Spelt) (Pure Spelt) OR	\$ 3.50		
GAIASPELT KERNELS 4 lbs. @ \$1.25/lb.	\$ 5.00		
GAIASPELT KERNELS 10 lbs. @ \$1/25/lb.	\$ 12.50		
GAIASPELT FLOUR 2 lbs. @ \$1.25/lb.	\$ 2.50		
GAIASPELT FLOUR 4 lbs. @ \$1.25/lb.	\$ 5.00		
GAIASPELT FLOUR 8 lbs. @ \$1.25/lb.	\$ 10.00		
* PROGRAM STARTING PACKAGE	\$130.00		
1 Bottle Gaiandriana (1 qt.)			
1 Bottle AquaGaia (1 qt.)			
2 Bottles GaiaLyte (2 liters each)			
4 Pkgs. Spelt Bread Mix			
5 Audio-cassettes			
* MAINTENANCE PACKAGE	\$ 80.00		
1 Bottle Gaiandriana (1 qt.)			
2 Bottles GaiaLyte (2 liters each)			
4 Pkgs. Spelt Bread Mix			
GAIASORB NEUTRA-BOND (2 oz.) NICOTINE__CAFFEINE__ALCOHOL__ SUCROSE STARCH	\$ 6.00ea.		
GAIASORB NEUTRA-BOND TRAVEL PACK	\$ 15.00		
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