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NEXUS

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NEW TIMES

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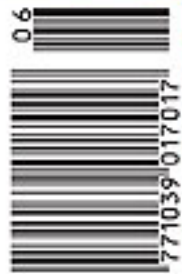
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NEXUS

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

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Editorial

The extraordinary events of 2011 just keep on coming. As this issue goes to press, hundreds of thousands of Americans are facing catastrophic flooding from the Mississippi River as levees are being opened to reduce even worse flooding further downstream. Already, nearly 50 million Americans are on food stamps, one in every seven homes stands empty, foreclosures and unemployment numbers are at all-time highs with no signs of easing, and house prices continue to fall. The world's largest economy, which is also the world's largest bully-boy, is fading fast—yet it continues to spend more money on war and spying than every other country combined.

But things are going to get worse. The Japanese earthquake/tsunami event has triggered a nuclear crisis of unimaginable proportions, and radioactive particles are already contaminating the USA and Europe, prompting all sorts of concerns, claims and counterclaims. Containment at the Fukushima reactors 1, 2, and 3 is believed to have been breached, which means that a huge amount of radiation is escaping into the air and the ocean. This will affect everyone on the planet for thousands of years. And there is no end in sight for this disaster. In case you didn't know, there are hundreds of other nuclear power stations built on earthquake faults, such as those found in Japan, California and New York.

The Japanese earthquake needs to be looked at as part of an ongoing tectonic event. This event actually started on 9 March when a 7.2-magnitude earthquake struck out of the blue. It was followed by dozens of strong aftershock earthquakes and then the big one, the M9.0 on 11 March. The aftershock quakes show no signs of quietening down, which is very unusual in comparison with other large-sized earthquakes. This tectonic event has seen over 1,300 strong quakes since 9 March—an average of over 19 per day, every day. If this keeps going, one has to wonder whether parts of Japan will be literally "shaken" into the ocean floor from this continuous movement. As for the safety of the Japanese nuclear reactors in this scenario...

Given that the public cannot be told the truth about the nuclear crisis for fear of risking panic and total social breakdown, is it any surprise that suddenly the USA pulls a rabbit out of its hat and announces that it has killed Osama bin Laden? Like everything else, this is yet another lie. In my view and that of many researchers, Osama bin Laden died from renal failure around 13–16 December 2001. At that time, there was abundant media coverage about his death, including from many Arab newspapers, and there were public comments made by various leaders. Of course, while the world is arguing over the many versions of OBL's death, the media spotlight is not being shone on NATO's illegal atrocities in Libya or on how the West is fomenting uprisings in Syria, Yemen and other Arab nations.

Something else on people's minds at present, which I am often asked about, are the reports of incoming comets and comet-like objects. Once again, the "official experts" are saying little about what is happening, and, worse, the regular removal of data and evidence from website sources is only serving to fan the flames of wild speculation. I can't say for sure what is coming towards us, but something is—and it seems that there's more than one of them.

There's a lot of mind-blowing information in this issue, but my particular favourite is the article about the CHANI project. This is the true story of how scientists in a secret underground facility made contact via their equipment with an entity from somewhere else. Wait till you read the messages!

I hope to see you at the NEXUS Conference on 23–25 July.

Duncan

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Dr Carol Rosin (USA)

Disclosure Project witness and contactee reveals secret plans to weaponise space.

Alec Newald (NZ)

"CoEvolution" author to reveal long-held information given to him which is relevant for these times.

Linda Moulton Howe (USA)

Science journalist presenting info on UFO coverups, animal mutilations & time travellers.

"Acolyte" (South Africa)

An insider reveals plans to 'awaken' mankind for what is to come.

Richard Alan Miller (USA)

ESP, consciousness, what 'they' can do & where we are going.

Shane Ryan (Australia)

The Westall '66 case, including documentary screening.

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2012, consciousness shifts & galactic alignments

Sherrill Sellman (USA)

Author/researcher specialising in the role of hormones & health.

Robert Pope (Australia)

The new renaissance of science and consciousness.

David Stetzer (USA)

Inventor and researcher of dangers and cures of the effects of dirty electricity and EMFs.

Barry Eaton (Australia)

Author & radio presenter—life before life & life after death

Flor Amanowicz (Australia)

The prophecies of Parravicini

Letters to the Editor ...

Inspiring BBB Awareness

Many thanks to NEXUS and Dr Steven Rochlitz for the brilliant article on the BBB ("The Hole in the Heart and the Blood-Brain Barrier", April-May 2011, 18/03). This kind of research is vital for any health practitioner to be aware of, and the level of detail is inspiring.

I am totally in awe of the human body—and the "endothelial cells [that] line the over 400 miles of cerebral capillaries in the brain"—and its ability to withstand the onslaught of 21st-century living.

Keep them coming, please.

Helena P., UK

[Thanks, Helena. There's another article from Dr Rochlitz in this issue. Ed.]

Magnesium Efficacy

Hi Duncan: Regarding the article in the April-May 2011 issue by Dr Steven Rochlitz about the association of hole in the heart with a weaker and more permeable blood-brain barrier, I was most intrigued by all the associations.

However, there was a lot of speculation about what could be causing this association, and I didn't see how an operation to close the hole in the heart could restore the integrity of the blood-brain barrier.

I would like to refer Dr Rochlitz to research by Dr Mildred Seelig, MD, which is explained in her book *The Magnesium Factor*. She describes what happens at the cellular level when we are deficient in magne-

sium, and I think this will join some of those dots.

When we are exposed to toxins and experience a histamine reaction, or when we have stress of any kind (physical, emotional, pharmaceutical, too hot, too cold, sleep deprivation, etc.), the adrenal glands produce adrenaline for the fight or flight response. As a result, the tissue cells release stored magnesium into the bloodstream to counteract the effects of the adrenaline, and then the kidneys excrete the excess to return the blood to homeostasis. This results in a net loss of magnesium from the tissue cells over time.

When too much magnesium is lost from the cell, potassium is also lost. Consequently the cell wall loses its integrity and becomes more permeable, thereby allowing in too much sodium and calcium which overstimulate and harden the cell.

There is a direct seesaw relationship with calcium and magnesium; and as magnesium gets lower and lower, calcium gets higher and higher—potentially leading to hypercalcaemia.

As the epithelial cells of the linings of the tubes in our body—be they the arterial linings, the intestinal linings or the blood-brain barrier—become harder with calcification, this causes tiny splits or lesions for which the body then sends cholesterol bandages to plug the breaches.

Dr Mildred Seelig shows that magnesium supplementation is much more

effective at thinning the blood and normalising blood pressure than is warfarin—and without the debilitating side effects...

Regards,

Sandy Sanderson, Elektra Life Pty Ltd, Qld, Australia, www.elektrolife.com

Vaccines and the BBB

During the past half-century, there seems to have been a significant (even dramatic) increase in the incidence of previously rare childhood conditions such as ADHD and life-threatening allergies.

It may simply be coincidental that this increase has coincided with the increase in childhood vaccination since the 1950s, with children now routinely vaccinated at birth and in very early infancy, but I have never come across any evidence of anybody ever having investigated whether there might be a causal relationship between these new childhood medical conditions and infant vaccination.

Now it is reported that the blood-brain barrier is not completely formed until the middle of the first year of life, and that it is known to be implicated in certain allergy cases ("The Hole in the Heart and the Blood-Brain Barrier", NEXUS, April-May 2011).

Surely this should cause medical people, and medical scientists especially, to question whether vaccines (or the adjuvants they contain) injected at birth or during the first six months of life may be crossing the blood-brain barrier and

adversely affecting the developing brain, resulting in these childhood medical conditions that were seldom, if ever, seen in earlier times?

I have six children born between 1967 and 2004. One of them (born in 2002) has a potentially life-threatening allergic condition. To the best of my knowledge, he is the only one who was vaccinated in early infancy.

I elected not to allow the child born after him to be vaccinated in infancy, and she has no apparent medical problem.

That rings alarm bells with me. A sample population of six is not statistically significant, but I believe this case does suggest that there should be research into possible unanticipated consequences of infant vaccination, particularly where it may result in allergies, ADHD, etc.

Peter S., Qld, Australia

Morgellons Disease Denial

My partner recently started showing symptoms very similar to those being described on the Internet as Morgellons. We were not sure whether this is in fact the same as the infection my partner has, so we decided to seek medical advice.

On 21 April 2011, my partner called the health hotline as a start to getting some information. They advised her to go to the hospital's Emergency unit and get the lesions on the skin looked at. So, on 22 April, we paid a visit to the hospital. They advised us

... more Letters to the Editor

to go and see a GP and ask for a referral to see a dermatologist.

The next day, we visited our GP who explained that it was probably nothing to worry about, but as she had lesions on the skin he would arrange a biopsy.

On 26 April, we were phoned by the regional mental health department (*before* the biopsy results had been confirmed), asking for my partner to come in for an examination. After four hours, she was admitted as an involuntary patient and held for an assessment.

She has now been there for some days, just for saying that her symptoms are similar to those of thousands of other people in over 10 countries.

I continued to do my research on Morgellons and discovered that it has been featured on television channels in the USA such as Fox, ABC, CBS, CNN and NBC as well as TV shows and even *Dr. Phil*, but no coverage has yet been done in Australia.

In the past few days, I have exchanged emails with many other people who have had the same experience and who have been assessed by a mental health department after complaining of these symptoms.

My concerns are that I would like my partner back at home with her family and that I would like attention to be drawn to the fact that this condition is real: it is not a mental disorder.

This story needs to be brought to the public, and

funds need to be set aside for the research and study into the reality and severity of Morgellons.

Matthew E., Qld, Australia

Natural Cure for Cataracts

Dear Duncan: I have found out that there are eye drops that can melt away cataracts: no need for ops anymore—but the system won't let it be known. A homeopathic vet is using them on dogs with great success. Look up or Google N-acetylcarnosine.

Carmen C., Perth, Western Australia

[*Dear Carmen: Thanks; I'll be looking into this some more. Ed.*]

Power of Homoeopathy

Dear Duncan: I have been following the placebo effect in many areas for some years now. Astoundingly, such is the power within us that even fake knee operations can work.

However, in your April–May issue [18/03, Global News] were two news items on the subject, one of which, from *New Scientist*, referred to "placebos such as vitamin pills and homoeopathic remedies".

In spite of the casual mention of the dismissal of homoeopathic medicine by UK scientists, there are many people who know that it can work and many scientists whose research shows it to work.

That there are many things beyond scientists' understanding is being shown to us every day.

Since they finally admitted that the Earth went around the Sun, that thalidomide, asbestos and cigarettes might possibly be dangerous after all, and that they are now not sure how the Moon got there or how planets form, their ludicrously expensive blunders and paid lies have become common knowledge.

If they are now producing research in which they can call vitamin pills and alternative medicine placebos, what value can we place on any of their research?

Greetings,
Dick Barton, Dip. Nutritional Medicine, County Wicklow, Ireland

[*Thanks, Dick. The fact that homoeopathic treatments work successfully with babies and with animals should rule out any claims of a placebo effect. Ed.*]

Irish Kings Chronology

Dear Editor: I have just completed a work on the genealogy of Ireland's kings. I realise that this is nothing new, but I have come across evidence that points towards a different chronology for the kings.

I was doing DNA studies of haplogroup X and ran into the kings in Spain, not knowing at the time that they were Irish, and traced them back from Spain to Greece.

The Irish history and genealogy I have found and reconstructed is much deeper and richer than was thought. The reason these fellows could not be found in history is that the chronology was so far off that looking for those

names in the timeframe given in the annals offered no help: they just cannot be found. I'm sure that, just based on the data I have compiled, there is much more to be discovered.

George Arnold, Canada, chronology.bravehost.com

Hydration and Health

Dear Duncan: Regarding the two articles in *Global News* in your last issue [18/03] about the efficacy of placebos in medical treatment, a likely reason for this is given in the excellent book *Your Body's Many Cries For Water* by Dr F. Batmanghelidj, in which he points out that a great many people in the world are dehydrated to some extent, i.e., they don't drink enough water.

When taking pills, most people wash them down with a glass of water, and it's the water that improves their health.

Cheers,
Marc A., London, UK

Paracetamol Alternatives

Dear Duncan: Most of the emails that I received in response to my recent *Alzheimer's* article in *NEXUS* 18/02 asked what to use instead of paracetamol.

My short answer is that occasional use of paracetamol will not cause *Alzheimer's* disease.

For long-term pain, I recommend finding and eliminating the cause—which can usually be done with natural therapies.

Walter Last, Qld, Australia, www.health-science-spirit.com

GM FOOD LINKED TO ORGAN DISRUPTION

A new paper shows that consuming genetically modified (GM) corn or soybeans leads to significant organ disruptions in rats and mice, particularly in livers and kidneys.

By reviewing data from 19 animal studies, Professor Gilles-Eric Seralini and others reveal that 9.0% of the measured parameters, including blood and urine biochemistry, organ weights and microscopic analyses (histopathology) were significantly disrupted in the GM-fed animals. The kidneys of males fared the worst, with 43.5% of all the changes. The livers of females followed, with 30.8%.

The report, published in the March 1, 2011 issue of *Environmental Sciences Europe*, confirms that "[s]everal convergent data appear to indicate liver and kidney problems as end points of GMO [GM organism] diet effects".

The authors point out that the liver and kidneys "are the major reactive organs" in cases of chronic food toxicity. They state that "other organs may be affected too, such as



the heart and spleen, or blood cells". In fact, some of the animals fed GM food had altered body weights in at least one gender, which is "a very good predictor of side effects in various organs".

The GM soybean and corn varieties used in trials "constitute 83% of the commercialized GMOs" that are currently consumed by billions of people.

(Source: *Institute for Responsible Technology*, 7 April 2011, <http://tinyurl.com/3vzqbxp>)

WIKILEAKS EXPOSES NORTH AMERICAN INTEGRATION PLOT

As early as January 2005, high-ranking officials were discussing the best way to sell the idea of North American "integration" to the public and policymakers while getting around national constitutions. The prospect of creating a monetary unit to replace national currencies was a hot topic as well.

Some details of the schemes were exposed in a secret 2005 US embassy cable from Ottawa signed by Paul Cellucci, the then US Ambassador to Canada.

The document, released by WikiLeaks on 28 April, has barely attracted any attention in the USA, Canada or Mexico. Numerous topics are discussed in the leaked document: borders, currency, labour, regulation and more. How to push the integration agenda features particularly prominently.

(Source: *The New American*, 2 May 2011, <http://tinyurl.com/3kx6nas>; WikiLeaks, tinyurl.com/3ozddzy)

MIND-CONTROLLED PROSTHETICS FOR AMPUTEES

Robotic limbs controlled solely by the mind could be available to paralysed people within a year.

Enter the modular prosthetic limb (MPL), a bionic limb that closely approximates the form and agility of a human arm and hand. Born from the US Defense Advanced Research Projects Agency's Revolutionizing Prosthetics Program, and designed by Michael McLoughlin's team at the Johns Hopkins University Applied Physics Laboratory in Maryland, the MPL is made from a combination of lightweight carbon fibre and high-strength alloys.

(Source: *New Scientist*, no. 2810, 28 April 2011, <http://tinyurl.com/6kvj5e>)



... GLOBAL NEWS ...

CHINA'S PLANS FOR A "HEAVENLY PALACE" IN SPACE

China's permanent space station, the "Heavenly Palace", is to be launched into orbit within a decade. According to Chinese media reports, the 60-ton craft will include a central module and two laboratories for a crew of three.

China has three operational launching sites and a fourth one under construction. It has made significant advances in its satellite program—its fleet boasts remote-sensing, communications, navigation and positioning systems—and China looks set to delve deeper into outer space.

In parallel, China is pursuing a covert aerospace program to benefit its defence ministry. In 2007, officials in Washington were deeply shocked to learn about a successful Chinese test of an anti-satellite system. In that test, a ballistic missile was used to destroy one of the country's own orbiting satellites.

Regardless of Washington's concerns, China is pursuing an independent space policy and feels it can act however it sees fit. It does accept, though, that space should not be militarised—at least for the time being.

(Source: RIA Novosti via SpaceDaily.com, 29 April 2011, <http://tinyurl.com/3vq4ozw>)

MEXICAN AND AMERICAN GOVERNMENTS CONTROL SINALOA CARTEL

Recent testimony by captured drug cartel leader Vicente Zambada in the Federal Court points to US Drug Enforcement Administration (DEA) and FBI protection and collaboration with one of the most dangerous and powerful criminal organisations in the world: the Sinaloa Cartel.

In September 2007 in the state of Yucatán, the Mexican military caught and confiscated an aeroplane loaded with almost four tons of cocaine. A month later, there was a

plane crash in the same region involving a similar aircraft—a Gulfstream II jet with the registration number N987SA, belonging to a US company known as Donna Blue Aircraft, Inc. When authorities arrived at the crash site, they discovered around four tons of cocaine on board the aircraft. The drugs reportedly belonged to the Sinaloa Cartel, under the command of Joaquín "El Chapo" Guzmán, who according to *Forbes* magazine is among one of the wealthiest men in the world. However, the aircraft did not belong to Guzmán: it was later discovered by Mexican authorities and news sources that it was a CIA aircraft.

A year later, a member of Guzmán's inner circle, Vicente Zambada, was captured and later extradited to the USA. In early April, at a Federal Court hearing in Chicago, Zambada presented evidence stating that US government agencies such as the DEA and the FBI protected him and worked with him.

In a recent interview with the newspaper *El Diario de Juárez*, Mexican journalist Anabel Hernández, who is living in exile in Italy, stated that in the Mexican drug war the federal government and the US DEA only go after the Sinaloa Cartel's

competitors. She indicated that the protection that Sinaloa receives from the government is "systematic" and embedded in the drug war policy.

In her new book *Los Señores del Narco* ("The Narco-Lords"), Hernández provides detailed information about how Guzmán is an Orwellian creation of the Mexican government, almost a mythical and elusive character, whose story about how he broke out of prison in 2001 using a laundry truck is completely bogus. She finds it hard to believe that *Forbes* magazine listed Guzmán among the richest people in the world, given the fact that he's illiterate and cannot do basic maths.

Further in the interview, Hernández said that the real drug trafficking is done by people other than the typical drug-dealers, who are only figureheads in this so-called drug war.

The real drug lords are not wanted by police or federal authorities; they are people well established in the political and economic systems as well as in many other areas of government, from where they have established a wide network of complicity to money laundering and protection of the drug cartels.

(Source: *DeadlineLive.info*, 15 April 2011, tinyurl.com/3meosbc)



"That one's reserved for Julian Assange."

... GLOBAL NEWS ...

FRACKING MADNESS

Fracking, or hydraulic fracturing, involves blasting huge amounts of water, mixed with sand and often toxic chemicals, to break up shale formations thousands of feet under the earth to release natural gas.

A breakthrough by Halliburton saw its use skyrocket since 2005 in the United States when the Energy Policy Act exempted fracking wells from federal regulation under the Safe Drinking Water Act. Championed by Dick Cheney, then Vice President, this became known as the "Halliburton loophole".

By the end of 2009, some 26,000 wells were being fracked in 16 American states. It's become big business, and huge momentum is now behind the industry. According to energy consultants Black & Veatch, almost half of all US electricity will come from burning natural gas by 2034.

Supporters of fracking boast that the US has natural gas deposits equivalent to two Saudi Arabias worth of oil. This could supply the US with gas for heating, electricity generation and car fuel for up to 100 years and wean it off its energy dependence on the Middle East.

Some environmentalists say that

natural gas is a green option, since it produces fewer greenhouse gas emissions than coal and oil. Legislators say gas extraction generates much-needed jobs.

Opponents point to the catastrophic environmental costs that fracking incurs, claiming it causes mini-Fukushimas every day. The most visually dramatic impact can be seen when methane leaks into the water supply, causing tap water to catch fire.

This methane has also been the subject of recent studies that have undermined the conventional wisdom that natural gas is "cleaner" than coal or oil. In late 2010, the US Environmental Protection Agency (EPA) issued a report stating that natural gas extracted using fracking emits greater amounts of methane, a powerful greenhouse gas, than conventionally mined gas. A study emerging from Cornell University concluded that the greenhouse gas footprint of gas fracked out of shale is far worse than that of coal or fuel oil when analysed for the 20-year period after emission.

Fracking has been most vigorously criticised for the damage caused by its waste water, which contains carcinogens such as benzene and

radioactive elements such as radium. Some of these chemicals are in the secret cocktail of liquids injected into the well; others come up naturally from underground. These toxins have regularly polluted rivers, streams and lakes. Some are endocrine disruptors, and have been scientifically shown to stunt growth and human reproductive capacity.

Air pollution caused by natural-gas drilling has become a real problem. In Wyoming, fumes containing benzene and toluene spewed out by its 27,000 wells, most of them fracked in the past five years, led to the state failing its federal requirements for air quality.

Fracking has also been blamed for damaging the bedrock of the Earth and causing seismic events. In the six months to March 2011, Arkansas was hit by 1,000 earthquakes, including a dozen over 3.0 magnitude, and one of 4.7—the highest in the state for 35 years. This extraordinary level of seismic activity prompted the Arkansas Oil and Gas Commission to shut down two wells.

Confidential documents from the EPA and gas companies chronicled how contaminated waste water is usually hauled to sewage plants not equipped to treat it, and is then discharged into rivers that supply drinking water, containing exorbitant levels of radioactivity.

As for the gas producers, the state allows them to police themselves. Regulators do not perform unannounced inspections to check for signs of spills. They do not demand disclosure on what chemicals the companies use in the hundreds of millions of gallons of fracking fluids they spit underground, even though Dow Chemical has admitted supplying biocides—antimicrobial poisons—to be included in this concoction.

When spills happen, the companies can write their own reports and lead their own clean-up efforts.

(Source: The Telegraph, UK, 6 May 2011, tinyurl.com/6gmkp8x)



WAS JFK KILLED BECAUSE OF HIS INTEREST IN UFOS?

An uncovered memorandum written by US President John F. Kennedy to the head of the Central Intelligence Agency shows that he demanded to be shown highly confidential documents about UFOS 10 days before his assassination.

The secret memorandum is one of two letters written by JFK on 12 November 1963, asking for information about the paranormal.

Author William Lester, Jr, PhD, said that the CIA released the documents to him under the Freedom of Information Act (FOIA) after he made a request while doing research for his new book, *A Celebration of Freedom: JFK and the New Frontier*. He said that JFK's interest in UFOS could have been fuelled by concerns about relations with the former USSR.

In one of the documents, President Kennedy writes to the Director, CIA, asking for the UFO files. In the second memo, sent to the NASA Administrator, the President expresses a desire for co-operation with the (former) Soviet Union on mutual outer-space activities.

Conspiracy theorists have said that the documents add interest to a disputed file, nicknamed the "burned memo". This document, which has scorch marks, is claimed to have been posted to UFO-hunter Timothy Cooper in 1999 by an unknown CIA leak, but it has never been verified. The undated memo to MJ-12 members makes a reference to "LANCER", JFK's Secret Service code name. On the first page, the Director of Central Intelligence wrote:

"As you must know LANCER has made some inquiries regarding our activities which we cannot allow. Please submit your views no later than October. Your action to this matter is critical to the continuance of the group."

(Source: *The Daily Mail, UK, 19 April 2011, <http://tinyurl.com/3rfp5p2>; also see Dr Michael E. Salla's article "JFK and the UFO Connection" in NEXUS 16/06-17/01.*)

THE FUKUSHIMA NUCLEAR DISASTER IN PERSPECTIVE

by Dr Helen Caldicott

The Fukushima nuclear disaster in Japan is by orders of magnitude many times worse than the Chernobyl disaster. Never in my life did I think that six nuclear reactors would be at risk.

The reactors partially withstood the earthquake, but the external electricity supply was cut off, and the electricity supplies the cooling water, a million gallons a minute, to each of those six reactors. Without the cooling water, the water [level] falls, and the rods become so hot they melt, like at Three Mile Island and at Chernobyl.

The emergency diesel generators, each as large as a house, got destroyed by the tsunami, so there is no way to keep the water circulating in the reactors. On the roofs of the reactors are cooling pools. Every year they remove about 30 tons of the most radioactive rods that you can possibly imagine. Each rod is 12 feet long and half an inch thick. It gives out so much radiation that if you stand next to it for a couple of minutes, you'll die. And [the spent fuel rods] are so thermally hot, they have to be put in a big pool and continually cooled.

There have been three hydrogen explosions, blowing off the roof of the building...and exposing the cooling pool. Two of the cooling pools are dry. The nuclear fuel rods are covered with zirconium. When zirconium is exposed to air, it burns, it ignites. Two of the cooling pools at this moment are burning. In the cooling pools are 10 to 20 times more radiation than in each reactor core. In each reactor core is as much long-lived radiation as would be produced by a thousand Hiroshima-sized bombs.

Einstein said nuclear power is a hell of a way to boil water—because that is all nuclear power is used for: to boil water through the massive heat, turn it into steam, and turn a turbine which generates electricity. Now when you fission uranium, 200 new elements are formed, all of which are much more poisonous to the body than the original uranium. Some last seconds, some last millions of years. Radioactive iodine lasts six weeks; it causes thyroid cancer. Strontium-90 will get out; it lasts for 600 years, and causes bone cancer or leukaemia. Caesium lasts for 600 years—it's all over Europe.

But that's nothing compared to what's happening now. One of the most deadly [nuclear by-products] is plutonium. One millionth of a gram, if you inhale it, would give you cancer. Each reactor has 250 kilograms of plutonium in it. Plutonium is going to get out and spread all over the northern hemisphere. It's already heading towards North America now.

Radioactive iodine, plus strontium, plus caesium, plus tritium...I could go on and on and on. When it rains, down comes fallout and it concentrates in food. If it gets into the sea, the algae concentrate it, hundreds of times. And the crustaceans concentrate it, hundreds of times. And then the little fish, then the big fish, then us.

You can't taste these radioactive food elements; you can't see them, you can't smell them. They're silent. When you get them inside your body, you don't suddenly drop dead of cancer. It takes five to 60 years to get your cancer, and when you feel a lump in your breast it doesn't say, "I was made by some strontium-90 in a piece of fish you ate 20 years ago".

All radiation is damaging. It's cumulative: each dose you get adds to your risk of getting cancer. Americium is more dangerous than plutonium...I could go on and on. We are in a situation where we have harnessed the energy of the Sun. It is totally out of control. And there's simply nothing we can do about it.

(Source: *From Dr Helen Caldicott's public lecture in Montreal, Canada, 18 March 2011, <http://www.globalresearch.ca/index.php?context=va&aid=24730>*)

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AMERICA'S EMERGING SPACE WEAPONS ARSENAL

Barack Obama declared he would not weaponise space, but under pressure from missile defence contractors his administration has raised the budget, ensuring that "dual use" weaponry will continue to be developed for the US military.

Part 2 of 2

by John Lasker © 2010–2011

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Based on chapter three
of his 2010 book *Technoir*

As mentioned in part one, the US military contends that in no way, shape or form is it developing space weapons. But what was so blatant at the beginning of the George W. Bush era was the call for commencing the era of space combat. The US *Air Force Transformation Flight Plan*, published in 2003, "assert[ed] more firmly than ever that [the Air Force] intends to weaponize space".¹⁴ Indeed, all sorts of high-profile US military officers and their commission studies were pushing space weapons during the early days of the Bush administration. In 2003, Lt Gen. Edward Anderson, who at the time was head of the US Northern Command, said that in his view "it will not be long before space becomes a battleground".¹⁵

Others weren't willing to wait another second. "The time to weaponize and administer space for the good of global commerce is now, when the United States could do so without fear of an arms race there," said Everett Dolman, Associate Professor of Comparative Military Studies at Maxwell Air Force Base, Alabama, during a 2004 interview with Space.com. "Space weaponization can work. It will be very expensive. But...the state that weaponizes first—and establishes itself at the top of the Earth's gravity well, garnering all the many advantages that the high ground has always provided in war—will find the benefits worth the costs."¹⁶ Dolman also made this statement in his book *Astropolitik*: "Who controls low-Earth orbit controls near-Earth space. Who controls near-Earth space dominates Terra. Who dominates Terra determines the destiny of humankind."¹⁷

Even at the end of the Bush years, the Missile Defense Agency (MDA) was still pushing for weapons in space. A constellation of killer satellites would "add another defense layer", said MDA's leader Air Force Lt Gen. Henry Obering in 2008.¹⁸ During the Bush administration, the Pentagon once even planned for a constellation of 50 to 100 killer satellites to begin production in 2016. If such a plan were ever approved by Congress, it would mean billions for Lockheed Martin and Boeing.

Full Spectrum Dominance in space is still being championed by many factions in the Air Force and the Pentagon but not by everyone, said Theresa Hitchens of the Center for Defense Information (CDI). Yet because China has claimed it's developing anti-satellite capabilities and then shot down its own satellite in 2007, "these Space Hawks are emboldened now", said Hitchens.¹⁹ But the outcome of their space desires is nowhere close to being decided because there are some factions within the Air Force and the Pentagon that are against space domination, she said.

"There is a debate ongoing about the wisdom, the affordability and the doability about implementing a full-up space-war fighting strategy," Hitchens said.²⁰ The cost to create, launch and maintain a Full Spectrum Dominance program in space would run into the hundreds of billions of dollars, she said. First you would have to build hundreds of killer satellites; then you would have to launch them, which is also an incredibly expensive endeavour.

At first, it appeared that there was a President in the White House who didn't believe in space dominance. President Obama declared during his 2008 campaign that he "will cut investments in unproven missile defense systems" and "will not weaponize space".²¹ Those keeping a close eye on the weaponisation of space rejoiced, like many peace activists did during those heady days. Again, the world's newest saviour was going to keep the peace in Earth's lower orbits.

But there's a twist. Obama was Congress's top recipient from missile defence contractors during the 2008 election cycle, according to OpenSecrets.org. Obama was given US\$377,000, while Senator McCain was a distant second with \$221,000. And for the first time since 1994, Congressional Democrats in 2008 took more money from the missile defence industry than did Republicans: the Democrats were handed \$4.6 million, while the Republicans were given \$4.5 million.²²

In February 2008, Poland agreed in principle, but did not commit, to allowing within its borders a US missile defence battery loaded with kinetic interceptors that can shoot down satellites. The move infuriated Russia and raised the spectre of the Cold War. This prompted then-President Vladimir Putin to say that US missile defence outposts so close to Russia will upset the nuclear balance. This is missile defence, so what did he mean exactly by upsetting the nuclear balance? Simple. The interceptors that are planned to be based in Poland weigh 21,000 kilograms. They are also nearly as long as the Minute Man-III, which makes up a significant portion of the US's nuclear arsenal. They also roughly share the same diameter as the proposed interceptor. If the US were secretly to put a nuclear warhead within the interceptor—which technically it could do—it would have a range of 6,000 kilometres. The proposed interceptor base in Poland is just a few hundred kilometres away from the Russian border.

By 2009, however, the possibility of US missile defence batteries in Poland was squashed by the Obama administration. The heat with Russia cooled, for the time being, but the planned European missile defence shield re-emerged under NATO at the 2010 Lisbon summit and Russia agreed to come on board. But, as Bruce Gagnon of the Global Network Against Weapons and Nuclear Power in Space said, don't believe the unified hype that all of Europe will be safe from Iran and North Korea.

In the meantime, US missile defence plans in general remain foggy, as they have throughout the last 40 years. For FY (fiscal year) 2009, and for the first time since

1993, a small amount of money (\$5 million) was approved by US Congress to study the prospect of "space-based interceptors" (SBIs), or killer satellites. Also for FY 2009, the Defense Advanced Research Projects Agency (DARPA), in its request for funding, said that it was seeking "the ability to neutralize man-made space environments".²³

"It is a bold declaration that DARPA will be researching ways in which to affect other countries' efforts in space," said Victoria Samson, a space weapons expert with the Center for Defense Information. "By doing this sort of research under the radar, the Pentagon obviously figures it's easier to ask for forgiveness rather than permission."²⁴

Will President Obama keep his promise of cutting missile defence research and not weaponising space, or will super-rich missile defence contractors have too much influence over the President and Congress and keep the US on its current path towards putting weapons into space? It sure appears as if missile defence contractors such as Lockheed Martin have

Obama on their puppet strings. For FY 2010, the Obama administration cut only \$1.2 billion off the missile defence budget, and the overall total remained around \$10 billion—roughly the same annual average total spent during the Bush administration. Then, for FY 2011, Obama actually raised the missile defence budget by roughly \$500 million. Indeed, missile defence advocates breathed a sigh of relief, one

high-ranking aerospace CEO saying that missile defence is "an embedded core element of the defense of the United States" and is here to stay.²⁵

On the flipside, peace activists such as Gagnon say that if US missile defence continues as is, war in and from the Earth's orbits is on (and above) the horizon. Do you want more evidence that the US will some day weaponise the heavens? The Obama administration has called for a "new missile defense architecture" that requires a greater emphasis on a "space engagement intercept layer of defense".²⁶

As they say, promises are meant to be broken.

Dual Use Weapons

Here is a compilation listing several major missile defence programs that some arms analysts and peace activists say could be "dual use" and thus become space weapons some day. The following details are used with permission from the Center for Defense Information²⁷ and the World Policy Institute's Arms Trade Resource Center.²⁸

- The Terminal High Altitude Area Defense (THAAD)

The Obama administration has called for a "new missile defense architecture" that requires a greater emphasis on a "space-engagement intercept layer".

system is a mobile unit (an oversized truck, actually) with launchers on its back end. THAAD fires "interceptors" into space that can destroy ballistic missiles as well as atmospheric targets such as Scud missiles. The interceptor has no munitions and simply strikes a target with kinetic energy. The interceptor is roughly six metres long and about eight inches (~20.3 centimetres) wide and weighs over 1,200 pounds (540 kilograms). Its rocket booster is four metres long, and its "kill vehicle" (KV)—at the top of the interceptor—is about two metres long. At the tip of the kill vehicle is an infrared sensor, and within its shell is a navigational system. The THAAD's kill vehicle could be described as a huge spike that can fly at 15,000 mph with a range of 200 kilometres and at a height of 150 kilometres. In essence, it is the kinetic energy that is the most lethal.

Lockheed Martin is the main civilian contractor for THAAD, and deployment began in 2009.

- For the Navy and the Missile Defense Agency, the Aegis Ballistic Missile Defense System is their sea-based missile defence. Some space weapons experts call the Aegis-equipped USS *Lake Erie* "mankind's first space battleship".

According to MissileThreat.com: "At the heart of Aegis is the AN/SPY-1 radar system. AN/SPY-1 sends out beams of electromagnetic energy in all directions, thus allowing Aegis ships to track up to 100 targets simultaneously, while still retaining the ability to counter other air, surface, and submarine threats. AN/SPY-1 will be able to detect ballistic missiles as they rise above the horizon."²⁹ Like THAAD, the Aegis fires an interceptor, but from a launch pad system.

The Aegis interceptor, the SM-3, is also different in that it has a three-stage booster with its kill vehicle. GlobalSecurity.org states that the SM-3 has produced an impact during testing calculated at 125 megajoules, "[e]quivalent to the force released when a ten ton truck traveling at 600 miles per hour hits a wall".³⁰

- The Air Force and the Missile Defense Agency are close to developing microsats. Two of these have already been tested in space.

There's the XSS-11, which is no larger than the fridge in your kitchen. The Air Force claims it can dock with malfunctioning US satellites and make repairs. How about approaching enemy satellites and sabotaging them? DARPA is currently developing a robotic arm for the XSS-11, called FREN (Front-end Robotics Enabling Near-term Demonstration).

Theoretically, FREN could blind enemy satellites by applying some type of eye-patch onto cameras. FREN also some day might pick a satellite apart and let it drift like a jigsaw puzzle forever and ever.

The other well-known microsatellite is the NFIRE (Near Field Infrared Experiment), which is also run by the MDA. It is said to be able to track a ballistic missile by its rocket plume, and was designed to be "fitted" with a missile-like kill vehicle. NFIRE was launched into space in 2007—but without its planned kill vehicle, the Generation 2 KV. Arms-control experts had convinced the Senate to kill it, apparently.

The MDA claimed that the Generation 2 KV would fly directly near the plume of a ballistic missile and track it. This would be an incredible feat, to say the least; but the kill vehicle, don't forget, could have a dual use: it could also be used as a kinetic interceptor and wreck satellites.

- The Missile Defense Agency's one-billion-dollar Sea-Based X-Band Radar—built primarily by Boeing—is perhaps the strangest-looking ship ever to have cruised the Pacific. The alien-looking vessel is actually a revamped oil-drilling platform, and centred on its top is its most striking feature: a tremendous white globe that could engulf the middle of a soccer field. From the top of this white globe to the water is an intimidating void of roughly 20 floors.

Hidden inside the inflated white ball is the clue to this ship's ultimate mission: a radar dish so powerful that it can decipher a real ballistic missile from a balloon that looks like a ballistic missile, claims the US military.

The vessel is actually a new and important piece in



The Missile Defense Agency's Sea-Based X-Band Radar during deployment. Image source: <http://missiledefenseadvocacy.org>

the growing arsenal that is the US's missile defence program. But it has a dual use, say space-weapons experts. It could also decipher space debris from any future "killer microsatellite". There are several other X-Bands across the globe; if all are upgraded to maximum capacity, they could track over 300 targets, some less than a metre long, at the same time.

- One missile defence/space weapons program is the aptly named "Rods from God". The rods would be kinetic energy weapons—oversized metal spears one foot (~0.3 metres) wide and twenty feet (~6.1 metres) long—fired by a battlesat and propelled by gravity as they hurtled towards their Earthly targets. The system would be comprised of two satellites: one would house the targeting hardware, and the other the rods. When they're ripping through the atmosphere, the rods will be travelling at a speed of 11,000 metres per second and with the apparent blast force of a nuclear-tipped ICBM—thus, no radioactive flakes falling out of the sky. Preliminary tests of rods dropped from a high altitude over the New Mexico desert resulted in a penetration of over 50 feet (15.24 metres) into the Earth. Bunkers beware.

- President Reagan envisioned laser cannon on satellites with the power to melt through the skin of ballistic missiles as they travelled through space, heading towards their rendezvous with a large US metropolis. Space-based laser cannon, however, never made it out of the 1980s.

Nonetheless, the MDA is working on a handful of high-profile laser projects such as the Airborne Laser (ABL) aircraft (see chapter 10 of my book *Technoir*). The ABL aircraft is a Boeing 747 that has been gutted and turned into a literal flying laser cannon. In 2008, the aircraft test-fired its "primary beam", a megawatt-class High Energy Laser (HEL), which is a weapons-grade laser—meaning that it can take out missiles, artillery shells and mortars. In 2010, the primary beam actually destroyed a ballistic missile during a test over central California.

The ABL has two other lasers on board, for tracking and for targeting. The "laser cannon" that fires the weapons-grade laser is actually an exotic circular mirror, 1.5 metres in diameter, that can rotate nearly 360 degrees. It is underneath a roundish protective cone that covers the aircraft's nose.

The lens directs the laser as it leaves the aircraft. The "cannon" also consists of a long mirrored tube that

extends to the back of the plane where the laser is generated.

There are several different kinds of US military lasers, and some work better in space than others. The ABL's laser works both in space and in the atmosphere. Technically it is called the Chemical Oxygen Iodine Laser, or COIL—a laser beam created from a chemical reaction between chlorine, hydrogen peroxide and iodine, resulting in what the MDA calls a "killer laser beam". It's a beam you can't see. The ABL conducts this chemical reaction at the back of the aircraft in a set of six modules weighing, with chemicals added, a gut-busting, SUV-sized 6,500 pounds (2,925 kilograms) each. Part of the weight comprises a cooling system.

Initially, the reaction produces a steam-and-light explosion that is allegedly fatal if one is standing too close. This explosion of light creates a megawatt-class laser beam with a total power believed to be roughly over one million watts. It is funnelled down the mirrored tube and out the front-end lens, hitting any target at the speed of light. If the laser can stay locked onto a ballistic missile, even for a few seconds, it should be able to melt through the metal skin of the hull, creating a hole that would eventually lead to the missile's destruction in flight.

There is also research ongoing to develop floating mirrors or "relay mirrors"—in the atmosphere and space—that could redirect the ABL's laser across the globe or into space, which would give it the capability of shooting down low-Earth-orbit satellites. The program, run by the MDA, is the Evolutionary Air and Space Global Engagement (EAGLE). The ABL has survived

the Obama administration, but barely. It has cost \$4.3 billion since 1994 and is said to be a long way from deployment. The ABL, however, reached a major milestone in 2010 when it shot down a ballistic missile within Earth's atmosphere. The shoot-down once again suggested that the US space weapons capability is far greater than the Pentagon and the White House are letting on.

- In the heart of Alaska and just north of Los Angeles, the US has two missile defence installations that are said to be close to operational, which probably means that they could shoot down a constellation of satellites if need be. The two installations are part of the Ground-Based Midcourse Defense (GMD) system. The GMD's prime contractor is Boeing.

If the laser can stay locked onto a ballistic missile, even for a few seconds, it should be able to melt through the metal skin of the hull, creating a hole that would eventually lead to the missile's destruction in flight.

Like Aegis and THAAD, the GMD is Earth based and uses kinetic interceptors—stored and fired from underground silos—to take out ICBMs in their mid-course phase when the missile is flying through space towards its target, a time of about 20 minutes. An ICBM goes through two other phases: the boost phase, which is right after lift-off and lasts no more than 300 seconds; and the terminal phase, lasting a short time at just 30 seconds when the ICBM re-enters the atmosphere. However, during the mid-course phase, the ICBM could release hundreds of decoys.

Many experts believe that the space decoy is a fundamental downfall of any anti-missile shield. No matter how many layers or how powerful your radar, trying to discern hundreds of targets in space and pick the right one or take out dozens at a time may prove some day to be an impossible task. Thus, this is one reason why the GMD can only take out one or two ICBMs, fired, let's say, by a rogue state.

Why would a rogue state, unless it has a death wish, fire one or two ICBMs at the US or even one of its allies? The return address of any ICBM is undeniable. And if fired, the US will come back with utter devastation—no matter who launched it. So what are the chances that a rogue nation fires one or two ICBMs at the US or its allies? Very, very small.

Gearing up for Space Wars

Diplomatic cables released to the London *Daily Telegraph* by WikiLeaks and published in early February 2011 confirm that the US and China have been engaged in a "Star Wars" arms race since January 2007 when China shot down one of its own satellites (see part one). According to the website MissileThreat.com, the documents confirm that the subsequent US shoot-down of one of its malfunctioning spy satellites in February 2008 "was a direct response in kind (really, a demonstration of comparable capability) to the similar display of capability by China a little over a year earlier".³¹

The leaked cable confirms that "[b]efore shooting

down its own satellite in 2008, the US notified Beijing that any interference with space-based US assets could result in a wide range of responses, including the use of military force".

MissileThreat.com adds: "The Chinese have cited the development of a US airborne laser as partial impetus for the aggressive ASAT test. An airborne laser that can intercept missiles in their boost phase while they are in airspace over the country that launched them is considered to be an 'offensive' missile defense system by the Chinese."³²

The *Daily Telegraph* notes that the most recent cable in this latest collection of leaks was sent in January 2010 by the office of Secretary of State Hilary Clinton, and

claimed that China had launched a fresh ASAT missile test. "Crucially, Washington wanted to keep secret its knowledge that the missile test was linked to China's previous space strikes," it commented.³³

"This test is assessed to have furthered both Chinese ASAT and ballistic missile defense technologies," stated the memo to the US embassy in Beijing.³⁴

The cable stressed that the Obama administration retains

the Bush-era concerns over Chinese plans for space weapons.

Watch this space... ∞

**So what are the chances
that a rogue nation fires
one or two ICBMs at
the US or its allies?
Very, very small.**

About the Author:

John Lasker is a freelance journalist who was born and raised in Buffalo, New York, and now resides in Columbus, Ohio, USA. His work has been published hundreds of times in 50 different newspapers and magazines, including *Wired*, *Christian Science Monitor*, *Toward Freedom* and *Fate*. He covered the 2008 US presidential election from central Ohio for Agence France-Presse. In 2010, he published his first non-fiction book *Technoir* (e-book available from <http://store.theebooksale.com/science-fiction/technoir/>); this article is based on chapter three of this book. He received a grant from the Knight Foundation in 2011 to write about non-combat deaths of US female soldiers. John Lasker can be emailed at johnlasker@sbcglobal.net.

Endnotes

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THE MISSING PIECES OF THE WEIGHT LOSS PUZZLE

Overweight and obesity have serious consequences for health and ageing. The best advice for shedding kilograms includes keeping your brain in shape, maintaining optimal vitamin D levels, getting plenty of sleep and balancing your intestinal flora.

by Sherrill Sellman, ND © 2011

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Overweight: A Risk Factor in Numerous Diseases

Obesity has gone prime time. We see evidence of its presence wherever we look: in every neighbourhood, in every mall, in every school and in every workplace. Hardly a day goes by without news reports on some aspect of the looming obesity crisis.^{1,2}

However, the epidemic is not confined to just the wealthy developed world. Even desperately poor countries such as Nigeria and Uganda are wrestling with the dilemma of obesity. China, which was once one of the world's leanest countries, is not immune: it has one of the fastest-growing obesity rates in the world, and one quarter of its urban youth is presently overweight.³ It is projected that by 2015, 200 million Chinese will be not just obese but morbidly obese.⁴

The looming obesity epidemic is sending chills through the global community. Worldwide, more than 1.3 billion people are overweight, whereas only 800 million are underweight—and these statistics are diverging rapidly.⁵

The problem of expanding waistlines is more than merely a vanity concern. There are serious health consequences from sporting that beer belly. Being overweight can radically change the course of a person's life. Fat is toxic and potentially lethal. Just carrying as few as an extra 4.5 kilograms (10 pounds) over your ideal weight is considered a serious risk factor for heart disease, diabetes, high blood pressure, dementia and Alzheimer's disease, liver disease, hormonal imbalances, depression and cancer. In fact, at least 30 different diseases are related to being overweight.

The Failure of Traditional Weight Loss Advice

So, what's going on here? If people were to follow the advice offered by medical professionals, public health officials and experts from the weight loss industry, the problem would be easily solved. The call to action basically involves turning your back on all those sugary, high-carbohydrate, processed junk foods and switching to a low-calorie diet fortified by plenty of exercise. They say that it all boils down to a very simple equation: take in fewer calories and burn more.

It sounds logical. The only problem is that this decades-old approach is a dismal failure. For the vast majority of people, it doesn't work. In fact, long-term success for attaining permanent weight loss is only achieved by a mere two to five per cent of those very determined and lucky dieters.

A definition of insanity is doing the same thing over and over again and expecting a different outcome. It certainly appears that the traditional approach to winning the battle of the bulge does indeed seem insane.

If there are answers and successful strategies to stem the tide of this serious health epidemic, they will need to be sought elsewhere.

It's time to discover some of the missing pieces of the weight loss puzzle.

Secrets of the Brain–Belly Connection

Do you value your brain power? Certainly, the one faculty that everyone wants to hold onto throughout a lifetime is a fully functioning, intact brain. Unfortunately, belly fat can deliver a serious blow to that aspiration. Overwhelming evidence now reveals that your expanding waistline will put a serious crimp on your brain size as well as your brain power.

Researchers set out to discover if being overweight posed a danger to the brain. They scanned the brains of 94 people over the age of seventy. They were looking to see the differences in the brains of people who were normal weight (BMI under 25), overweight (BMI 25–30) and obese (BMI over 30).⁶ (BMI stands for "body mass index", an approximation of body fat based on height and weight.) Their results were quite shocking. Overweight people had four per cent less brain tissue than people of normal weight. For obese people, the findings were even worse: they had *eight per cent less* brain tissue than people of normal weight.

The study showed that carrying extra weight not only degenerated the brain but also accelerated its ageing. Researcher Paul Thompson shared his observation: "The brains of overweight people looked eight years older than the brains of those who were lean, and 16 years older in obese people. Type 2 diabetes, which is common in the overweight, is known to accelerate the ageing of the brain and the onset of dementia. But the relationship between brain size and weight still stood when the researchers accounted for this, suggesting it is the fat itself that is causing the problem. It is thought that high levels of fat raise the odds of the arteries clogging up, cutting the flow of blood and oxygen to the brain. This could cause brain cells to die and the organ to shrink."⁷ The high demands put on these brain areas may make them more sensitive to changes in oxygen levels.

Another study used magnetic resonance imaging to compare the brains of 44 obese individuals with those of 19 lean people of similar age and background. The obese individuals had more water in the amygdala, a part of the brain involved in eating behaviour. The imaging also showed a smaller orbitofrontal cortex in the obese—which is of concern, considering that this area of the brain is important for impulse control and is also involved in eating behaviour. These findings strengthen the "slippery slope" theory of obesity. The neural changes that occur when you are overweight affect the parts of your brain that influence and control so many behaviours necessary to make healthy choices.⁸

Further studies indicate that those with the most belly fat (visceral fat mass) suffer the greatest mental declines over time, and that central or abdominal obesity in particular accounts for more than a threefold increase in dementia risk.^{9,10}

What's even more worrying is that increased belly fat is linked to decreases in total brain volume, independent of BMI. This can cause changes in another area of the brain, the hippocampus, which is responsible for long-term memory, spatial memory and navigation.^{11,12} Finally, excess belly fat also appears to contribute to lesions in the brain's white matter, especially in diabetic patients, linking it not just to memory loss but also to increased risk of stroke.¹³

Obesity also causes changes to the immune system which fan the flames of inflammation throughout the body. This increased inflammation can have an impact on the brain and lead to a vicious cycle of gaining more

and more weight: obesity leads to inflammation, which damages certain parts of the brain, which in turn leads to more uncontrolled eating and more obesity.

There are many areas of the brain that are affected by overweight:

- frontal and temporal lobes, critical for planning, memory and impulse control;
- anterior cingulate gyrus, responsible for attention and executive functions;
- hippocampus, important for long-term memory, spatial memory and navigation;
- basal ganglia, essential for proper movement and coordination.

Here is the catch 22: those extra kilograms impair brain function and compromise the particular areas of the brain that have an impact on a person's ability to have a keen memory, to control impulses and to follow through on any kind of planning. It therefore becomes more difficult to commit successfully to any kind of program, especially a weight loss program. Since the impulse-control part of the brain is affected, controlling those urges to help you to another doughnut or a second helping of mashed potatoes is an Herculean effort and generally doomed to fail.

Vitamin D: A Key to a Healthy Metabolism

There is one really important nutritional player when it comes to our health. This superstar nutrient is the sunshine hormone, vitamin D. (Vitamin D is really a steroid hormone rather than an actual vitamin.)

Vitamin D truly deserves the title of "superstar". Each year, vitamin D researchers discover additional health benefits conferred by this sunshine vitamin. Vitamin D

Overweight people had four per cent less brain tissue than people of normal weight. For obese people, the findings were even worse...

receptors are found throughout the body, including in the brain. Optimal levels are absolutely necessary to ensure healthy bones and arteries, a robust immune system, balanced moods and optimal cognitive function as well as protection from hypertension, allergies, multiple sclerosis, Alzheimer's disease, autoimmune conditions, fertility problems and premenstrual syndrome. Most significantly, vitamin D has been proven to be protective against 13 different kinds of cancer.¹⁴ Optimal levels of vitamin D are critical for good health.

Here are some basic facts that you need to know about vitamin D. It is a fat-soluble steroid hormone that is made by the body as well as from what we eat. In order for the body to produce vitamin D (cholecalciferol), the skin must be exposed to ultraviolet light, primarily from sunlight. Vitamin D is further metabolised in the liver and kidneys to create the fully active form of vitamin D. Thus variations in sunlight exposure due to latitude, season, time of day, sunscreen use, skin pigmentation and age will determine how much vitamin D the body makes.

Although it is known that vitamin D plays a vital role in the well-being of infants, children, adults and the elderly, we presently have a global pandemic of chronically low vitamin D levels. It's estimated that 85 per cent of the American public are deficient, as are as much as 95 per cent of all its senior citizens.¹⁵ Vitamin D deficiencies are also widespread throughout the UK, with 86 per cent of the population deficient in the winter and 57 per cent in the summer.¹⁶

Even though Australia is described as a "sunburnt" country and is one of the sunniest countries in the world, a surprising number of its citizens are severely lacking in vitamin D. A recent report stated that as many as one in three Australians may have low vitamin D levels.¹⁷

For all those on a weight loss quest, vitamin D is one of those missing pieces that you've been searching for. There is overwhelming evidence that confirms the importance of keeping your vitamin D levels up to get your extra kilos down. Not only does it help achieve weight loss, it also improves other risk factors such as insulin resistance, metabolic syndrome and blood-sugar imbalances.

If you are feeling hungry all the time no matter how much you eat, you might want to have your vitamin D levels checked. What drives insatiable hunger is the

relationship between low vitamin D levels and a hormone called leptin. Leptin is a messenger molecule, made in fat cells, that communicates with the hypothalamus, letting it know how much fat is stored in the body. It is the hormone that communicates that your stomach is full.

Low vitamin D levels interfere with the effectiveness of leptin. Researchers at Aberdeen University, Scotland, found that obese people produced 10 per cent less vitamin D than people of average weight. The study discovered that low levels of the vitamin in blood interfered with the function of leptin. The study also found that excess body fat absorbs vitamin D, stopping

it from entering the bloodstream. The 2008 study's leader, Dr Helen Macdonald, of Aberdeen University's Department of Medicine and Therapeutics, commented: "Obese people had less vitamin D and the link between obesity and vitamin D deficiency was statistically significant."¹⁸

Overweight people, shirking sunlight or not taking adequate vitamin D supplementation, thwart their dieting efforts in another way. Low vitamin D levels have been shown to increase fat storage. A 2009 Canadian study found that weight and body fat were significantly lower in women with normal vitamin D levels than in women with insufficient levels.¹⁹

It seems that fat people may be less able to convert vitamin D into its hormonally active form. A Norwegian study found that the more that participants weighed, the lower their vitamin D levels tended to be. The

researcher, Zoya Lagunova, MD, believes that obesity is associated with lower vitamin D levels since vitamin D is a fat-soluble vitamin. "Much of the vitamin D produced in the skin or ingested is distributed in fat tissue, so obese people may take in as much vitamin D from the sun, food or supplements as people who are not obese, but their [blood] levels will tend to be lower. Obese people may need more vitamin D to end up with the same levels as a person whose weight is normal," she stated.²⁰

How much less vitamin D does an overweight person make? As it turns out, increased fatty cells can decrease the ability to make vitamin D by a factor of four. This means that if you are carrying extra weight, you may make only a quarter the amount of vitamin D compared to a leaner person.

Vitamin D is also an important factor in diabetes. Low

Overweight people, shirking sunlight or not taking adequate vitamin D supplementation, thwart their dieting efforts in another way. Low vitamin D levels have been shown to increase fat storage.

levels of vitamin D have been linked to an increased risk of developing type 2 diabetes. After following more than 5,000 people for five years, an Australian research team found that those with lower-than-average vitamin D levels had a 57 per cent increased risk of developing diabetes compared to those within the recommended range.²¹

Low levels of vitamin D are also known to nearly double the risk of cardiovascular disease if you already have diabetes.²² Diabetics, who are deficient in vitamin D and cannot process cholesterol normally, tend to have cholesterol build up in their blood vessels, hence increasing the risk of heart attack and stroke.

Vitamin D also helps keep blood-sugar levels under control. With type 2 diabetes, the body can't efficiently use the insulin it produces to control blood-sugar levels. Vitamin D plays a role by increasing the release of insulin. In one study, researchers evaluated vitamin D levels and the chance of developing unbalanced blood-sugar metabolism. In this study, subjects were evaluated for serum vitamin D levels and were followed for seven years to determine the effects on blood-sugar metabolism. The study showed that the subjects with the highest vitamin D levels had a 40 per cent increase in supporting an optimal future blood-sugar balance.²³

If you want to lose weight and keep it off, it is critical to check your vitamin D levels. The higher your vitamin D levels, the higher your leptin levels and the more your blood sugar will remain balanced. Vitamin D helps your body respond to the correct metabolic messages. High vitamin D levels increase your ability to lose weight, and losing weight will increase your vitamin D levels—all of which will reduce your risk of metabolic syndrome, insulin resistance, diabetes and cardiovascular disease, not to mention most chronic illnesses.

While it is important for most people—especially the overweight, children and elderly—to take vitamin D supplements, it is critically important to check your vitamin D levels. Taking a vitamin D supplement may not get you into optimal range, which is where you want to be. It's optimal blood vitamin D levels that count. The proper blood test is called 25-hydroxyvitamin D (25-OH vitamin D), which is included in the basic blood work-up. In Australia, optimal levels should be 150–200 nmol/L. In the USA, optimal levels should be between 70 and 100 ng/mL. Do not settle for less than optimal levels if your goal is the best health possible.

Sleep Away Those Kilos!

We all know about beauty rest, but do you know about thinness slumber? Getting those zzzzs is another important piece of the weight loss puzzle.

Your carbohydrate addiction may be more the result of your sleeping patterns rather than your lack of willpower. Have you ever noticed that after a night with little sleep, you wake up ravenously hungry and want to devour everything in sight? Why? Because your lack of sleep actually triggers food cravings.

An expanding body of scientific evidence shows that the less sleep you get, the more cravings you have; the more calories you eat, the more belly fat you have and the higher your BMI.

An expanding body of scientific evidence shows that the less sleep you get, the more cravings you have; the more calories you eat, the more belly fat you have and the higher your BMI.

One study found that sleep-deprived people eat more carbohydrates than their more well-rested compatriots. Those with four hours of sleep were more likely to choose candy, cakes and cookies over fruit, vegetables and dairy products. It was also found that their ability to process glucose (sugar) in the blood had declined—in some cases, to the level of diabetics. The researchers looked at two hormones, leptin and ghrelin, that are regulated by sleep and influence proper appetite. Leptin lets the brain know when your stomach is full, and ghrelin sends the message of hunger. When ghrelin was measured in the group that slept for four hours a night, the ratio of ghrelin jumped 71 per cent compared to when they were sleeping a full 10 hours.²⁴ No wonder they felt hungry and craved simple carbohydrates: their hunger hormone was switched on.

Since the psychological manifestations of fatigue, sleep and hunger are similar, adults sometimes confuse them. That's why people tend to eat when they're feeling really tired. Fatigue is often misinterpreted as hunger.

The Nurses' Health Study followed more than 68,000 women for 16 years, monitoring their weight, sleeping habits and diet. At the start of the study, all of the women were healthy and none was obese. By the end of the study, women who slept *five* hours a night were 32 per cent more likely to experience major weight gain—defined as an increase of 33 pounds [14.85 kg] or more—and 15 per cent more likely to become obese, compared with women who slept *seven* hours. And women who slept for *six* hours were 12 per cent more likely to experience major weight gain and six per cent more likely to become obese over the study period,

compared with women who slept *seven* hours a night.²⁵

These results have been reinforced by other studies. For example, researchers at the University of Warwick reviewed data from more than 28,000 children and more than 15,000 adults and found that sleep deprivation almost doubled the risk of obesity for children and adults.²⁶

Brain scans of people who have fewer than seven hours of sleep a night show lower activity in the prefrontal cortex, the area of the brain that is involved in impulse control, planning, judgement and follow-through. Decreased activity in this part of the brain leads to greater impulsivity and more self-defeating decisions. It also means it's much more difficult to stick to any plan successfully, especially a weight loss program.

The relationship between obesity and sleep is not just an adult problem. Since 1992, 13 studies of more than 45,000 children have supported the inverse relationship between hours of sleep and risk of obesity. If children sleep less, they are more at risk of becoming obese. Short sleep duration at age 30 months is predictive of obesity at the age of seven years.²⁷

Less than seven hours of sleep per night may permanently impair the part of the brain called the hypothalamus, which regulates both appetite and energy expenditure.

A Word about the Hypothalamus

The hypothalamus is located at the centre of the brain and is the interface between the central nervous system and the endocrine system. It controls many automatic functions and coordinates metabolic activity throughout the 20 trillion cells that make up the human body. In addition, it organises and controls moods, cravings, sleep, endocrine function, hunger, appetite and food intake. Most importantly, the hypothalamus is the part of the brain that controls fat-burning and energy expenditure.

In the 1940s, the brilliant English endocrinologist Dr A. T. W. Simeons developed a revolutionary protocol to address the cause of the obesity problem (see my article in NEXUS 17/04). This new paradigm focused on re-establishing homeostasis to the hypothalamus, which he believed was dysfunctional in all overweight people. He created a unique protocol that re-established a properly functioning hypothalamus and also helped people safely lose up to 0.5 kilograms a day of toxic fat. (To learn more about the Simeons protocol, visit the websites www.fatlossaustralia.com.au or www.myultimatefatloss.com.)

To support deep and regenerative sleep, the following supplements and natural approaches are helpful: melatonin, chamomile, valerian, kava, passionflower, hops, L-theanine, GABA (gamma-aminobutyric acid), 5-HTP (5-hydroxytryptophan), vitamin B complex, phosphatidylserine and magnesium.

If you're taking prescription sleep medications, be cautious: all of them have serious side effects.

Some Gut Flora Can Make You Fat

It was once thought that we are what we eat. But, to be more accurate, we are what we digest and assimilate. The latest research now tells us that, to be even more correct, we are what digests and assimilates our food. It all has to do with the thriving population of the 100 trillion life-promoting bacteria that take up residence within our digestive tract from the moment of birth.

More than 99 per cent of microbes living in our intestinal tract comprise a very diverse group of bacteria, numbering between 500 to 1,000 different species. In a healthy person, these bacteria live in the gut in a balanced ecosystem, with each species inhabiting its appropriate place. However, with the introduction of antibiotics, steroids and birth-control pills, that delicate balance is radically altered—and so is

There is a strong connection between what we eat, how much we eat, and the species of bacteria that inhabit the intestinal tract.

one's health.

And now, one more adverse health condition, caused by an overgrowth of harmful gut flora, can be added to the list: obesity. There is a distinctive change in the intestinal microbial populations found in obese and lean humans and mice. Obese mice have different microbes in their gut than do lean mice. Obese humans have different gut microbes than do lean (or even dieting) humans. There is a strong connection between what we eat, how much we eat, and the species of bacteria that inhabit the intestinal tract.

The bacteria in the gut of obese mice are more efficient in processing carbohydrates. Thus, obese mice get a bigger "bang for the chow", ingesting calories from food that in lean mice would normally go unprocessed. So, fat mice get even fatter.²⁸

Obese people have a distinctive mix of bacteria in their digestive system that also seem to make them prone to gaining weight. They have more digestive microbes that are especially efficient at extracting calories from food. Also, the greater the proportion of these super-digesting organisms, the more that people gain weight. When scientists transplanted these bacteria from obese mice into lean mice, the thin animals started to get fatter.

There appears to be a causal link between obesity and the type of microflora that inhabit the intestines. The difference in the structure of the microbial ecology of our digestive tract may create greater susceptibility to obesity. Our western diet, rich in fat and sugar, packs a double whammy to people's expanding girth. As well as providing more calories than we can burn through exercise, junk food encourages the growth of the gut bacteria that process food more efficiently, adding further to this energy excess.

Scientists took mice raised in a germ-free environment—mice which had no native gut bacteria of their own—and transplanted human intestinal bacteria into their digestive tracts. When these "humanised" mice were placed on a high-fat, high-sugar diet designed to mimic those common in western societies, the contents of their gut bacteria changed drastically, literally overnight. Switching from a low-fat, plant polysaccharide-rich diet to a high-fat, high-sugar, "western" diet shifted the structure of the gut microflora within a single day. The mice showed an increase in types of bacteria linked to obesity and also increased their body fat. The researchers then transplanted microbes from the intestines of these mice into other germ-free mice. These animals also put on weight, even when fed a low-fat diet.²⁹

Another intriguing revelation has been the obesity-gut connection. When an organism is out of balance, the imbalance is reflected everywhere. Obese people have altered intestinal flora which predispose them to being obese. Junk food diets alter healthy gut flora, resulting in more obese tendencies.

Your food choices have an instantaneous effect on the balance of gut flora. Feed your digestive system healthy, nutritious food and you will be adding yet another successful piece to your weight loss puzzle. You can also add probiotic supplements to help support and enhance healthy intestinal flora.

Solving the Puzzle

With more than one billion overweight adults who are part of the global community and at least 300 million obese adults, the world is facing an unparalleled obesity epidemic. To help rescue a world drowning in fat, it is necessary to embrace new paradigms. It is a problem that requires many new perspectives and an integrated approach. Maintaining a healthy brain, ensuring optimal vitamin D levels, committing to regenerative sleep and supporting the growth of healthy intestinal flora are some of the new pieces that are helping to solve the weight loss puzzle. ∞

The difference in the structure of the microbial ecology of our digestive tract may create greater susceptibility to obesity.

About the Author:

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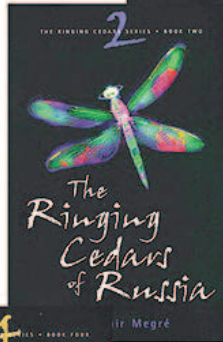
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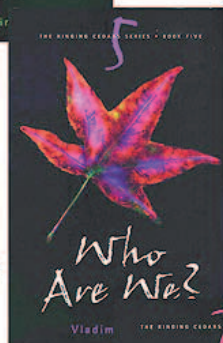
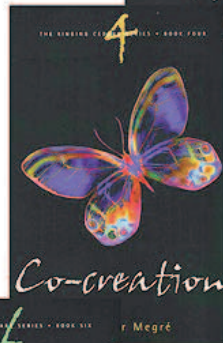


In 1994 a Siberian elder told the entrepreneur Vladimir Megré a fascinating story about the "ringing cedars" - trees respected from Biblical times for their curative powers and the capacity to reconnect human beings with the Divine. The elder told him where such a ringing cedar was growing in the Siberian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

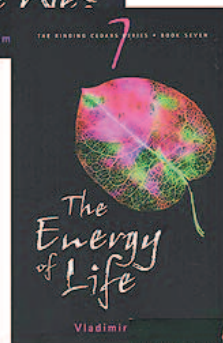
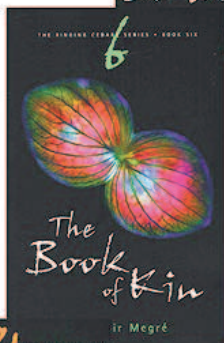
Vladimir Megré set out on an expedition to find the tree. But his encounter with the elder's granddaughter, Anastasia transformed him so deeply that he abandoned his commercial plans and penniless went to Moscow to write a book about what she shared with him.



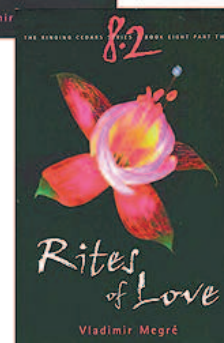
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**By middle age,
over 50 per cent of
people may have a
hidden condition
that, at least in
part, can cause or
exacerbate asthma,
reflux, ulcer,
sleep apnoea,
panic attack,
hypertension, PFO
and other cardiac
conditions.**

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Possibly the Most Common Health Problem in Mankind

H iatal Hernia Syndrome (HHS), with Vagus Nerve Imbalance (VNI), may be the most common set of complaints in our species. Probably most people who are chronically unwell have this syndrome. This author has linked this syndrome to various heart and lung problems. Unlike the percentages of people with the hidden health problems covered in my previous two articles in NEXUS, the *majority* of humanity may have this one! Recall that up to 20 per cent of us may have a porphyric genetic tendency, and up to 35 per cent may have PFO (patent foramen ovale, or "hole in the heart"); but, *by middle age, over 50 per cent of mankind may have this hidden condition*, according to holistic health experts. Hiatal hernia syndrome may be at least partially responsible for causing or exacerbating asthma, reflux, ulcer, sleep apnoea, panic attack, hypertension, PFO and other cardiac conditions. This author has come to this conclusion after nearly three decades of working on people with HHS/VNI.

The ancient Greeks knew that serious illness was associated with having discomfort in the region below the ribs. Sadly, modern man has warped the term that the Greeks used for this region into a term connoting mental illness. We will see that the ancient Greeks had wisdom regarding the physicality of the *hypochondriac* region—the area where the hiatal hernia exists.

Here we will see what the hiatal (or hiatus) hernia is, and then look at the possible symptoms that can arise from this syndrome and its associated vagus nerve imbalance. Then things that can improve this syndrome will be revealed. Many people may have had this problem for much of their lives. I hypothesise that it is deeply involved in many chronic conditions, in multiple chemical sensitivity (MCS) and electromagnetic field sensitivity (EMFS), and in food "allergies".

Both mainstream and alternative medicine seem to be unaware or unappreciative of the serious illness or suffering that HHS commonly causes. It can cause any of the visceral organs to malfunction. This factor may even be a predictor of life expectancy.

The biochemist Carey Reams, PhD, said that "illness begins with the vagus nerve". Hiatal hernia syndrome, by pinching the vagus nerve, causes vagus nerve imbalance. However, one may have hidden, underlying illnesses that *already* have caused vagus nerve disorder. The vagus nerve could be imbalanced by heavy metal toxicity (mercury, lead, arsenic, other metals), or porphyria, or any malady that affects the nervous system. This imbalance is often a hyperexcitability.

In an hiatal hernia (HH), the upper portion of the stomach protrudes through the opening (hiatus) in the diaphragm (see figure 1). HHS involves four components initially: the stomach, the oesophagus, the diaphragm and the vagus nerve. Wellness can return if and when the stomach goes, and stays, below the diaphragmatic opening. This can take some doing in many cases.

Many things may be involved, as we shall see. It often requires learning a set of techniques far beyond the simple "pull down" that some perform.

I have seen many people with fatigue/fibromyalgia and/or food, chemical and electromagnetic sensitivities. Over 90 per cent of these people had HHS. It's no coincidence. I cannot blame the reader for any initial disbelief, but 27 years of working on this problem in people from around the world has made the matter clear to me. Seemingly unrelated illnesses or symptoms can often immediately be relieved when "the stomach goes down" and/or the vagus nerve is rebalanced.

Possible Symptoms

Below is a list of some of the many possible symptoms of HHS and/or VNI. I am not saying that HHS/VNI is the sole cause of each of these complaints or conditions. Sometimes it exacerbates a condition, and other elements are involved. The symptoms include: panic attack; belching; bloating; gas; anxiety; tachycardia; bradycardia; other heart conditions; palpitations; hypertension or hypotension; asthma (may be the non-wheezing variation); shortness of breath; hiccups; no deep breathing, or hyperventilation occurs; swallowing air; reflux; dental enamel erosion; ulcers; regurgitation, including dry heaves; waist sensitivity; nausea; diminished or excessive appetite; colic in infants; diarrhoea or constipation; fatigue; hoarseness; coughing; pain (diaphragm, lungs, ribs, throat, chest, abdomen, shoulders, arms, neck, jaw, spine, extremities or back); arthritis; fatigue; nervousness; insecurity feelings; facial flushing; depression; orthostatic hypotension; food, chemical and electromagnetic allergies; TMJ; bruxism; headaches; dizziness; poor balance; numbness; paralysis; hypoglycaemia; shakiness; fainting; confusion; poor stress tolerance; vision weakness; learning/behaviour problems; premenstrual syndrome; prostatitis; bladder weakness; weight gain or loss; intestinal disease; gallbladder disease; adrenal fatigue; hypothyroidism; hyperthyroidism; kidney disease; epilepsy; insomnia; sleep apnoea, obstructive or central; many pregnancy complaints; porphyria, acute attacks.

Hidden Health Problems

Let's look at how HHS/VNI can cause so many complaints and organ problems. Many factors can prevent the stomach from "going back down" or "staying down". My own improved techniques may make this change last longer, and thus the improvement in these many seemingly unrelated conditions is observable.

I have also found that the PFO, the hidden heart defect that one out of three people have, is deeply linked to HHS/VNI. This may be one reason why only some people with hiatal hernia suffer so much, and others with HH do not. I would advise anyone who is prone to suffer bouts of panic, breathlessness, arrhythmia, tachycardia, hypertension, pulmonary hypertension, orthostatic hypotension or fainting to get tested for both the PFO and HHS. It is also possible that other underlying heart problems are adversely affected by HHS/VNI. I have observed that angina, leaky valves, atrial fibrillation, supraventricular tachycardia, mitral valve prolapse, pulmonary hypertension and other heart problems can all become "active" due to the effects of HHS/VNI. So it

can be crucial for anyone with any heart condition to find out if s/he has HHS/VNI.

In many people, serious illness begins unfolding even if the amount of protrusion is small. In many sufferers, *any* such protrusion causes major hyperexcitability of the vagus nerve. Or, as this researcher has found, *the vagus nerve may already be damaged/imbalanced from numerous possible underlying and hidden conditions.* These hidden causative factors for vagus nerve imbalance must be tested and corrected—if possible—individually for wellness to be maintained. Allergies, heavy metal poisoning, parasitosis, porphyria and other factors could *already* be imbalancing the vagus nerve. That

the vagus nerve is a key factor is indicated when we see people with large hernias but who are asymptomatic. They may have a very balanced vagus nerve and perhaps a defect-free heart.

The extensive vagus nerve is so diverse, and so interconnected to the visceral organs, that it has been nicknamed "the wanderer". The vagus nerve is the tenth cranial nerve, and is also called the pneumogastric nerve. It is the only nerve that starts in the brainstem—within the medulla—which contains the cardiac, respiratory, vomiting and vasomotor centres, and involves autonomic functions such as breathing, heart rate, blood pressure, maintaining consciousness and regulating the sleep cycle. The vagus nerve innervates the crucial visceral organs (heart, lungs, gastro-intestinal [GI] tract, pancreas, liver, kidneys, stomach) and also conveys sensory information about the state of these visceral organs to the central nervous system. The vagus nerve is part of the parasympathetic nervous system, which must be in balance with the sympathetic nervous system. Both are part of the autonomic nervous system, and are thus involved in cardiac muscle and smooth muscle regulation.

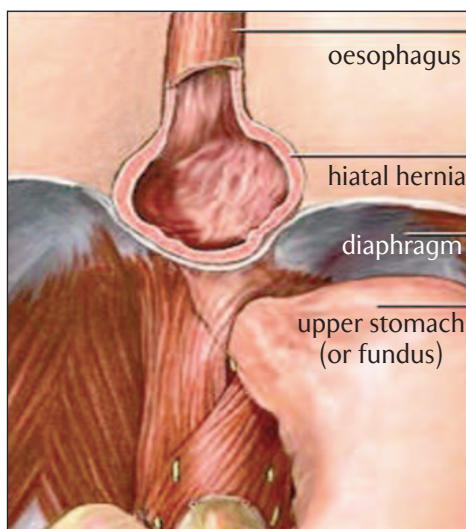


Figure 1: Hiatal hernia—above the diaphragm, where it doesn't belong!

The slightest upward displacement of the stomach through the diaphragm disorders the vagus nerve or worsens its *already* unbalanced nature, if that was the case. Immediately, the stomach and diaphragm malfunction. Overproduction or underproduction of hydrochloric acid may result. The heart and lungs may no longer function optimally. The entire digestive process may be adversely affected.

From an imbalanced vagus nerve, other organs can begin to malfunction depending on genetic weaknesses and other factors. Of course, the diaphragm itself will be directly affected, and normal breathing will no longer occur. Other openings in the diaphragm—itsself now stressed, stretched or torn—allow some major blood vessels to and from the heart to pass through it. Thus spasms in the abdominal aorta and inferior vena cava can occur. The heart itself can be crowded and pressed upon by the stomach's being "where it doesn't belong". These last factors, and the direct hyperexcitability of the vagus nerve's connection to the heart, lead to many Emergency Room (ER) visits and "pseudo-heart attack" symptoms of chest pain, breathing difficulty and arm numbness. If you're experiencing these complaints, you should not assume that they are arising from HHS: you should seek emergency medical care. When French President Nicolas Sarkozy collapsed in July 2009, he spent the night in hospital and was diagnosed with a vagus nerve problem. The doctors said that it was "minor". Translation: if it had affected his heart a little bit more and he then suffered a heart attack or such, the problem would no longer be "minor"—but would then not likely later be traceable back to his vagus nerve.

There is a similarity between HHS and angina. Both can cause similar symptoms, and both can occur after similar events such as overeating, exercise and heavy lifting. My hypothesis is that HHS, if uncorrected, may sometimes eventually lead to angina and/or other heart conditions. Also, I have noted that every person I have seen with atrial fibrillation had hiatal hernia. It usually takes years before serious cardiac complaints result, but dealing with HHS/VNI and also muscle trigger-points may be the best long-term solution if these are among the ultimate causes of the heart rhythm disorders. Any degenerative heart condition ultimately may result from, or be exacerbated by, HHS/VNI.

Pregnant women, for the obvious reason, need frequent

hiatal hernia corrections, as do obese people, body-builders and others whose exercise regimen or type of work causes stress to this area. The basic corrections below can provide some relief for many complaints.

Note that this hernia can readily result from birth trauma. It will be undetected unless a good kinesiologist is around to perform surrogate muscle-testing on the infant. Some kinesiologists and chiropractors gently pull down the stomach of newborns, possibly preventing much illness. I initially use various trigger-points and not the "pull down", which usually allows for the dropping of the stomach. I can also imagine that HHS could arise

before birth, from weeks or months of being somewhat "scrunched" in the womb. Physical trauma to the abdomen—at any time—can also cause hiatal hernia. Even emotional stress can cause or exacerbate this condition.

HHS, Emotions and Allergies

The involvement of HHS in emotional stress is illustrated now. A client flew in to see me, and I balanced his hiatal hernia and also did some phobia balancing. I saw that nothing lasted when he merely thought about being forced to take antihypertension medication: just thinking about the issue made his hernia reappear. So I decided to hold down his stomach directly, after the last time I re-set these imbalances, and asked him to think again about taking those drugs or getting his blood pressure taken. Despite my trying to hold it down, as soon as he thought of the issue I felt his stomach scoot back

up past my hands! (For an instant I thought of the movie *Alien*, when the hidden creature pops out of actor John Hurt's abdomen and scoots past the crew.) This shows how stress can make things more problematic.

There is a strong allergy connection to HHS/VNI. It is well known that allergic reactions can increase heart rate, but so can an active hiatal hernia. To get well, one often has to learn to give up one's favourite foods as these are usually allergic/addictive. The HHS may be the earliest cause of gastro-oesophageal reflux disease (GORD or GERD), though the orthodox literature only denotes "an occasional link".

Helpful Recommendations for HHS

To help deal with HHS, it's recommended that you eat small meals, chew your food well 30 times, elevate the top of your bed by 6–9 inches (~15–23 centimetres)

Despite my trying to hold it down, as soon as he thought of the issue I felt his stomach scoot back up past my hands! This shows how stress can make things more problematic.

and/or get a wedge to sleep on, and sleep on memory foam. Don't eat spicy foods. Lose weight if possible. Avoid alcohol, tobacco, caffeine and nightshades (tomato, potato, etc.), and avoid or get muscle-tested for dairy, wheat, gluten, vinegar and citrus. Avoid fried or greasy foods, mints, nuts, soda, hot or cold food or drink, fats and oils including raw "nutritional" oils, and clothing that's tight at the waist. Don't eat less than three hours before going to sleep. Try a liquid diet, juicing or baby food if you're suffering greatly. Don't eat too much roughage or take many tablets or capsules at once.

Bed elevation is crucial for easing hiatal hernia. It may be a shock to learn that until about 200 years ago, people slept in the *seated* position against a wall (see *The History Channel video Cities of the Underworld: Freemason Underground*). Elevate the top of the bed by 6–9 inches by placing cinder (concrete) blocks, or anything sturdy, under the top posts/legs. You can also buy a wedge to sleep on, or you can do both. Some wedges even have memory foam on top. Purchase a new mattress with memory-foam padding, or the less expensive 2–4 inch (~5–10 cm) overlay for the whole bed, to prevent and to overcome trigger points. The new padding may need to be outgassed for several weeks or months before use, for those with MCS. Some sources recommend sleeping on the back or on the left side, not on the right side. If you have certain heart conditions, you may have to avoid left-side sleeping as well. Lifting, bending, sneezing, coughing, stress and many other factors can immediately push the stomach back up through the diaphragm.

Diet constraints cannot be overemphasised in keeping HHS in check. Eating only small meals is key. Getting complete food-allergy testing, via kinesiology, and possibly rotating foods to avoid new food allergies can be crucial. Avoiding greasy and spicy foods is also essential. I have found that roughage may have disastrous consequences for the HHS sufferer: the fibre may immediately push the stomach back up, or worsen the condition itself. Likewise with nuts and seeds. So, only soft foods, cooked foods or juices should be consumed at first. A pure juice diet may have healing potential, at least in part, because the liquid diet may allow HHS/VNI to heal!

Taking supplements may cause or exacerbate HHS. The hard tablets and capsules (until they dissolve) may also push the stomach right back up through the diaphragm.

Some people take dozens of supplements *at the same time*. Not recommended! It may be necessary to pull capsules apart and put the contents into a liquid, or cut down on supplements until healing has occurred. Always remember that any food or supplement that shocks the stomach or oesophagus can immediately bring back the hernia.

The Oesophagus Connection

Let us now take an important detour to the oesophagus. Some of the complaints attributable to hiatal hernia may be caused by the so-called Schatzki's ring and not the hernia itself, or by both. Schatzki's ring is a disorder of the lower oesophageal sphincter (LOS or LES). The LES acts like a valve between the oesophagus and the stomach. Schatzki's ring is a hardened, thickened, multifold, scar-type tissue. If this ring is present, the LES doesn't function properly. It may be open when it should be closed, causing reflux, or it may be closed when it should be open. The latter condition may trap food above the ring. There may be constriction. Trapped food, or spasms of the oesophagus, can then cause breathing difficulty (asthma, etc.), tachycardia or other arrhythmia. Schatzki's ring should show up on upper GI X-ray or endoscopy.

Breads and fibrous (tough) meats are more likely to get trapped at the LES ring. Dry foods (like bread) can be a problem, but *allergy* may also be a factor. "Steakhouse syndrome" is the nickname that ER personnel have given this syndrome. People come in with anxiety and

respiratory, cardiac or cardiac-like symptoms due to trapped food. Any hard food, tablet or capsule can get stuck. The person may have swallowing difficulty. Foods may need to be puréed in advanced cases, as peristalsis may be impaired. In the ER, sometimes an emergency endoscopy is performed to remove trapped food or tablets. Endoscopic stretching of the ring—via an inserted tool—may be recommended for Schatzki's ring *if there is narrowing* and if the person has swallowing difficulty. Some people report improvement in their health after this. Others report that the procedure only lasts for six months to a year, and have it done every year.

The cause of Schatzki's ring is "officially" unknown. Clinical radiologist O. Arthur Stiennon, MD, hypothesised that the entire LES/HHS is caused by a *hypercontraction of the longitudinal muscle of the oesophagus*. Stiennon speculated that the hiatal hernia, LES ring, hypo- or hyperacidity,

Bed elevation is crucial for easing hiatal hernia. It may be a shock to learn that until about 200 years ago, people slept in the *seated* position against a wall.

GERD and swallowing difficulties all stem from oesophageal longitudinal muscle contraction (OLMC or ELMC). *This contraction then forcibly pulls up the stomach.* Stiennon speculated that fats entering the duodenum trigger the contraction of the oesophageal longitudinal muscle and the whole syndrome. Thus, avoiding *all* fats, oils, meats and dairy may help alleviate this syndrome.

Trigger points could also cause ELMC. The vagus nerve may be involved at the beginning or the end of this syndrome, or both. Scars can cause trigger points. Tonsillectomy and the resultant throat scar can be causative here. Of course, the reason the person may have "needed" a tonsillectomy is that throat problems already existed. Any allergic reaction to any food may play a role. The throat itself may start a chain reaction. Some people have an excess of complement (an immune system component) in their throats. An adverse reaction could start with chewing/swallowing a reactive food. Then the vagus nerve goes hyper, and the oesophageal muscles spasm and pull the stomach up—and on the scenario goes. I have seen consumption of chicken or its fat do this with several people.

Hiatal Hernia Testing and Treatment

Getting back to the hernia now, avoiding caffeine and any other neurotoxins and/or excitotoxins, such as the ubiquitous monosodium glutamate (MSG) or aspartame, is important. Perhaps the most nerve-damaging substance is mercury. Soda, with the extra gas it contains, should be avoided. Trapped gas makes this syndrome much worse. Indeed, the sufferer may have episodes of feeling as if s/he is dying, sometimes accompanied by a racing heart, hypertension and asthma or some breathing difficulty, only to be relieved by minutes or hours of belching or perhaps the gas passes down the other way. Proper food combining may help prevent gas. Avoid protein and carbs at the same meal. When the stomach goes back down, much gurgling is often audible. One hundred years ago, medical schools taught Roemheld's syndrome, which described significant cardiac complaints arising from stomach problems. Similarly, ancient medical literature described asthma as a *stomach-originating complaint*.

Medical testing for HH may miss it. Less expensive is the upper GI X-ray series, done after ingesting a radioactive "milkshake". To help find the HH—after missing many—some tilting of the patient was added during the procedure. The far more involved test is the endoscopy (EGD). This may sometimes miss the HH also, if the anaesthetic/sedative relaxes the system

sufficiently and the stomach temporarily drops below the diaphragm. The HH *may* be found with either the upper GI X-rays or the endoscopy, or quickly via kinesiology.

It may not be possible to overcome HHS/VNI unless the sufferer becomes thin. This can be difficult due to other conditions. Many forms of exercise will exacerbate the hernia. Finding some exercise regimen that doesn't worsen the hernia is important, as is taking it slowly and steadily. It may be very problematic to become thin, as one complaint for HHS/VNI is that eating when the stomach is up may immediately cause the sufferer to get hungrier (and not satiated) as s/he eats! Overeating—one of the worst things for this condition—often results. Many cases of "hypoglycaemia" may really be HHS/VNI, and not hypoglycaemia, or perhaps HHS/VNI is one of the exacerbating factors of hypoglycaemia—as are allergies, parasitosis and porphyria.

I've seen blood sugars normalise from 60 to 90 mg/dL

I've seen blood sugars normalise from 60 to 90 mg/dL, and low body temperatures also normalise from 95° to 98° F, almost instantly after correcting HHS/VNI!

[3.3 to 5.0 mmol/L], and low body temperatures also normalise from 95° to 98° degrees F [~35–36.7°C], almost instantly after correcting HHS/VNI! This is probably due to correcting excess energy in the vagus nerve. Once I showed a student how to correct my hiatal hernia, and I then felt my assumed low blood sugar feeling immediately go away, as my glucose meter went from 60 to 90 mg/dL. And I have seen clients with thyroid disorders have their low body temperatures rise by

several degrees instantly, also after HHS/VNI correction. (Blood sugar and body temperature will often not be fixed by HH correction.)

HHS/VNI may be one of the hidden causes of obesity. But when the vagus nerve is even more imbalanced, a *loss of appetite and emaciation* may result. The sufferer is then in an even more dangerous condition, perhaps with adrenal failure at that point.

HHS/VNI: The Cause of Many Illnesses

I assert that HHS/VNI is a large part of the cause of various illnesses in children and of the asthma epidemic in adults and children. Asthma—often a non-wheezing, undiagnosed variation that includes locked-up chest muscles—may be one of the most frequent "side effects" of HH. It is never "too early" to get the stomach down.

I have found that children with learning and behavioural disorders such as dyslexia, ADD, ADHD, Asperger's syndrome, autism, asthma and allergies almost always have HHS/VNI. The hyperactive child's inability to "sit still" could actually occur because the *seated position* often makes HHS/VNI much worse! Most seats, including car seats, may be very unnatural and may further stress the hernia.

Alleviating HH (in some people) has helped with all of the complaints or maladies listed above. HHS/VNI is either a primary cause of, or an exacerbating factor in, these symptoms or illnesses. Some of these symptoms or organ disorders can arise from direct over-energy from the vagus nerve's connection to these organs, or by secondary nerve imbalance, as these other nerves interact with the vagus nerve, or from digestive disorder begun in the stomach, or by systemic pH imbalance. Of course, oriental knowledge has revealed that when we don't breathe properly, any imbalance can then result. Likewise, when adrenal exhaustion sets in from the continual stress of HHS/VNI, all the other organs in the body will weaken. Fixing, or attempting to fix, resultant problems is of very limited value unless and until the earliest causative factors are found and dealt with, if possible.

The reason why HHS is considered to be "minor" by the medical orthodoxy is because most medical practitioners have not observed how so many seemingly unconnected illnesses can often be improved immediately by getting the stomach down below the diaphragm. Of course, decades—perhaps a lifetime—can go by without most people ever getting their "hidden" hiatal hernia corrected. The illnesses it has caused—directly or indirectly—will then be even harder to connect to HHS/VNI.

A hyperexcited vagus nerve will make the subject overreactive to factors in his/her environment, including chemical substances and electromagnetic fields (EMF). This overreactivity is further magnified if the subject has weak adrenal and/or thyroid glands, as these glands are needed to counter any stress.

Summing up, HHS/VNI can cause or exacerbate allergies and vice-versa. For those with environmental illness, the vagus nerve is more out of balance and they will be sicker, more anxiety-ridden and suffering from allergy-like reactions to foods, chemicals and EMF as well as more intolerant of emotional stress, temperature, light, sound and any stimulus. Likewise, I have found that if HHS/VNI exists, Buteyko breathing corrections may not work until the hiatal hernia is corrected. If HHS is corrected, breathing may normalise on its own.

Another factor that may relate to the vagus nerve is its diurnal cycle (high/low during 24 hours). Are you sicker, and more "allergic" to foods, chemicals or EMF at certain times of the day? This variation in your health, energy level, reactivity, etc., may be related to variations in your vagus nerve's energy level throughout the day. It could also be related to adrenal hormone variation or other factors. And all these could be interrelated. But make use of this knowledge to try to fix/balance things when

they are at their weakest, and/or to avoid any stressors—including foods, chemicals, EMF, etc.—when you are at your weakest.

Correcting the Hiatal Hernia and Vagus Nerve

Before hopefully getting the stomach back below the diaphragm, various techniques may be needed to correct an imbalanced or misshapen diaphragm. This correction then can normalise the diaphragm's movement. A stuck diaphragm is likely if there is chest pain, rib pain, breathing difficulty and bloating. The abdominal aorta and inferior vena cava may suffer fewer spasms when the diaphragm is corrected. But often the first thing to do is to try to calm the vagus nerve. We can restore balance to the vagus nerve by tapping the PC 6 acupuncture point, as it relates to the vagus nerve. This can relax the vagus nerve.

Instead of rushing to try to "pull the stomach down", which actually aggravates the problem in some people, I

try to re-set certain crucial trigger-points, which often allows the stomach to drop down on its own, thus halting the whole HHS/VNI affair, at least temporarily.

If you know muscle-testing, you can touch and muscle-test a point one inch (2.54 cm) below the xiphoid process—which is the bottom of the sternum, in the centre, where the ribs come together. The correction is to push a bit into this area with both thumbs, and then continue pressing in

as you slowly move your thumbs down and to the left 4–6 inches (~10–15 cm). Breathe out as you do this. Do it at least twice. Rest and see how you feel. You can do this several times per day. Before eating and before sleeping are good times to re-set your HH. Do it gently, at least at first; don't overdo it. Don't do it if you have much trapped gas. Don't do it if you think you might have some serious medical condition, like appendicitis, or any abdominal medical problem. Seek medical attention if that is the case.

There are many more advanced variations to the above "pull down" technique, and finding and fixing individual trigger-points is what I do first, often obviating the need for this. There are many more techniques for the diaphragm, the hernia and the vagus nerve.

Sometimes, after the stomach goes down, the subject smiles and feels like s/he is breathing properly for the first time in many years. The subject often reports standing taller and feeling stronger than s/he has in a while! I have seen oxygen saturation go from 88 to 98 per cent after HH correction! Sometimes, however, there is discomfort in the abdomen.

The subject often reports standing taller and feeling stronger than s/he has in a while! I have seen oxygen saturation go from 88 to 98 per cent after HH correction!

The person can feel really bad after someone does the "pull down": *the area was too sensitive to work on*. I muscle-test for this possibility and do other things instead. The "correction" can last as long as many months or as short as a few seconds, the latter case indicating that there are many other things to ascertain and work on. Reflexology for the solar plexus, diaphragm, pyloric valve and brain can also help. Meditation techniques may also help you and your stomach to stay in better balance. GABA (*gamma-aminobutyric acid*) may be a big help. Ginger can help with stomach complaints, but you can react to its strong flavour. Everything must be tested individually! You can also become allergic to something after taking it every day. Learning and practising proper breathing methods can be a big help. Besides ginger, various herbal substances such as comfrey, aloe vera, pau d'arco, celery and Swedish bitters *may* help HHS, as may the enzyme pepsin. Useful homoeopathic remedies include lycopodium, nux vomica and nux moschata. These must all be muscle-tested first. No nutraceutical is a substitute for keeping the stomach down and for making the diet and lifestyle changes needed.

What about surgery? One gastroenterologist told me that it often does not correct the problem and can cause new ones. It wraps the upper third of the stomach around the oesophagus. It does *not* pull the stomach down, and the hole in the diaphragm is not sewn up, as you might think. You will not be able to throw up afterwards, even if you need to do so.

HHS may be at least partially responsible for the near-epidemic level of sleep apnoea.

Obstructive sleep apnoea refers to a collapse of the airway (throat) muscles, causing a blockage in the flow of air. Central sleep apnoea occurs when the brain temporarily stops sending sufficient signals to the muscles that control breathing, including the diaphragm. Anyone who has trouble going to sleep and staying asleep, or who snores, wakes up gasping, is unrefreshed in the morning or is tired throughout the day, should have the polysomnography test. People who have died in their sleep may have had sleep apnoea induce a heart attack. Elevate the top of your bed as a first helper here.

Hiatal Hernia and Life Expectancy

Finally, the hiatal hernia may be a predictor of life expectancy, I have hypothesised. A recent advance in cardiology is the sub-field of heart rate variability (HRV).

HRV refers to statistical analyses of five-minute electrocardiograms. HRV analyses yielded the conclusion that *heart rate variability is perhaps the best predictor of life expectancy*. But HRV and even stress, "stress vulnerability" and "reactivity to stress" have been demonstrated to be highly dependent on the state of the vagus nerve. Thus we have come full circle and verified Dr Carey Reams's advice quoted at the outset: that illness begins with problems with the vagus nerve. HRV studies have now found that *life expectancy may depend on an optimum or balanced vagus nerve—and the vagus nerve cannot be in balance unless the stomach is down and stays down*.

The logical conclusion I have proposed is that the hiatal hernia—overlooked, in its totality, by nearly all of mainstream and alternative medicine—may indirectly be a great predictor of life expectancy! Though this may be the first time that this hiatal hernia/longevity hypothesis has been explicitly stated, it should not come as a surprise. Since this HHS problem often arises from the trauma of birth, or other stress or trauma shortly thereafter, it may well be the longest-standing, undetected, misunderstood, yet dangerous condition that the person has experienced since being born (not counting genetic factors).

Perhaps one day the best toasts for a friend's health and longevity will be: "May your stomach always be down!" and "May your vagus nerve always be in balance!" ∞

About the Author:

Steven Rochlitz, PhD, was originally a physics professor. For the past 30 years he has researched chronic and environmental illnesses and taught his seminars across the world. His

unique system incorporates kinesiology, nutrition and human ecology. He has written nine books. Further research is at his website <http://www.wellatlast.com>. Dr Rochlitz can be emailed at info@wellatlast.com.

Editor's Note:

This article is extracted from Dr Rochlitz's book *Hiatal Hernia Syndrome/Vagus Nerve Imbalance: A Missing Link To Chronic Illness, Allergies and Longevity, with Illustrated Corrections*. This book is also the last chapter in Dr Rochlitz's larger, breakthrough book *Porphyria: The Ultimate Cause of Chronic and Environmental Illnesses* (reviewed in NEXUS 18/02). See more at <http://www.wellatlast.com>. His articles "The Hole in the Heart and the Blood-Brain Barrier" and "Porphyria: A Cause of Chronic Illnesses" were published in NEXUS 18/03 and 18/01 respectively.

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ETs, Time Travellers and Self-Activating Machines



LINDA MOULTON HOWE

Internationally acclaimed, Emmy award winning TV producer, documentary film maker, author, investigative journalist, science reporter and editor of the award winning science, environment and real X Files news website www.earthfiles.com

In the mid-1980s, scientists in a Palo Alto, California, top secret laboratory were allegedly working under military control to understand and back-engineer extraterrestrial, dark, glassy objects dotted with odd symbols. In certain fields and frequencies, the dark, solid objects with no moving parts generate antigravity, invisibility and project 3-dimensional holographic images with the self-activating software provided by the symbols only - no hardware. Some of the symbols are also linked to a highly classified NASA program involving the moon.

Further, several features of the self-activating symbol software are found in some worldwide crop formations and raise the question: are crop formations self-activating software that have long provided data for ETs, time travellers or Other?

In December 1980, mysterious aerial lights, thin beams and a solid black, 9-foot-long, triangular machine that felt like glass were encountered in Rendlesham Forest near the RAF Bentwaters/Woodbridge joint American and UK air base - largest NATO base in Europe at the time. Former USAF Staff Sgt. James Penniston even touched the black, glassy object and odd symbols raised from the surface "like Braille." S/Sgt. Penniston's touch apparently activated zeros and ones that flooded his mind with binary code while a bright white light blinded his eyes.

Sgt. Penniston has been haunted with persistent impressions of time travellers on a mission to collect genetic material from Earth to help a civilization survive 40,000 years in the future.

Perth (Northbridge) - Saturday July 16; Alexander Library Theatre; 7pm
Tickets \$30- from BOCS Ticketing, 08 9484 1133 or www.BOCSticketing.com.au

Adelaide (Parkside) - Monday July 18; Tiffins on the Park, 176 Greenhill Road; 7pm
Tickets \$20- Reservations and contact Keith Basterfield - 0422 278 103

Sydney (Paddington) - Wednesday July 20; Paddington RSL; 220-232 Oxford St, 7pm
Tickets \$30- adm. \$20- pensioners and booking online.

Email: meganis4u@hotmail.com for tickets, or purchase at the door

QLD: Sunshine Coast - July 23-24-25; NEXUS Conference.

Tour enquiries: NEXUS Magazine - ph: 07 5442 9280

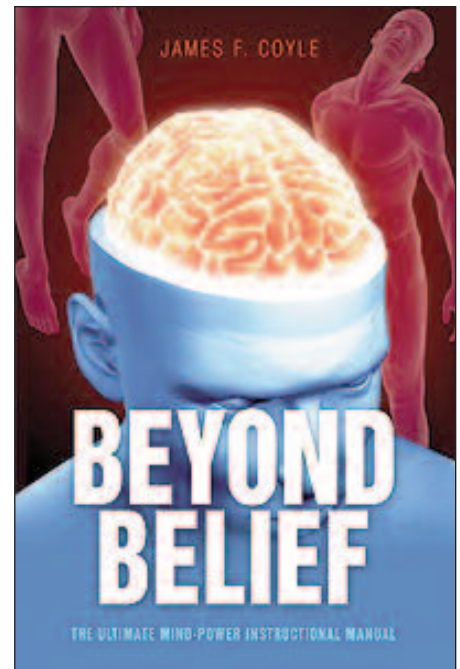
Beyond Belief

by James F. Coyle

THE ULTIMATE MIND-POWER MANUAL

If you were told that you could use your mind to influence a slot machine or dice fall ...would you find this beyond belief?

- Influence others in a win-win situation
- Influence Slot Machines or Dice fall
- Produce specific dreams to solve problems
- Use same dream technique to solve medical problems
- Determine luck cycle in advance for financial windfalls
- Enhance your intuition for spectacular lifestyle enhancement
- Learn techniques for automatically attracting good luck
- Use Remote Viewing to ascertain advantageous future situations
- Learn mental pendulum to ascertain winning situations secretly
- Plus many other secret techniques to give you the lifestyle you want



If you were told that you could use your mind in a telepathic manner to influence the thinking pattern of another individual or group of people ... would you believe it?

Would you find it somewhat amazing if you learnt that while in the alpha/theta state you can communicate quite easily with dolphins?

And if you were further told that you could instruct your subconscious mind to produce a specific dream to help you solve a problem ... and use an unusual intuitional mechanism to decode this dream ... would you find this a helpful ability?

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MYSTERY OF THE MISSING IMPLANTABLE MICROCHIPS

*A high-level
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and consultant
reveals that
advanced
implantable chip
technologies were
secretly stolen by
unknown agents
working on behalf
of powerful
supranational
interests.*

An interview with
William J. Pawelec
by
Dr Steven M. Greer
conducted in May 2001

The Disclosure Project
<http://www.disclosureproject.com>

William Pawelec gave a video interview with The Disclosure Project's founder and director Steven M. Greer, MD, prior to the 9 May 2001 disclosure conference at the National Press Club in Washington, DC. He asked that it not be released until after his death. Mr Pawelec passed away on 22 May 2007, and in December 2010 The Disclosure Project was given permission to release the interview. Following is an edited extract from our transcript of the interview, which can be viewed at <http://www.youtube.com/watch?v=yytSNQ2ogD4>. – Editor

Dr Steven Greer (SG): Can you give your name and a short bio of your military and government consultant career?

William Pawelec (WP): Okay. My name is William John Pawelec, and I'm fifty-six years old. My background initially started in the Air Force in the mid-1960s, where I was a computer operations and programming specialist first at Pope Air Force Base, after training, and then in Vietnam.

The first [UFO] event in my lifetime occurred then, that woke me to a new paradigm. That paradigm was that, late at night, a young lady and I were in the woods, about 30 miles southeast of Fayetteville, North Carolina, and had an unusual experience with a UFO at about 300-foot distance. The UFO prompted, before it showed up, to have all the frogs, the crickets and all those noise-makers late at night shut off like a light switch. And it appeared 20, 30 seconds later and passed by us at about 200 to 300 feet on a line only 40 to 50 feet away from us, heading from a southeast to a northwest direction, about 11.25 at night. After it disappeared over the northwest end of a small lake we were by, there was a continued period of silence for another 20 or 30 seconds, and the frogs, crickets and all the other noise-makers at night wound up turning back on, like somebody again had thrown a light switch. That event was rather dramatic in my mind, in that it prompted me to start questioning what was really going on in the world. This was a late-night, clear-night sighting up close, and it could not be mistaken for a helicopter or any other plane that I was aware of that the Air Force had back in '66.

From that point on, I went to Vietnam. In my work, we became very involved with processing and sending onto Washington intelligence data. This was in addition to our normal computer load of maintenance reports, payroll, etc. In that situation, it became quickly evident that we could have fought this war at a much higher level and much more efficiently than it was intended. It became obvious to all of us that it was a political war, and not to be won. After that experience, I left the military in spite of the fact that almost everybody in the computer science arena was asked to stay on. In fact, the Air Force encouraged us by promising us four-year college degrees, fully paid officer's salary while we were in, but none of us stayed.

Several years later, I got back into using my computer knowledge when my first wife passed away in '77 and I was asked to come and help get a firm to

grow, called Rusco Electronics. In the late '70s, Rusco Electronics was the largest manufacturer and installer of access-control equipment in the world. A friend of mine had asked me to help him because he wanted to leave the company and start his own company, and I said "Yeah, I'd love to". It quickly became apparent that everybody in the security industry was back in the old relay days, philosophically and technologically, and that the industry did not have very many people with computer expertise. What quickly occurred, in just a year or two, was I went from doing corporate-level work in the Denver area, which at the time was growing like a mushroom, to doing military work, national work, and getting my security clearance back and activated again. This led to doing a lot of work for the State Department and eventually, by 1980, realising that the firm I was with was about ready to be left in the dust technologically.

I started my own firm with two other engineers in Denver: one from Hughes, who was based at the time at Buckley Air National Guard Base, which was actually a primary site for reception of satellite data for national security purposes, and another friend from Lockheed. Well, it is Lockheed Martin today, but it was Martin Marietta back in those days.

We started the firm and developed within nine months the most powerful electronic security system available at the time. In fact, we prided ourselves on having a form of Windows before Macintosh on our systems, without any command codes—you just punch and click and move windows around. We did a lot of work. We at one time were doing 17, 18 major systems around the country. In fact, we did five alone for Federal Express, and we linked these systems into a war-room-type environment back at their headquarters in Memphis at the time, called The Pony Farm, through a satellite link. We were one of the first ones to link security systems at separate sites back through satellite linkages. This led to a lot of other projects, and eventually, when I finally left my own firm that we helped start in '84, I started working for "Beltway bandit"—type consulting firms—this would be SIC, Trade Corp, EG&G, etc.—either as a contractor for them or as an employee for a period of time.

It was at this time, again, that I realised that there was something amiss, during this period of time while I was developing security systems out of a national security interest in addition to large corporate systems. I needed to find a security system in this marketplace that was as complex as any web network today, and the systems would run from a half-million to 25 million dollars just for the hardware.

These systems that we worked on were starting to be placed in areas that surprised me. There was one particular project when I was at EG&G where we were tasked for designing a system for a base. It amused me at the time: nobody seemed to be aware of [a base] in Nevada, called Tonopah base, east-southeast of the little old mining town at Tonopah, and that this base was actually where the F-117s were kept when they went operational. They were never kept at Groom Lake; that was only for testing purposes. The entire wing was based there at the time. What concerned me was that there was a decision we had to make on what was going on at Tonopah. There were facilities deep underground there that were secured. There were elevators that would go up and down, very large elevators that could take craft, much like the elevators on an aircraft carrier but in a land-based environment. These went very deep underground. The equipment that we could see underground, around, was not that which would run a

normal aircraft: generators, air conditioners, etc. There was a totally different type of equipment.

Now, one of the things that interested me after I left that project several years later was that they finally announced the F-117, and one of the concerns I would have is: what is being done with Tonopah now? They [the F-117s] were moved in a rush, a very big rush, and if I remember the number right it

was 75 million dollars spent in only a nine-month period to prepare Holloman [Air Force Base] for the F-117s. Now, that's okay, but why the rush to get them out of Tonopah—with some of the facilities that are deep underground becoming activated on a full-time basis, not just for testing purposes? They needed to remove those planes and those crews and support staff to Holloman and to prepare in a rather large rush for a new project to be brought in there. But none of the indications we had, or my staff had that would actually install the security equipment, was that it was like any other plane, even something as broad-ranging as the *Aurora* that we have all heard about to one degree or another.

Intrigue with Implantable Microchips

But I need to back up a bit. There is another subject I need to broach, above and beyond the ufology subject that I got involved with, that relates to this when we talk about alternative government control mechanisms. One of my favourite hobbies has always been tracking new technologies, and hopefully so it benefits in business. In '79, living and working in Denver, I came across the company—that if necessary I can provide documents

"...there was a decision we had to make on what was going on at Tonopah. There were facilities deep underground there that were secured."

for—in Northglenn, Colorado, which is a northern suburb of Denver, that was developing an implantable chip, originally for horses, because there was a major problem then, and there may still be today, of shilling of horses. He [from the company] was attempting, through good faith, to develop a technology to give a unique signature to every single horse. That "pill", if you want to call it that, intelligent pill, at the time was already small enough to implant under the skin with a horse needle, a large hypodermic needle. I was shown these, and they worked. We could read them with a primitive hand-wand-type reader from about seven or eight feet away. And this was still primitive technology.

Now, at the time in the security industry, a lot of us had concerns about tracking and locating people that had been kidnapped—particularly with what was going on in Europe, when we were having NATO officers, even the [former] Prime Minister of Italy, kidnapped and these people were drained or they were brutalised or both—and one of the goals of the industry was to develop technology that would allow us to track these people or locate them quickly, hopefully to save their lives, but on a secondary basis to keep them from being drained of sensitive information.

I brought this technology to a meeting in a SCIF room in Virginia that was arranged by a friend of mine with the CIA and another friend of mine with the State Department at the time, to introduce this technology to what we felt at the time were the right parties to use this new technology responsibly. [SCIF is the acronym for "sensitive compartmented information facility"; Ed.]

Now, I hadn't heard about the Remnant or any other religious beliefs at the time that said that everybody was going to be implanted with some sort of marking system à la "the Beast" or 666, etc. I wasn't even aware of that stuff at the time. And I was taking this as a serious solution to a problem that would not go away.

Because of the type of meetings we were involved with, certain people would not introduce their...give you their full name or where they came from. I just had to trust that my two contacts had contacted the right parties to be there at the right time and that they would all be responsible individuals. That was a mistake. After that meeting, I discovered that two of the people in the meeting had never been asked there, yet they knew about the meeting, they knew *what* it was about, they

knew *who* was going to be there. Later research indicated that one of them actually worked for the Department of Agriculture and one of them worked for the Department of the Treasury. What prompted our looking at these two men was that the way they asked the questions, the questions they asked, the attitude behind them, even the body language indicated that they had reasons for the use of this technology other than the one that was intended at the meeting. In fact, their largest concern was: how fast can we make a couple billion of them, and could each one of those get a unique identity number?

Now, this particular pill-shaped device, very minute, had a lot of flexibility in its capabilities. It was basically just a, almost a transponder. You would send a frequency to it and it would respond back with its unique number, which could not be changed once the chip was made. Yet there were a lot of capabilities that could be added to this chip, such as monitoring temperature, blood pressure, pulse and even waveforms out of the brain, but that was for research down the road.

This gentleman never had to worry about money again, and he quietly passed on a lot of this technology to somebody we never knew. This concerned my contacts in Washington because it never went anywhere with them. Somebody else took it and ran with it, and we never knew who it was.

Another Infiltrated Meeting

Now, in 1984, I found another technology by sniffing the literature of our industry and a dozen other industries, and I found that there was a professor at the University of New South

Wales, whom I still have the files on, that had discovered a way to make a microscopic lithium niobate chip. By accident he had scratched it, and he had an RF transmitter there and he had a receiver on by sheer chance, and he found that at a certain frequency he could send an energy beam to the chip and it would respond back with a number. He worked on that technology, and that technology eventually I found out about.

We flew him into Denver, to our company, Systems Group of Colorado, and we did a test. He had some primitive small chips he'd brought with him that are totally passive and very small, 32ndth of an inch and only a couple of thousandths thick, and by etching them you could again create a unique signature, unique to

"...I discovered that two of the people in the meeting had never been asked there, yet they knew about the meeting, they knew *what* it was about, they knew *who* was going to be there."

each one. And this one theoretically, depending on the size of it and the size of the etching, could have a unique number in the billions and billions. In fact, the test we did was amusing in that we set up a transmitter and a receiver based on removing an air grille from our drop ceiling and plugging up our transceiver into that as our antenna. And we were able to read that thing, glued to a little piece of cardboard from a hundred feet away with a piece of grille out of a drop ceiling, which was a pretty primitive antenna. We didn't know what frequency he was dealing with, so we had to come up with some kind of instant generic antenna. We were so impressed with the capabilities of this: it would read through thin layers of material like thin plywood. We were so impressed that again I felt that this was a technology that truly had some value, because we also discovered in some testing and in the paperwork he had with him that, if we had a microscopic coil antenna with this, we could read this from a mile away.

A few weeks later he got back to me and said that if we had an antenna, a coil antenna two inches in diameter with a chip in the middle...what the antenna's actually doing is acting as an amplifier to a great extent, and what it sends back out is an harmonic of the original frequency. His numbers-crunching showed that he could read this thing from 120 kilometres in space. There were other attributes to this chip that could be tied into it, especially if it was powered in some minute way.

Well, again I took this—and a lot more care this time—to a meeting that we had in Virginia at a subcontractor's company that I knew, that does a lot of work for the intel community. This time I had the director of security for all of State Department there, and again a good friend from CIA. *Again* we had, at the last minute, people walk in the door with the right credentials and we didn't know who they were exactly. It turns out, *again*, we had people, two this time again, who after the meeting we realised shouldn't have been there. And yet they had credentials that were awesome. Afterwards I found out they had never been called by my two contacts, yet they knew about our phone calls. They knew of exactly what time, what place, and what we were going to be talking about. And supposedly my phone calls had been made over secure phone lines.

I have in my records, again, the name at the time of the head of security at State Department—and I got to know him well because I designed the security system, at least

a major portion of it, for the headquarters in Foggy Bottom in DC. So he and I knew each other very well. One of the things that Bob wanted to do was, before he retired he wanted to have his family, particularly his two boys in high school, experience what it was like to live out of the country, so he actually gave himself the job: he demoted himself to head of security for East Africa. He and his family, shortly after this event, this meeting, moved to Kenya, to Nairobi, and he and I quietly kept in touch through our other contact in Washington. He kept probing who these two men were. What bothered me was that the professor all of a sudden got a giant grant, the technology was transferred, he never had to work again the rest of his life.

A friend of mine in San Francisco, whom I had quietly told about this technology, because he was involved with other aspects of national security and tracking people, got a project to do a physical security system—access control, cameras, intrusion monitoring, everything, the works—for a little company in Silicon Valley, and he said it was eerie to him but what they were making there looked eerily like what I had described to him. He built the security system in this modern fab [a chip-fabricating lab],

building billions of these little chips. He wound up a year later being asked if he wanted to buy the security system back; they were shutting the factory down after they'd made billions and billions of these little chips. It was a division of a rather major European electronics firm that had the plant—Siemens. What concerned me was that they had built these chips, and who knows what happened to them. They built them in the billions, in

volume, because they're so small that you could take a six-inch wafer and make hundreds of thousands of them on a wafer—and they disappeared somewhere.

Bob did not give up trying to find out who these guys were and who they worked for, what their agendas were. He and I had had long talks—now by the mid-'80s—about what was really going on in government, who was controlling what, what concerns he had, because he had come to the realisation there were a lot of things going on that weren't right. He had supposedly made some contacts to find out more of what was going on, and he had contacted our mutual friend at CIA, another long-term contractor—been involved since World War II in the very founding of the CIA—who got in touch with me and said Bob's got something hot, and when he's back in the

"What concerned me was that they had built these chips, and who knows what happened to them. They built them in the billions, in volume...and they disappeared somewhere."

country again on business we are going to get a meeting.

A few days later, Bob was on his way to work, just after dropping the two boys off at a private high school, I believe, in Nairobi. He was on the way to the embassy, and he was broadsided at a stop-light at 60 mph by a reinforced Land Rover. He was killed instantly. The Brit, that supposedly was drunk at six, seven in the morning, was taken to the hospital and immediately disappears, and all the evidence he had given in the way of documentation was proven to be phony as to who he was. Bob was killed. It was a hit. It has always concerned me that he had got a little too close to who had been involved with this implantable chip technology. We'd been trying for a couple of years then, quietly trying to find out who had been doing it without our government realising it was going on. Whoever it is has got total ability to penetrate anytime, anywhere, our government and locate what is going on—instantly.

Secret Power Groups

SG: Who do you think they are?

WP: Research since the early 1980s on my own and with some friends indicates that we have at least four power groups in the world. They have wealth beyond all imagination. They have advanced technologies. They have taken over various programs, particularly black programs, within our government and probably even the Russian government and the Chinese. Politics to them as we know it is not the same. They have agendas totally unlike what our government's, what we perceive our government's, agendas really are. They are able to track, unbelievably, what's going on around them at a minute level. And who these people are...we just simply call them "the Four Horsemen". These Horsemen work together at times, and they work against each other at times. There's an ongoing battle between them, at a low level, as to who's going to be top dog in the world. The one commonality to all four appears to be an absolute desire for control, of everything and everything. We believe this is what was causing a lot of strange things to happen in Nevada that we were experiencing, and in a strange way correlates also with what happened with these implantable chip technologies that I personally brought, now I look at it, to the wrong people in the government because we never got to use that technology for what we really intended it to be used for.

SG: These two men that came to the meeting: what credentials did they show to get in? Were they FBI?

WP: Above and beyond that. They were NSA, NRO, that sort of credential. But we would later check, and they didn't exist. They did not exist. Yet their

credentials were spotless, even to the point where, if it was an access-control requirement, the identification systems that they carried passed all the access-control-mechanism requirements we had, be it biometric, be it fingerprint, be it eyeball, be it anything, even to access-code numbers. They *knew* it all, they *had* it all, and it was better quality than actually what the agencies had, which is most enlightening. It means unlimited budgets.

SG: Do you think these were, in a sense, privatised operations, international corporate or institutional-backed entities?

WP: If they are, it's at a level way beyond any of the corporate security people I've ever worked with—and I've worked with all the major oil companies, all the major computer companies, on designing very-high-end security systems. The one area that I will say that is strange is the aerospace industry in this country. I did a lot of work for several of the aerospace companies, either

in the way of physical design of systems or, in the least, consulting.

There's a lot of work going on in the aerospace industry that would indicate that we have black projects that have gone even darker, and that there's work being done on electrogravitics, on scalar technology, etc., that we don't even think that those in Congress or even in the military that approve black budgets are

aware of. They've been taken offline. They're funded through some other mechanism.

SG: What do you think is being done with these implants?

WP: I think they've been distributed. I have indications in the military that a lot of our Special Forces units have been implanted over the last ten years, if not longer now, and that there are other people that have been implanted.

SG: The group that is running a lot of covert projects: what do you see as the agenda, and what agendas are operating?

WP: I believe, Steve, that my initial view on what the agendas were behind various black projects—back in the '70s and early '80s when I first became really aware of what was going on, above and beyond my own political attitudes on how the world really turned—was one of still of a good basis. They were looking to defend the United States. They were looking to protect the free world. But if you get into the situation, more and more it becomes evident that they have agendas that are independent of the goals of the United States. The attitude seems to be one of control—power and control. I guess you could call that almost the second-oldest profession in the world. ∞

"Research...indicates that we have at least four power groups in the world. They have wealth beyond all imagination. They have advanced technologies."

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PAST-LIFE REGRESSION AN ANCIENT HEALING TOOL

Ancient Indian teachings refer to reincarnation as well as to techniques that can heal disorders or traumas resulting from previous lives. These past-life healing techniques are gaining wider acceptance in the West.

by Charu Bahri © 2010

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RELIEVE THE PAST AND RELIEVE SUFFERING!

Past-life regression (PLR) is the practice of journeying into one's past lives during a state of hypnosis. Though past-life regression has found popularity in western cultures only in the last five decades, techniques to regress an individual to his (or her) past lives have been around for considerably longer in the East.

Past-Life Wisdom in Hinduism

In India, past-life regression is widely accepted as a healing therapy because it resonates with Hindu beliefs about death and rebirth. Kondaveti Newton, MD, founder of the Life Research Academy¹ and a past-life therapist based in Hyderabad, quotes (Lord) Sri Krishna's words from the Hindu holy text, the Bhagavad Gita, to explain this better: "As a man, casting off worn-out garments, takes new ones, so the dweller in the body, casting off worn-out bodies, enters into others that are new." The Gita also reads: "The misdeeds of our past lives torment us in the form of illnesses or ailments."

Dr Newton points out that every ailment, whether of body or mind, has its root cause in the actions of past lives. That is why past-life regression makes sense: it is a means to tap into the human psyche to unearth the reasons for its present discomfort. Bringing the cause and effect together with appreciation for the association between the two helps the soul nullify the effects of past deeds (*karma*).

The practice of past-life regression is clearly mentioned in the Upanishads, a set of sacred Indian texts dating back 5,000 years. It is also discussed in detail in the Yoga Sutras of Patanjali, a Hindu scholar of the second century BCE. Hinduism proposes that the soul takes rebirth again and again until it experiences detachment from worldly ties and thus goes on to achieve salvation.²

Patanjali believed that the soul's journey through birth after birth becomes progressively harder as it is burdened with the memories and the *karma* of its previous lives. He wrote about *prati prasav*, literally meaning "reverse birthing", as a means to be born again in the memory of past trauma in order to understand and address problems in the current life.

Past-life-regression healing therapists in India understand that healing happens when the individual goes back to the cause and understands that problems experienced in the present life stem from the unfinished business of previous lives. They use *prati prasav*, or past-life regression, to help individuals resolve conflicts carried forth from past lifetimes and experience healing. Though this aspect is not practised so much in modern-day India, therapists believe that *prati prasav* could also be used to remember our past learnings and skills (*sadhanas*, in Hindustani) to pick up from where we left off in a previous life.

References to PLR in Buddhism

According to Dr Newton, past-life regression also has mention in other religions prevailing in ancient and mediaeval India because there was a greater understanding then about the law of cause and effect (of actions), also known as the law of *karma*. "Buddha's Jataka tales and [the founder of Jainism] Mahavir's *Jati Smaran* were not just teachings, they were practical tools to relive the past causes and thereby relieve the present effects," he notes.³

After all, reincarnation is an integral part of Buddhism, which is why Buddhist priests say that one of the main objectives of life is to be able to die well—that is, as consciously and as easily as is possible—to achieve eternal freedom from the material world or cycle of rebirth. They tell of how the intensity of unfulfilled desires and emotions can retard the soul's afterlife passage to a higher plane, like carrying too much baggage with you when you're journeying solo. For these reasons, they advise meditating on the divine at the moment of death, and to make this easier they have a tradition that involves a lama or priest reading aloud from the *Tibetan Book of the Dead* (*Bardo Thodol*), telling an individual who is on his or her deathbed not to fear death. The book describes how a soul just released from a body hungers for the experiences of its last mortal life. This desire, as it were, leads the soul to return to the material world to experience life once again. This also means that a dying thought, such as "I can't leave so and so person", may play over and over again in the mind of the soul, after

death, and attract the newly departed soul to take rebirth and fulfil these last thoughts.

Sogyal Rinpoche wrote in *The Tibetan Book of Living and Dying*⁴ that consciousness vibrates hundreds of times faster when it is free of the body (such as after death), meaning that thoughts arising in the conscious mind after death manifest as though instantaneously. This suggests that we create our reality in the afterlife, just as we do in life but only far more forcefully.

Psychiatric Practices akin to PLR Healing

The Hindu and Buddhist belief that consciousness survives death, and carries imprints from its past incarnations, forms the basis for past-life regression therapy as it is practised in the West today. Tapping into these memories helps one understand and surmount deep-rooted problematic emotions. For all that it may sound unscientific, the practice of past-life regression finds resonance in the psychological healing

approach known as psychoanalysis, pioneered by Josef Breuer and Sigmund Freud in Vienna, Austria, in the 1890s. According to interdisciplinary cosmologist Paul Von Ward, Breuer and Freud:

"...learned that [emotional] symptoms could be reduced by exposing unrecognized emotional links between a repressed memory of an actual past event and its current psychological and physical effects.

"Freud developed the concept of free association as a technique to recover long-lost feelings associated with a traumatic incident. He used hypnosis to get past the patient's resistance to recalling what had been such a shock in the first place. He would then take people back to earlier events, particularly things that happened in childhood."⁵

These techniques are still being used by psychiatrists and psychologists, albeit in modified versions, to help clients relive memories of traumatic events—memories which adversely affect their physical and mental health—and thereby release the blocked energies through conscious resolution.

The success of these methods raises a pertinent question: if the recovery of suppressed childhood memories helps people solve some psychological issues, should not recovery of memories from an earlier lifetime have a similar, if not deeper, effect?

This suggests that we create our reality in the afterlife, just as we do in life but only far more forcefully.



Validating PLR Healing

During the 1970s, Roger Woolger, PhD, a graduate of Oxford University and a certified Jungian analyst, critically reviewed the work of others on reincarnation and also experimented with a colleague's technique to regress himself to a possible past life. Interestingly, though Dr Woolger found himself experiencing "unexpected images and feelings" when he self-regressed, he remained sceptical about the theory of reincarnation. Nevertheless, he practised regression on his clients and found that some slipped into memories that seemed to come from before their childhood.

As Paul Von Ward commented: "Those memories, once awakened, seemed to allow the patients to cope with their shadow sides of unsociable, violent, angry or brutal tendencies. A time of 'reliving' memories of traumatic events in a postulated previous life obviously facilitated the release of psychological burdens in this life."⁶

Convinced of the psychological healing power of recovering alleged past-life memories, Dr Woolger went on to describe in his book *Other Lives, Other Selves*⁷ how some individuals gain psychological relief through what they believe to be the remembering and re-experiencing of the events from past lives.

What is noteworthy is that Dr Woolger saw how patients who relived trauma in their past lives experienced the disappearance of their physical symptoms. In his book, as Von Ward explains, Dr Woolger "...recounts the stories of a man with a[n] hysterically paralysed arm, a woman with a serious illness affecting her back, and an osteopath with incurable sinusitis. In each case, the alleged remembering of specific lives enabled physical as well as emotional healing. One learned of a past life involving an accident resulting in a broken arm. Another recalled a past life of a pioneer woman who broke her back in a wagon wreck. The osteopath became well after resurfacing the feelings he had, suffering from a cold at camp while his mother lay dying at home."⁸

Scepticism about PLR Healing

Brian L. Weiss, MD, a graduate of Columbia University and Yale Medical School and Chairman Emeritus of Psychiatry at the Mount Sinai Medical Center in Miami, Florida, is a well-known voice in support of past-life-regression healing. In 2008, Dr Weiss was called upon to perform a past-life regression on a volunteer during a

segment on *The Oprah Winfrey Show*. Winfrey had Mehmet Oz, MD, Professor of Surgery at Columbia University, sitting in on the show to lend objectivity to the proceedings. After witnessing the past-life regression, Dr Oz opined that there are three ways in which people could react after seeing what he just had. "The skeptic," he said, "might explain it away, saying Jodi [the volunteer] is a person with needs who merely wishes the past-life regression can help her."⁹

Sceptics of hypnosis point out that patients being hypnotised are nudged by the practitioner to recollect certain memories. Practitioners ask the subject a series of questions to induce memories and identities of previous lives and also create linkages between present problems and past-life experiences. It is said that many subjects, in deep hypnosis, are vulnerable and will act on the slightest hint given to them, seeking to supply the answer they subconsciously believe the hypnotist wishes to hear. Such hypnosis is largely a matter of releasing relevant details from the brain's incredible capacity for fantasy as well as for storing information. The conscious (hypnotised) mind, when fed these answers, wakes up from hypnosis feeling refreshed and relieved of its symptoms. Sceptics believe that the memories are at best fabricated by the subconscious mind.

Sceptics of the theory of reincarnation abound, especially in the West where the practice has emerged as a highly contentious issue. In western cultures that traditionally do not have a belief in the concept of rebirth of the human soul, past-life regression has been slammed as fraudulent and the supposedly recalled memories as fictitious or false, being mere products of human imagination run wild and sometimes, intentionally or unintentionally, based on cues given by the hypnotist.

In western cultures that traditionally do not have a belief in the concept of rebirth of the human soul, past-life regression has been slammed as fraudulent and the supposedly recalled memories as fictitious or false...

Nonsensical Recall

To be fair to sceptics, individuals of sound mind would waver before giving a few of the much-publicised cases of past-life regression dating back to the 1950s the benefit of the doubt, so unfounded were the claims.

In one such example dating back to 1952, Colorado businessman and amateur hypnotist Morey Bernstein put housewife Virginia Tighe of Pueblo, Colorado, into a state of trance that sparked off startling revelations about Tighe's alleged past life as a 19th-century Irishwoman. Bernstein hypnotically regressed Tighe to

her childhood and was then surprised to find that she appeared to slip further back to a previous incarnation, as Irishwoman Bridey Murphy.¹⁰

To cut a long story short, Tighe described herself as eight-year-old Bridey living in a wooden house called The Meadows in Cork, Ireland. She said that she was the daughter of Duncan Murphy, a barrister, and his wife Kathleen, and that she married lawyer Sean Brian McCarthy at the age of seventeen and moved to Belfast. Bridey narrated the details of a fall that caused her death, and she described her own funeral as well as her tombstone and the state of being in life after death. Bernstein published a book¹¹ on the case which went on to become a bestseller—and also drew the attention of sceptics who believed that the case merited investigation.

According to the book, Virginia Tighe, born in the Midwest in 1923 (and referred to in the book as Ruth Simmons), had never been to Ireland and did not speak with even the slightest hint of an Irish accent. The investigating team found no records corresponding to Bridey's supposed birth and death dates or to a wooden house called The Meadows, only of a place by that name near Cork. They pointed out that most houses in Ireland were made of brick or stone and not of wood, as Bridey had described, and that she had incorrectly pronounced her husband's name. Only her descriptions of the Antrim coastline and her account of a journey from Belfast to Cork were accurate. She claimed that she went to a St Theresa's Church. There was indeed one where she said there was, but it was not built until after the supposed Bridey had died. The young Bridey shopped for provisions with a grocer named Farr, and it was discovered that such a grocer had existed.

Nevertheless, the inconsistencies in the story led the experts finally to turn to Tighe's own childhood and parentage to ferret out any Irish connection. They found that her parents were both part-Irish and that she had lived with them until the age of three (Bernstein had said that she was brought up by a Norwegian uncle and his German-Scottish-Irish wife). More significantly, they found that an Irish immigrant named Bridie Murphy Corkell (1892–1957) lived across the street from Tighe's childhood home in Chicago, Illinois.

Ask a scientist and the odds are that you will be told that Virginia Tighe's memories of her previous life can be explained as coming from her long-forgotten childhood.

But then, scientists are only now coming around to the idea of consciousness, or life, surviving the death of the body. As for consciousness taking on another mortal body, scientists are still far from figuring out that possibility.

In 1957, Martin Gardner, considered one of the most influential figures in scepticism, especially for his questioning of fringe science and New Age ideas, said: "Almost any hypnotic subject capable of going into a deep trance will babble about a previous incarnation if the hypnotist asks him to. He will babble just as freely about his future incarnations... In every case of this sort where there has been adequate checking on the subject's past, it has been found that the subject was weaving

together long-forgotten bits of information acquired during his early years."¹²

Expect Healing, and You Will Receive It

It cannot be said that the view of sceptics has no scientific validation. The late Dr Nicholas Spanos, who was the director of the Laboratory for Experimental Hypnosis and a professor at Carleton University in Ottawa, Canada, demonstrated that there are three important elements to a successful past-life regression. First, the subject must be hypnotisable.

Second, it helps if the subject is open to belief in reincarnation. The third most important element is that the hypnotist has to convey the expectation that the client really will remember a past life.¹³

The influence of the hypnotist's expectations was demonstrated by the late psychologist Robert Baker, PhD, one of the world's pre-eminent sceptical investigators of ghosts, alien abductions,

apparitions and other paranormal phenomena. He divided 60 students into three sections.

The first group was told that they were about to experience the most amazing therapy that would involve their actually recalling memories from a past life.

The second group was told that they were going to experience a therapy that may or may not be able to help them recall memories from a past life.

The third group was told that they were about to experience a crazy therapy that some believed was supposed to help them recall memories of a past life, even though it didn't really work on anyone who was normal. Then all three groups listened to the same hypnotic script. Eighty-five per cent of those in the first group recalled a memory from a past life, compared to

Dr Baker surmised that hypnosis used in past-life-regression healing helps recipients relax and also gives them suggestions and the impetus to imagine and even to fantasise.

only 60 per cent in the second group and 10 per cent in the third.¹⁴ Dr Baker surmised that hypnosis used in past-life-regression helps recipients relax and also gives them suggestions and the impetus to imagine and even to fantasise.¹⁵

Hold this thought for a minute and consider Dr Oz's two remaining descriptions of a witness's possible reaction to the past-life-regression healing seen on *The Oprah Winfrey Show* and reported on the show's website:

"Another explanation could be that past-life regression is something much larger. 'They might say that this is someone tapping into a collective unconsciousness,' Dr Oz says.

"Or it could be explained by new theories in physics that say there could potentially be 11 dimensions instead of the three—length, width and height—we normally perceive. 'Imagine that existence is really a series of shower curtains, each of which is a dimension, and sometimes those dimensions just ever so daintily touch and when they touch, weird things happen,' Dr Oz says. 'Is it a black hole? Is it a spiritual vision? Is it a reincarnation?'

"Dr Oz says that he does not know if what Dr Weiss does is actually helping people look backward to past lives. 'My thing is, what does it matter what you call it?' he says. 'Does it matter if you call it a master or if you call it an angel?'"¹⁶

There lies the crux. Irrespective of whether hypnosis does no more than take a subject back to his or her earliest memories of his childhood or encourages the subject to fantasise or actually regresses the subject to a past life, psychiatrists (think of the likes of Dr Roger Woolger and so many more) practising past-life-regression healing have observed actual personality changes in their clients. This is perhaps explained by the fact that hypnosis opens a doorway to an altered state of consciousness where we gain access to aspects of our minds normally locked away because of social and mental control—thus, we are given "permission" to fantasise and imagine in ways not normally allowed. Is there anything wrong with that, especially when the outcome is positive?

Wilja Witcombe, clinical hypnotherapist and founding partner of the Aura Hypnotherapy Centre in Chennai, is German by origin but lives in India where she practises hypnotherapy and past-life-regression therapy. According to Witcombe: "Most individuals are torn between inductive reasoning (intuition) and deductive reasoning (logic) in their daily lives. That is what makes past-life regression all the more invaluable as a healing tool. It bridges the healing of body and the healing of

the mind, so far considered separate disciplines."¹⁷ As for the belief that therapists nudge their client patients into making claims, she refutes this, saying: "Our role is to encourage regression through hypnosis. Once the patient is hypnotised, it is not the role of the therapist to hint at what the client's past trauma may have been, just the same as it is not for the therapist to question the claims made during the regression session. It is not our job to alter memories; we restrict ourselves to change the client's understanding of, and the emotions that surround, the memory. That is, our aim is healing. And if healing is achieved, what difference does it make whether the claims are wholly or partially true?"¹⁸

The insights of Carol Bowman's daughter Sarah, who challenged a sceptical psychologist on *The Oprah Winfrey Show* in 1994, are noteworthy in this regard. In her book *Children's Past Lives*,¹⁹ Bowman recalls Sarah stating: "I say it doesn't matter what it is. Maybe it's not religious...whatever you said that was. What matters is that I was afraid of fires and I'm not anymore. And Chase [Sarah's brother] had problems with his wrist and he had a fear and he's over that. What matters is that it helped us."²⁰

In a sense, Sarah's words represent the essence of this healing phenomenon. Isn't healing about helping people overcome personal issues?

Hard Evidence

In Dr Newton's opinion: "The availability of empirical data would help establish the validity of past-life regression and its therapeutic value. The larger the body of evidence, the easier it is for people to accept past-life regression as a therapy that has been verified for its efficacy and accuracy."²¹

No mention of validation of past-life regression can be made without referring to the late Ian Stevenson, MD, former head of the Department of Psychiatry, University of Virginia, and subsequent director of the Division of Personality Studies. Dr Stevenson dedicated much of his time and effort to reincarnation research. From the mid-1960s, he documented over 3,000 case studies, most of them involving children. His studies reveal convincing scientific evidence, if not "proof", of reincarnation. Dr Stevenson methodically documented statements made by children, and subsequently proceeded to identify the deceased person that the child remembers being and verify the facts of the deceased person's life that match the child's memory. He even matched birthmarks and birth defects to wounds and scars on the deceased, verified by medical records. In cases where he was able to identify the deceased person, he found that the details of the deceased person's life unmistakably

...hypnosis opens a doorway to an altered state of consciousness where we gain access to aspects of our minds normally locked away...

matched the child's statements and he also found a close correspondence between birthmarks and/or birth defects on the child and wounds on the deceased person.²²

In India, Dr Satwant Pasricha, former professor and chair, Department of Clinical Psychology at the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, and current professor and chair, Department of Clinical Psychology, Himalayan Institute of Medical Sciences, Dehradun, collaborated with Dr Stevenson for more than 30 years and has researched over 500 such cases in India. Speaking about their validity, she said: "In each case I recorded the testimony of as many witnesses as were available. Also, I conducted a second interview (or more). We did not give prior notice of our arrival."²³ Moreover, Dr Pasricha opines that contrary to sceptics' claims that such cases gain from their fictitious memories, none of the cases she studied in India gained monetarily or from the ensuing publicity. More pointedly, she said: "You cannot teach a child to have birthmarks or birth defects."²⁴ Evidently, these happen for other reasons.

For diehard sceptics, Dr Pasricha points to reported cases of xenoglossy; that is, individuals who suddenly start speaking a language of which they have no prior knowledge. Uttara Huddar of Nagpur, in central India, is one such case.

When she was in her thirties, Uttara became aware of her previous life as Sharada, a married Bengali woman. The memories emerged when she spontaneously went into trance and changed her personality, allowing her to speak Bangla, a language that was previously unfamiliar to her. When she thought of herself as Sharada, Uttara could not recognise her own relatives and the utility of gadgets she had seen and used all her life, such as gas stoves, electrical appliances and fountain pens. Instead, she displayed knowledge of devotional songs, which she would sing to herself, of places in Bengal, of Bengali food and customs, and of the early-19th-century genealogy of the Chattopadhyay family of which Sharada claimed to have been a part.

Real Healing Suggests Real Memories

Past-life regression research has come a long way since Bridey's case in the 1950s. Today, qualified and experienced medical professionals such as Dr Weiss have seen enough evidence to say, as he did on *The Oprah Winfrey Show*: "When symptoms disappear, that's usually not from imagination or something like that. It's usually from the real memory, the experience... Imagination doesn't cure symptoms."²⁵

In her book *The Unquiet Dead*, noted psychologist Edith Fiore, PhD, wrote: "If someone's phobia is eliminated instantly and permanently by the remembrance of an event from the past, it seems to make logical sense that that event must have happened."²⁶

As Adrian Finkelstein, MD, another well-known psychiatrist and past-life regression practitioner, explains: "Our world...is formed of various levels of energy vibration. These vibrations rise from the gross level of our physical world to the highly refined plateau of thought—and ultimately spiritual consciousness. We cannot deny the existence of these higher levels of reality simply because ordinary methods fail to unlock their secrets. Exploration of the mind and spirit is one of the hallmarks of this New Age; a refusal to examine new approaches to scientific truth is clearly unscientific—and slightly foolish."²⁷

The ultimate viewpoint of sceptics is: if it's not all over

when we die, then why do we forget our past lives? In *The Life Divine*, Sri Aurobindo wrote: "The law that deprives us of the memory of the past lives is a law of the cosmic wisdom and serves, not diserves, its evolutionary purpose... A clear and detailed memory of the past lives, hatred, rancor, attachments, connections would be a stupendous inconvenience; for it would bind the reborn being to a useless repetition or a compulsory

continuation of his surface past and stand in the way of his bringing out new possibilities from the depths of the spirit."²⁸

Certainly, it would be more than a tad difficult to lead a normal life if we remembered all or a few of our past lives. But fortunately, not all of us suffer from deep-rooted emotional issues that we need help to remember our past incarnations. For those who do, however, what could be better than reliving the past and relieving themselves of their suffering? ∞

About the Author:

Charu Bahri is an author and freelance writer living in India. She works part-time for a charity in the health sector, and strongly advocates a simple, healthy lifestyle. Ms Bahri has contributed several articles to NEXUS: "Genetic Manipulations: An Engineering Disaster?" (17/01), "Carbonated Drinks: Poison in Disguise" (14/02) and "The Ugly Truth about Beauty and Hygiene Products" (14/01). Read more about her work at her website <http://www.charubahri.com>. Charu Bahri can be contacted by email at charubahri@gmail.com.

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no prior knowledge.**

Endnotes on page 82

UFO DISCLOSURE



DISCLOSURE

by
Steven M. Greer MD

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

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*NEW: 2012 & THE SHIFT OF AGES



2012 AND THE SHIFT OF AGES A Guide to the End of the World

by Alexander Price

Many people in the ancient world saw human life as deeply connected with the great cycles of nature: the rising and setting of the sun, the changing of the seasons, the death and rebirth of vegetation. In the same way that other patterns in nature repeat at regular intervals, they believed that human history also goes through cycles in which significant events repeat, and are likely to happen again in the future at predictable times. A penetrating study into the history of astrology, ancient religion, secret societies and the evolution of consciousness, 2012 and the Shift of Ages: A Guide to the End of the World is sure to be an invaluable resource in navigating a time of difficult transitions.

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21st-CENTURY TECHNOLOGIES

by Lewey Gilstrap ©
for Pure Energy Systems News
29 March 2011

An artificial intelligence expert explains the lag between scientific discovery and explanation and specifies a few promising technologies of note, including Brown's Gas or hydroxy, Rossi's cold fusion, Turtur's zero-point energy and Aviso's self-running electric car.

What is Technology?

Science is the study of the natural world by observation and experimentation. The end product of scientific studies is knowledge of the properties of physical things and of the behaviour of systems of objects. Science is also concerned with the development of overall principles and generalisations that apply to many different types of systems. Science is an activity; it is not the knowledge that is accumulated by this activity, although the knowledge is what enables others, not necessarily scientists, to address more effectively problems such as production, transportation, communication and everyday living.

Engineering is the discipline for applying scientific and practical knowledge to problems in the real world using techniques and technologies. Given a problem and resources and a clearly defined objective to be accomplished, engineers apply existing technology, sometimes developing new techniques and technologies or refining old ones, to produce goods or services to solve a problem.

A technology is a set of techniques, methods, procedures, tools and materials that solve some specific problem or class of problems. While

scientists make discoveries that can lead to new techniques and new ways of doing things, it is usually engineers and technicians that develop the techniques and technology that exploit the scientific knowledge in the course of meeting some specified goal. A technology is problem-specific, and invariably is developed as a means to produce a good or service wanted by the public or needed to solve a problem.

The existence of a comprehensive, settled, scientific theory is not a requirement for the development of a technology, however. It is not at all uncommon for technology to be developed years before science arrives at a theory. As examples, James Watt's contributions to steam technology, and his improvements to the Newcomen steam engine were made long before Nicolas Sadi Carnot developed the theory of heat engines, and Michael Faraday invented the first electric motor about 40 years before James Clerk Maxwell produced a comprehensive

theory of electricity. Indeed, it was Faraday's work that guided Maxwell and enabled him to formulate the famous Maxwell equations for electromagnetism.

19th & 20th Century Technologies

In the 19th century, the idea of a closed system, i.e., one that does not exchange matter or energy with its environment, dominated science and technology. This idea led to the formulation of the great principles of conservation of energy and conservation of mass in closed systems. These principles were invaluable in enabling the expansion of science and technology in the 19th and 20th centuries.

The only problem with these principles is that, while it is relatively easy to seal off a system so that matter cannot enter or leave, it can be difficult to impossible to prevent energy fluxes of various kinds from flowing through systems, possibly adding to or removing energy from the system.



"Mummy, please, can I ride the human?"

NEWSCIENCE NEWSCIENCE NEWSCIENCE

Special efforts must be taken to prevent magnetic flux from passing through systems, and there is no way at this time to prevent neutrino fluxes or gravitational waves from passing through systems. Because no suitable sensors exist for some of these energy fluxes, it is not possible to be certain that a given system has not absorbed energy from one of these fluxes or given up energy to a flux.

In brief, it is difficult to establish that a system is truly isolated and for which the conservation laws are directly applicable. The conservation laws are still valid for all systems, but the manner in which they are applied depends on whether they are open or truly closed.

Technology of the 21st Century

Partly because of the difficulty in closing systems, scientists have long been interested in the properties of open systems such as ones that are in contact with an energy reservoir and with the amount of energy that must be supplied to the system in order to transfer or utilise the energy in the reservoir.

The first of the three new technologies described in this article is just such a technology. The third

technology, intelligent robot technology, is open to information rather than energy. The three technologies are:

- **Space Energy Conversion.** So-called "empty space" is filled with electromagnetic energy, often referred to as "zero-point energy" because the energy would remain even if the temperature of an object or particles in space were reduced to absolute zero. Different types of devices have been built in an effort to tap into and collect this energy. The obvious attraction of these devices is that, potentially, they could replace all coal-burning and petroleum engines and completely eliminate man's contribution to global warming due to carbon dioxide.

- **Brown's Gas.** Brown's Gas is produced by a special type of electrolysis of water in which the gases given off by the electrodes are collected in a single container, rather than in separate containers for the hydrogen and oxygen. What is important about this gas is that it is combustible, and that it is currently being used to extend the mileage of gasoline and diesel automotive engines by 25 to 60 per cent.

- **Intelligent Robots.** These are robots that build information and

control models of their environment, and use these models to make decisions as to how to achieve a specified goal situation, i.e., they are open to information. Such robots can be used to function effectively in environments that are hostile to human beings, but they can also be used to perform complex tasks now performed by humans. They could lead to reindustrialisation on a large scale in the USA and to low-cost production of all types of goods.

None of these three technologies is based on settled science. The space-energy-conversion devices conceivably could be analysed by a putative Theory of Everything (TOE) in physics. At present there is no mainstream TOE, but some mainstream physicists such as Dr Michio Kaku believe that such a theory can be developed from string theory, perhaps in the next 25 years—but the lack of an agreed-upon comprehensive theory has not stopped enthusiastic experimenters. While a settled theory may not be available, there are at least six theories, none of which satisfies Dr Kaku's definition of a TOE, that claim to explain space energy conversion and a lot more.

A theory of Brown's Gas was recently put forth by Chris Eckman, a student at the University of Idaho. This theory, the plasma orbital expansion theory, accounts for the strange properties of the gas in terms of the gas electrical conductivity, but it is not yet recognised by mainstream scientists.

At least one theory for intelligent machines does exist, but it is not recognised by mainstream researchers in artificial intelligence (possibly because it is a theory of machines and not a theory of intelligence, artificial or human). The theory, which was developed by the author of this article, defines an intelligent machine as one that models information patterns in the



Canadarm2 - the first 'intelligent' robot for the International Space Station. Image source: <http://tinyurl.com/643bfla>

NEWSCIENCE NEWSCIENCE NEWSCIENCE

environment of the machine and transforms and analyses those patterns to identify the situation faced by the machine. The difference between the machine's current situation and a desired goal situation is then used by the robot to select a course of action to correct the situation, subject to a number of constraints that prevent undesirable consequences of the action.

The problem associated with technology that precedes science is that totally novel results obtained by any new technology, accomplishing something quite outside the accepted science and technology of the day, are almost invariably viewed as simply mistaken or often as outright fraud. This has been the case with many if not most of the technologies that were ahead of the available science, and it is the case with the three new technologies described in this paper.

Aside from the normal scepticism of new things that slows acceptance of new technology, 21st-century technology is often judged by mainstream scientists as if the devices of these new technologies are closed systems. Energy conservation laws are only indirectly applicable to the task of identifying and quantifying the properties of these open systems, and it is easy to come to the wrong conclusion about the properties of open systems by misapplying the conservation laws or by viewing intelligent machines as a collection of (closed) algorithms.

Other New Technologies

The new technologies described above are just three of many. There are dozens more, all in different stages of development.

• **Raphial Morgado** has invented the next generation of internal combustion engines, which he terms the "MYT engine". The MYT engine is more powerful but smaller, lighter and more fuel efficient than current

engines. It burns any kind of fuel—gasoline, alcohol, diesel or biodiesel—and it is cheaper to produce than present engines. It also produces considerably less pollution than conventional engines, and is ideal for the next generation of automobiles and trucks.

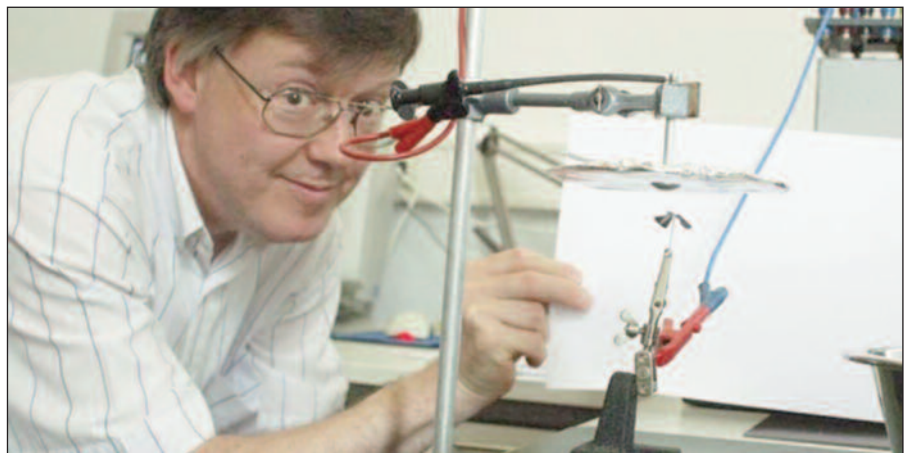
• **Ismael Aviso**, A Philippines inventor, has developed an antenna and electronic system that extracts electromagnetic energy in a particular frequency band and converts it to direct current. He has mounted the system on an automotive frame along with an electric motor and has driven the vehicle on numerous occasions. At present, Aviso says that the coils in the device overheat when he steps on the accelerator, and he is working with a Chinese firm to supply him with a hollow conductor so that he can run a coolant through the coil to prevent overheating. According to the Philippines Department of Energy, the system currently has a COP [coefficient of performance] of about 1.3, meaning it is tapping into space energy.

• **Andrea Rossi and Professor Sergio Focardi** of the University of Bologna, Italy, recently conducted a test of a device that produces 15 kilowatts of heat while only consuming about 400 watts of

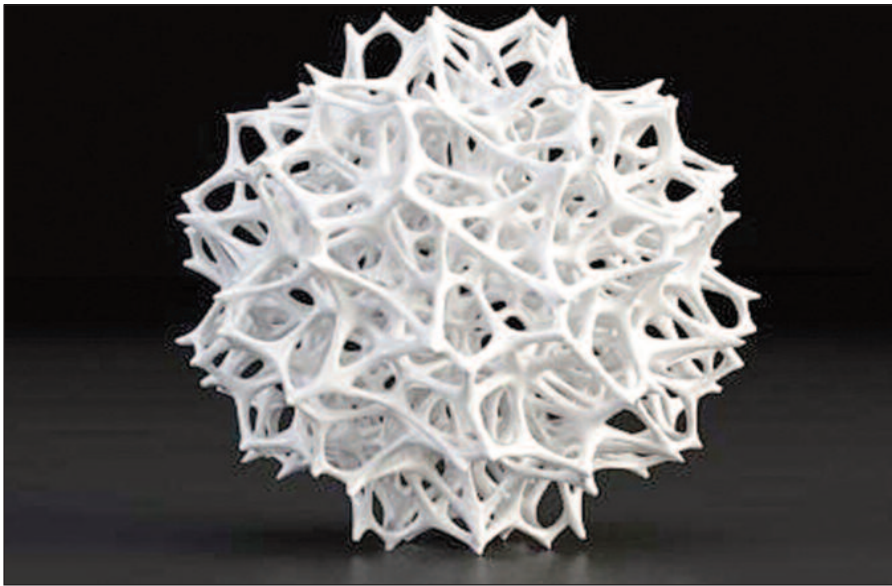
electrical energy. The device is said to run on the fusion of nickel and hydrogen, producing copper. The two scientists refer to the device as an "amplifier or catalyser", although it is similar in effect to what is usually called "cold fusion" or a "low-energy nuclear reaction" (LENR). The device is presently at the commercial stage, and a one-megawatt system is being produced for use in Athens, Greece.

• **Professor Claus W. Turtur, PhD**, from the University of Applied Science Braunschweig-Wolfenbüttel, Germany, has long been interested in zero-point energy. In his early work on the subject, he showed how to make devices that produce microscale amounts of energy. Recently he published a theoretical paper describing a device that produces over a kilowatt of power. The device, about the size of a drill, measures 9 cm in diameter and is 6.8 cm long. If actual models of this device confirm predicted performance, there are hundreds or thousands of immediate applications, ranging from powering home computers to humanoid robots.

• **Lawrenceville Plasma Physics, Inc.** has solved the problem of magnetic fusion using what is called a Dense Plasma Focus Fusion Reactor. The device fuses boron and



Professor Claus Turtur. Image source: <http://tinyurl.com/5v7qla2>



The Vorodo - a product from one of the first consumer level web-based 3D printing services. Image source: <http://tinyurl.com/9vnau9>

hydrogen (both cheap, and for all practical purposes inexhaustible) to produce helium gas—none of which is radioactive, so there is no radioactive waste to be disposed of. It produces much heat with very little radiation that is easily shielded. The device is economical and compact, and an environmentally safe source of energy. It is estimated to produce energy for a tenth of current costs. One Focus Fusion Reactor the size of a gasoline service station could produce enough electricity for 40,000 homes.

Three-Dimensional Technologies

New technologies are concerned with more than just power in the form of heat, electricity or mechanical motion. One of the most amazing new technologies is the 3D (three-dimensional) printer, a new way to manufacture items. Instead of starting with a chunk of material and whittling away what you don't want (called "subtractive manufacturing"), a 3D printer starts with powders of materials and fuses them to form complex items (called "additive manufacturing").

Although most people have never

heard of the technology, it is well developed. Critical titanium parts for the Airbus are currently manufactured using a 3D printer, and desktop 3D printers are available at an affordable price, although some of the desktop models are designed only for plastic prototypes or scale models. One large industrial printer can print parts of titanium, stainless steel, glass, sandstone and plastic. Desktop machines are currently limited to only one or two materials. For short-run production, the 3D printer is the cost-effective way to go.

The concept of 3D printing has expanded far beyond manufacturing, however, and 3D printers for human skin or other organs have been in use for wounded military personnel.

Also, a food printer that produces composite foods from canisters has been prototyped. The RepRap, short for Replicating Rapid-prototyper, is a practical, self-copying, 3D printer. The machine is distributed under an open-source licence (GNU General Public License). The second-generation model costs about \$800, and it will copy its plastic parts which make up about half of the machine.

Exotic Devices of the Future

The above examples are things that are foreseeable.

Based on some of the observations of new technology devices and the theories that have been developed to account for the observations, it appears possible that there are some very exotic devices that can be developed, such as new communications devices and gravity-control devices, and new classes of weapons—low-energy devices that stun or freeze people, automobiles or machinery.

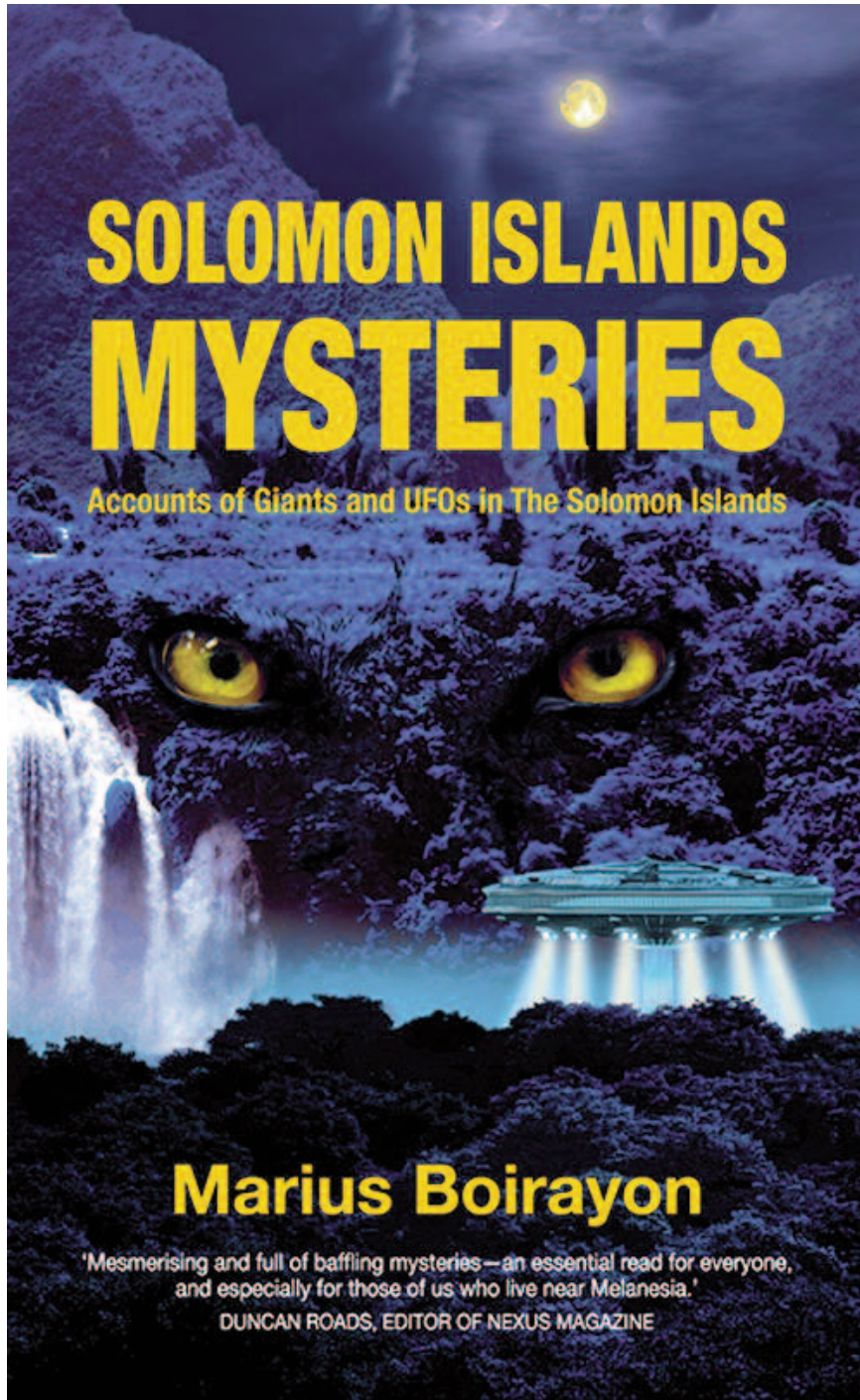
How long before these things might be developed, we can only guess. ∞

(Source: *Pure Energy Systems News*, 29 March 2011, *PureEnergySystems.com*; full article at tinyurl.com/6bltzxy)

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THE CHANI PROJECT

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In 1994, researchers at a secret collider facility in Africa made contact with a parallel-universe entity via a computer-aided device and for five years received messages and predictions which now have imminent significance for humanity.

by "Acolyte"
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A New Assignment

It was the last week in June 2006. It was a slow month, and most of my assignments were submitted for final analysis, completion and then filing. There were a few new ones, but they were the usual two-to-three-day-at-a-time monitoring types and surveillance over the next few weeks. Nothing to get excited about. I had some leave due soon and was contemplating how I would spend some quiet time. I stared out the window; not that I had much of a view anyway, but it was a habit. I wasn't a smoker back then. Little did I know, that would soon change.

My pager beeped "SC Oscar Now" ("Station Chief Office Now"). I wondered why she'd beeped me. My office was just down the hall. She could have just pressed the intercom button for my office and called. I remembered to put on my jacket before I left my office. "Damn," I thought. "I should have picked another tie."

It was just me and her. I sat down.

"You familiar with Internet discussion forums?" she asked, knowing that it's clearly in my TOP (Tasked Operator's Priorities) and profiling assignment duties.

But, then again, she was new on this floor; she'd only started as SC in January.

"Yes," I said, lifting a questioning eyebrow.

"I want you to clear all your assignments for the next few weeks," she said.

I was worried. She slid a single file across her desk. I opened it and thought: "Ah, just two pages; can't be too 'heavy' an assignment. Nothing to worry about here. This should only take a week."

"On page two you will find the signed FARR form," the Station Chief said. (FARR stands for File Authorization Release and Request.)

"Wow!" I thought. "She's already signed it without even asking me if I accept the assignment."

This only confirmed to me even more that she knew exactly what my TOP profile was.

Then it hit me. The file must be highly classified (Echelon Access Only) or too large for her to carry around in her task pouch (briefcase). It was both.

The file was huge—a box of files, in fact—with over 20,000 transcript pages, and it had Echelon stamps all over it. It also contained a few thousand pages of research notes and copies of correspondence between researchers, technicians and scientists from various fields. There were a few data discs but, from their dates, I could see they were only added recently.

To this day, I still think that if the filing clerk didn't know me personally he would have asked for a second signature on the FARR form.

"A 'few weeks', she said? Damn, this will take months," I realised.

This is how I became familiar with a project called CHANI, and why I took up smoking that day.

The CHANI Project

During the years 1994 to 1999, a group of researchers from an organisation/corporation, which I will call RAND and Associates, or RA, had access to an underground CERN-like collider facility in Africa (the location is still classified). A contingent of AFRICOM security personnel was tasked with securing the base and, of course, keeping its location secret. The AFRICOM station commander made and supervised all the travel and accommodation arrangements for the team of researchers. They were closely watched 24/7.

Between those years, the researchers started receiving communications from an Entity who claimed to be from a parallel universe/dimension/timeline. A remarkable and groundbreaking interaction ensued. For a period of five years, researchers asked the Entity a series of over 20,000 questions and received answers to more than 95 per cent of questions asked.

There were other active projects running concurrently, like Space Time Fabricating, Simulation by Atom Replacement and Removal, Holographic Programming of Dark Matter, Manifestation of Quantum Energies and Associated String Programming with Ether/Etheric Interaction and a few more, but for the purpose of this article I will keep to the CHANI project only. (CHANI is an acronym for Channelled Holographic Access Network Interface.)

In reviewing the research notes for this article, all the above projects at one stage seemed to have had a turn in merging with the CHANI project and subject matter. One researcher commented: "This is an orgasmic interaction between science, theory and spiritual awareness."

In October 1999, technicians began a series of software and hardware upgrades to all the collider equipment and computer networks. The purpose was to get the system infrastructure Y2K compliant. It was soon apparent that the Y2K-compliant upgrades had a direct effect on the CHANI research project.

On 14 November 1999, contact with the Entity, which for five years was continuous and constant on a daily basis, was effectively lost. Months were spent trying to re-establish contact. It was not to be, and in April 2000 the research part of project CHANI came to an end.

It must be noted here that I wasn't one of the original and fortunate researchers on the project or one who used the CHANI device.

But I am most grateful to have been introduced to this mind-boggling and powerful, perspective-changing information. It caused a paradigm shift in my way of thinking, forever.

CHANI and Computer "Channelling"

What made CHANI unique from any other channelling method/technique is that the researchers never used a human "channeller". Thus they eliminated the emotion, feeling and interpretation of a human channeller. It was a pure, directed and dedicated channel, not distorted or affected/infected by human mood swings or interferences from the subconscious mind of a human subject with possible suppressed emotion, memory and psychological trauma. The imaginative ability of human input was effectively removed from the calculations and result.

The precise mechanics of how these words were captured, displayed and reproduced using the CHANI device is still classified. To my knowledge, it was the first documented case in which a machine/device/computer model was used successfully to make contact with, over a prolonged period of time, and interact with, or "channel", another being or entity. The researchers

established contact with only one Entity. The Entity was verified to them in ways and methods that are still highly classified and which I can't elaborate on.

The Entity and Humanity

The Entity explained in some detail to the researchers that contact was made because the Entity was our equivalent of a "student" and he had authority from his Elders to interact with,

observe, study and learn from us. The Entity explained that his Elders "noticed" us (we here on Earth) and our whole solar system cross onto "their" parallel universe. The Entity also explained that we weren't the only race reaching this crossroads/merge, but that they could see other alien races from other planets in our solar system as well. Our Entity was specifically tasked to study us (humans, Earth), while other students were tasked to study the other races and planets corresponding to their planet and solar system. It was not just a merging or colliding of our Earth reality, but it was our complete solar system colliding with the reality of another "parallel" solar system. Although it was we humans (with some alien assistance/technology) who were "playing with dark and portal matters", the result was that our whole solar system traversed into "their" universe of visibility/perception.

So, to put the above into perspective, our researchers used the word "student" to explain the Entity's actions. It was as if the Entity were part of a master's degree study group, similar to what we have in our world as Phd (doctorate) candidates. The Elders were able to see us and our whole solar system crossing into their reality. They therefore began a research program of their own to

...the researchers started receiving communications from an Entity who claimed to be from a parallel universe/dimension/timeline.

study us and our history so that the Elders could prepare their civilisation for our arrival/merge. The Entity was thus doing reconnaissance on us.

To help researchers get a timeframe for when this merging or colliding of realities would occur, the Entity gave them "predictions" that served as indicators for when the time was close. The Entity's abilities and accuracy were verified to researchers by predictions and indicators given during the five years of the CHANI project (these are still classified).

The predictions didn't come all at once, but were obtained/spread over the duration of the research project. Although the Entity was in the "now", he was able to see, with frequent assistance from his Elders, events in our timeline that he shared with the researchers. Some of these were a cosmic sonic-boom event and changes to our Sun and Jupiter. All these predictions were to be used as a sequence of steps/indicators to identify the time (Fuse Year) when the big event (the Merge) would occur.

The Rubicon Revealers

Around the end of 2005, the CHANI project files were handed over to the Rubicon Station for project Reveal. As the name suggests, Rubicon deals with information that has been deemed to have reached a point of no return. The Rubicon division was formed by a number of "dissatisfied" Upper Echelon members within the RA community, who decided that certain information should be released and that seeds should be planted to measure and research public reaction—clearing the way and setting a foundation for whenever "they" decide to flood the wires with full disclosure on any specific topic.

When public interaction becomes a necessity, the information is to be released.

Rubicon was and is tasked with the sanctioned release of classified information for "public consumption", in a controlled fashion, through various platforms and outlets. One of these platforms is Internet discussion forums. Another is sending anonymous letters or making anonymous phone calls or using fake credentials and call-routing to write to or call selected individuals and groups. Once the information and intel are released, public responses or those of the individual or group are recorded, monitored and analysed. Depending on their reaction, further information is then released using a phased and synchronised methodology

based on public behaviour, perception and responses. Whenever public/individual/group reaction is deemed "unfavourable", the project is suspended and set for release at a later date or totally terminated. It is sometimes necessary for the information to be pulled/unrouted/denied and to let it grow and sprout a bit more, behind the scenes, before another attempt is made to replant/reintroduce or to renew contact if it was an individual/group.

Who Am I?

I was a Rubicon Revealer. Depending on the assignment, I would be required to take up the role of an observer, a monitor, a reporter, an investigator, an instructor, an analyst, and in most instances an initiator and even an instigator in some.

One part of my duties was to frequent Internet discussion forums, observing, reporting, profiling and identifying possible outlets where Rubicon Reveal information could be introduced. This usually took on the form of my posting a "thread" on a designated or chosen forum which we decided would be the most suitable to get the info/intel out to our target audience.

The second part involved the physical (in the field) and digital (satellite and high-tech) monitoring, surveillance and gathering of information on groups or profiled persons and events around the globe that may have bearing on specific Rubicon projects.

Rubicon has this *credo*: "Our whistle is blowing softly; if we blow too hard, some eardrums might pop, then everyone would be deaf."

In the final analysis, Rubicon operatives are sanctioned whistleblowers, albeit in a limited and controlled form.

Rubicon was and is tasked with the sanctioned release of classified information for "public consumption", in a controlled fashion, through various platforms and outlets.

Launching CHANI on the Internet

Thus, on a cold wintry day in June 2006, I flipped the electronic switch to lock my office door, which is standard operating procedure for Echelon "subject matter", and I unpacked those filing boxes all over my desk. My love affair with this project and the Entity had begun.

As expected, it took me months to shift, study and read through the CHANI material. At first, it was a daunting task to get my mind to comprehend fully what I was dealing with. I already had an idea about which Internet forums I wanted to begin the "release/reveal"

on, due to past research and active monitoring, but nonetheless I spent a few more months on researching others and identifying the most appropriate forum on which to launch the CHANI project.

I would only have the time and resources to focus on one forum for this specific project. This project was of great importance to my superiors at the time, and I had no intention of rushing in. I had to "thread" (forum lingo) carefully and be absolutely sure that the right forum was chosen. (I have since initiated a variety of other Rubicon projects on the same forum over the past few years, the most recent being the BEZERK project with accompanying Reveal and intel burst threads.) It is also well worth noting that intelligence agencies frequently use forums to communicate and relay information and updates to their operators in the field. Since the Internet came along, the practice of posting and placing/using classified ads in newspapers as a communication medium has become a fossil. In contrast, the use of Internet discussion forums, online game platforms and their associated chat features has become quite the norm.

During initial research, I began posting a few threads on a popular forum, Godlike Productions, to "test the water" and to start creating a persona. As the forum is widely known to be a conspiracy and lunatic-fringe site, I created a persona to suit: somewhat crazy, even hoaxing, but an enigma on spiritual and global strategic insider issues nevertheless. This persona provided an efficient cover to get information out there without lifting too many eyebrows. I often had to play both protagonist and antagonist.

I decided to test the reaction to a few topics by starting threads and releasing limited, but *real*, intel on topics of a political-insider and spiritual nature. And yes, I said "spiritual". Some might be pleasantly surprised if they knew how "spiritually oriented" the decision-makers in Upper Echelon and other intelligence-gathering organisations are. They are fully aware of the spiritual impact that the coming changes will bring to mankind. The influence and necessity of spiritual interaction and awareness are well calculated and correlated within their think-tanks and in making future decisions on what to advise those who depend on their analysis.

For us operators, think-tanks like Rubicon (RAND) sometimes have the annoying habit of analysing things to death before a decision is made and the direction of

a future cause of action is drafted/set.

Now, all that remained was to wait patiently for the appropriate time to release the CHANI information to the public. That time finally came in March 2008.

Birth of the "me tel u now" Thread

It was from the CHANI transcripts of over 20,000 questions and answers that the thread known as the "me tel u now so u belive me after 15 may" thread was started on the Godlike Productions forum. Apart from amazing information and discourses on various subjects, the transcripts also contained a large number of "predictions" or "calculations" (a term that the Entity used). We had the dates, but not the year. The Entity never specified an exact year, but mentioned only months and days.

On various occasions, the Entity would also ask the researchers questions, which led to even more intrigue, insight and contemplation. To put it frankly, on some days the researchers were quite literally stunned.

When, in 2007, those studying the CHANI project (Rubicon superiors and my group) identified names and scenarios, trigger events and predictions described by the Entity back in 1994–1999 as coming up or becoming likely, it was assumed that the year 2008 would be the Event or "Fuse" Year. Thus it was deemed necessary for the public to know and for me to begin the release/reveal.

On 15 March 2008, the thread was started. Depending on how well it was received, I was to continue. It was a hit from the outset. Reaction and interaction from people posting was immediate and interest grew

exponentially. Today it is still ranked in the top 10 threads on the forum.

Questions from forum members and posters were answered by cross-referencing the actual answers given by the Entity and using the exact same format of written dialect used by the Entity. For coherence and to ensure better interaction, answers were personalised and discretional ad libs were used by me. A common misassumption on the thread was that the Entity made specific contact with us to warn us. This is not how or why it happened.

Both 2008 and 2009 came and went without significant correlation, and by the end of 2009 my active participation/reveal on the thread was halted. Rubicon officially pulled the plug. However, with certain events

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transpiring in 2010, it's been suggested that 2011 may be the Fuse Year. With the official Rubicon release of the BEZERK information (another thread, launched in June 2010), there exists a strong case that the "oil sickness" and the problems in Japan mentioned by the Entity could relate to events in the BEZERK thread (e.g., the Deepwater Horizon oil-well disaster, and the Japan earthquake, tsunami and radiation contamination). Hence my renewed yet "unofficial" interest in the CHANI project and information.

This article is meant to serve only as an introduction to CHANI and to provide some background. If there is enough interest or demand, I hope to expand on topics covered by the Entity in further articles, even if it turns out that 2011 is not the Fuse Year.

At first, the words and spellings that the Entity used may strike you as odd, silly and even childlike. But I assure you that even our top neurolinguists were awestruck by how this simple flow of words, structure, spelling and positioning spoke so directly to the reader's being. It was instructive, guiding and informative, but most noteworthy was its pleasantly gentle and soothing manner on your ear, heart and mind. It was baby talk for adults. The simplicity and

ease with which the Entity managed to explain and get difficult and controversial subjects across had a definite lingering quality. I experienced this on a number of occasions when some thoughts would linger for days, my subconscious actively contemplating the information somewhere in the back of my mind. I'm sure that all the researchers on CHANI shared this experience. It is my hope that you, the reader of this article, will have the same experiences when reading some quotes of the transcripts provided.

What follows below are selected quotes from the Entity in no particular order or importance. Many have asked me what are my favourites or most significant. I really can't answer that. They are all up there; every single quote ranks top. I invite you to visit the thread at Godlike Productions and you'll soon understand why (go to <http://www.godlikeproductions.com/forum1/message520517/pg1>).

I'm giving you the quotes as they were given, with some personal comments where necessary [in bold type; the Entity's "wordings" are left unedited for publication here; Ed.] I've purposefully kept the comments and explanations to a minimum. You, the reader, must contemplate them yourself and decide.

Below is the opening post on the "me tel u now" thread. After reviewing more than 100 predictions, I decided on this collection to start the thread:

"many things go wrong 15 may because door opens with portal to dark matters not undestanding earth beings
sharon will demise be4 15 may
mandela will demise be4 15 may
thatcher will stroke be4 15 may
japan warring thing will commenceing before 15 may secretly
oil gets very big sicknes no use anymore after 15 may
old bush will very sick be4 15 may
cheney will demise be4 15 june
obama accident before 27 aperil
big sicknes be4 15 may
very moving earth on 17 aperils
oceon not sleeping when heaven things beware many waters to come drown
brown cheat be4 15 may
putin missing after 15 may many worry people do crazy things"

This is one of the first statements made by the Entity, and it was repeated at various times:

"u ask me many question me first answer u by xplain to unerstan u and u in the univers u must unerstan these things
first u must unerstan the ilusion of infinti
then u must unerstan the infinty of ilusion
this mean noting but xplain everythings
so first u lern the u
then u lern the univers
then this xplain al and mean something"

More references to oil sickness and to the Japan earthquake and radiation:

"me post probabilitys ok
me cee crash plane on deck of us war ship 55 demise
me cee us bomber crash sea
me cee many dolfin and whale go suicide
me cee 250 plus more demise acident and crash of plane europe people
me cee very moving earth again people of same shape eye japan
me cee sicknes go people of india and people of korea
me cee very oil sicknes people of america grow bigger not aford buy oil anymores
me cee america people very angry go damage monument there capitol ok
me cee very big and final earth war this line time but u can stop stil
please forget oil yor oil become enemy after september yor line time
oil get radiation as me tel u be4 why u not belive me
me cry 4 u"

On how we think, read and interpret:

"write lanuage cause bad things 4 yor human history hold u back
beter draw pictures like sumar
beter write image like egyptian
write lanuage tel u what to think not how to think not good thing 4 mind
picture tel u how to think must use mind to read picture good thing 4 mind
picture u remember 4 ever write lanuage u forget soon not think anymore"

"the reason sumaria write in picture is they want last generation u to unerstan 2000 years later ok
if they rite data on disk u not able deciferings disk 4 u not have same reading device 2 read their data 2000 year later sumaria write on stone to survive al yor teknology ok and alow u to stil unerstan 2000 years later simple ok"

The Entity explains free will:

"me ask elders about explain frewil beter
elders say me explain like this
god give u eg
eg is there eg already created eg exist
u use frewil decide what do about eg
u can make choice boil eg eat eg
u can make choice bake eg eat eg
u can make choice u leve eg but eg get roten but eg stil there
u can make choice u not eat other animal so u throw eg away eg get roten somewere else but eg stil exist u wil smel eg eventually
eventually u must decide and deal with eg
time colide is like eg
god make time colide
time colide is there time colide already created time colide exist
eventually u must decide what u want do with time colide and deal with it
u can not change what god created but with frewil u must decide what u do with time colide ok
me say eat eg because eg good for u b4 get roten then eg very bad 4 u"

The researchers asked the Entity to explain the concept of trinity:

"first me try xplain mind body spirit
me xplain true trinity
trinity is mind body and spirit
trinity is farther child and mother
yor sumerian symbol of sumeria queen is dove
yor religion leaders long ago decide not use female 4 church leaders and leading
so they remove female esence from child and remove mother esence from spirit
they then say trinity is father son and spirit al male esence
this was to distract deceive to change church and religion 4 male control only and dominating
that where al yor religion go wrong in history
farther is the mind
son daughter or child is the body
mother is the spirit ok
the mother spirit esence is the balance is the harmony is the glue
the mother is between the farther and son or child
the spirit is between mind and body
religion without mother spirit esence is not spiritual but false teachings 4 control
trinity is the family of life
trinity is sum experince of mind body and spirit ok

now me try xplain how get ready mind body spirit
make ready yor mind understanding whatever hapens
make ready yor spirit acceptance whatever hapens
make ready body not 2 fear 4 death body not real u only vehicle u
me unerstan many u more scare pain of death than death itself this only body scared not real u
if death was painles then many more would partake ok yes no
dimising is not ending but new begining progres
death is progres is grow"

On the law of attraction:

"me try xplain this beter
u r god in yor universe
but u not god in gods universe
u need unerstan this
u can only be god in yor own universe
u can not be god in gods universe ok
u not in yor own universe yet ok
u keep on belive u get yor own universe
this take many line times lived then u get yor own universe
you play god
now u just belive u part god universe only
eventual u create yor universe by belive
but 4 now u r god in training ok"

"what u think u create
what u create by thinkings play very big role yes ok"

The Entity referred to dolphins and mentioned their importance on a number of occasions. Dolphins somehow balance certain vibrations on Earth. Specifics were given, but that part was not cleared by Echelon for release. We should keep an eye on dolphin behaviour and events involving dolphins. Their behaviour heralds events and Earth changes:

"this planet first al water
then ground comes
dolphin decideing to walk ground your planet
many wars happen
then dolfin evolv remember water glory
dolphin then go back and swim water glory
dolphin most clever on this planet line time "
"seawater has residu from dolfin comunication
dolphin sqeek cause vibration of seawater to becom becom and balance energy
dolphin more advanse than human this planet line time
u must study dolfin"

"dolfin always love al creature with god esense even human
dolfin unerstan freedom of god esense many life time this line time
dolfin keep your earth balance
dolfin protect al planet and al creature on earth with god esense
now human kil 2 many dolfin be4 time we want rescu dolfin bring them our planet share

dolfin agree come our line time 15 may we prepare place"

"many dolfin already sacrifice for keep harmonics balance yor planet and make yor suferings les very very big sufering coming and dolfin can not stop this even they try be brave but not enough u must lern harmonics yor planet soon or u demise not knowing anything and begin 0000 again"

"yes sound dolfin make heal brainwave of al creature earth dolfin sound cause synaps make beter contact in brain make miracel hapen dolfin balanse harmonics of earth vortex ok"

"many being live deep oceon and holow earth can give u human answer and helpings when u unerstand oceon u wil unerstan how cosmic travelings work easy ok oceon have same compositing than space same element ok u unerstan salt and water and magnet u wil unerstan life and everything living"

"helo
me tel u watch sun
me tel u watch dolfin
me tel u watch cern
me tel u watch pope
me tel u watch moving earth
cee wat yor sun is doing
cee wat yor dolfin is doing
cee wat cern is doing
cee wat pope is doing and saying
cee wat moving is doing and why
ask yor leaders
yor leaders prepare
u stil not prepare why
0000 is here make ready yor mind soul body now"

Comments by the Entity on the spiritual evolution of aliens/extraterrestrials and ascension (some specifics remains classified):

"they r many evolved fisical but not many evolve spiritual u human have evolve more spritual then them but they want hold on their wise teknology their god is their teknology"

"me unerstan yor acension asking wordings me tel u now your acension is nothing more then mas abuction thing ok"

"we won war with reptile our line time long ago we evolve then reptile yor line time keep u back u can not grow"

"we kil many dragons many line times 1 long ago stil dragons left in holow ground yor line time 1 yes"

"earth not solid

me not know al theory things
dragon like beings live holow ground stil
they good now
they very wise now
they peaceful like dolphin now"

"me not know al these things
even stranger beings exist other line times
beings evolving al line times always never stop"

"we can speek to al creature who have mind 2 understan ok"

Some questions asked by the Entity to the researchers:

"ok me first question ask
wat purpose yor moon
me line time moon demise long agao
life become better with no moon
why u sil have moon
wat purpose yor moon have u
moon not natural heaven body
moon put there by other being to control earth mood
without moon big calm comes over peoples no big storm anymore only litel storm
without moon peace among people
elders say old race capture moon from space then put next earth
elders say moon forces work like time mashine keep control time
moon aslo control mood of beings on planet in this line time"

"me have question
me ask question now
me cee u xplore mars planet with many mony and resourcings
why u not xplore deep oceon yor own planet with same many mony and rerourcings
deep oceon give al aswers yor existencing and future
deep oceon have much knowledges u stil need lern
me tel u some secret
some places deep oceon water presures so big that air u breath can not bubble to surface
this air traping cause big caverns where humans can live and do breathings of good air and plant and live very wel
deep oceons have many crystal solves al yor energising needs no polution
u ignore yor best lifeline by not seekings answerings from yor own deep oceon
god provide deep oceon why u not use what is given
earth is a water planet yet u leaders look answers in space why
deep oceon have al answer for cosmic travelings this line time why u ignore this in your history
when u solve mysteries of deep oceon u wil solve mysteries of space ask dolfin they tel u this ok"

"me have more question
me ask question now

what purpos religion when leaders not godlike not real gods
what purpos building tempel when no gods there
what purpos building church when no gods there
what purpos building mosk when no gods there
what purpos pray big wall when god not a wall
what purpos pray statue when god not a statue
what purpos pray river when god not a river
why cow holy when cow not even know god
why monkey sacred when monkey not even know god
only holy animals this line time is dolphin
not need pray dolfin like a god but must respect dolfin very much"

"me ask question now
why u adult stil drink milk
why u drink mother milk from other speci not human"

"me ask elders about gold
elders say eye must ask
eye ask now
where is this gold
yor leaders not keep gold
yor leaders not have many gold anymore
leaders always give yor gold to other planet beings
why u not know this
u not worry gold
gold not keep place safe 4 yor family u not eet gold
biger worry when oil gets sickness"

"me have question
me ask question now
me cee ground sufer not water very dry people hungry
but oceon ful water
why u not take salt away from cea water and use on land
oceon enough water to make al ground even desert into
forest al people can eat nice enough
why u not pump oceon water everywere
u can make big bom but u can not make big fresh water
from oceon
big boms very bad
big fresh water always good"

Some Closing Notes:

(a) English was the primary language used by the Entity. Another language was perfect Latin. The contrast/contradiction between the childlike use of English and that of the Latin is apparently explained in the master copy of the Echelon files, as are other topics. This file was never made available to me and still remains Centrally Classified to this day. "Centrally Classified" indicates an intel grouping where even the classification is classified. This intel falls under various National and International Intelligence Directives (NIID; pronounced "need" in intelligence lingo).

(b) The CHANI project was a natural outflow of the research done at the collider facility. Among other things, the time-space fabric was tested and experimented on. When protons collide, then what

about time? Can times collide? This was the irony of the research done at the collider. They were looking at the possibility of times colliding—and the researchers were not disappointed. The CHANI project was proof thereof. Other aspects of the timeline phenomenon were also researched and tested, e.g., time machines/devices, conscious projection of awareness of "human subject" forward or backward in time, and projection of "objects" (mostly sub-nano quantum recording devices) forward and backward in time.

(c) I will comment briefly on aspects of the concept of time as it was covered in the CHANI research. Time is linear and moves in a circle, i.e., a single line drawn in a circle: 0 to 0000, then back again to 0 (beginning to end to beginning). There are many of these circular timelines and sometimes they interchange or cross each other, similar to the gravitational waves and orbits of solar bodies. When they intersect some beings, or their developed awareness, they can jump from one to another and don't have to repeat the (time) line they were following previously. Others don't jump but can see the other timeline and interact with beings on that timeline while the crossing takes place. Sometimes beings can cross our line and see us coming to the crossing before we even get there. This last instance describes "our" meeting/colliding with the Entity. (By "our", I'm referring to the R&A researchers.)

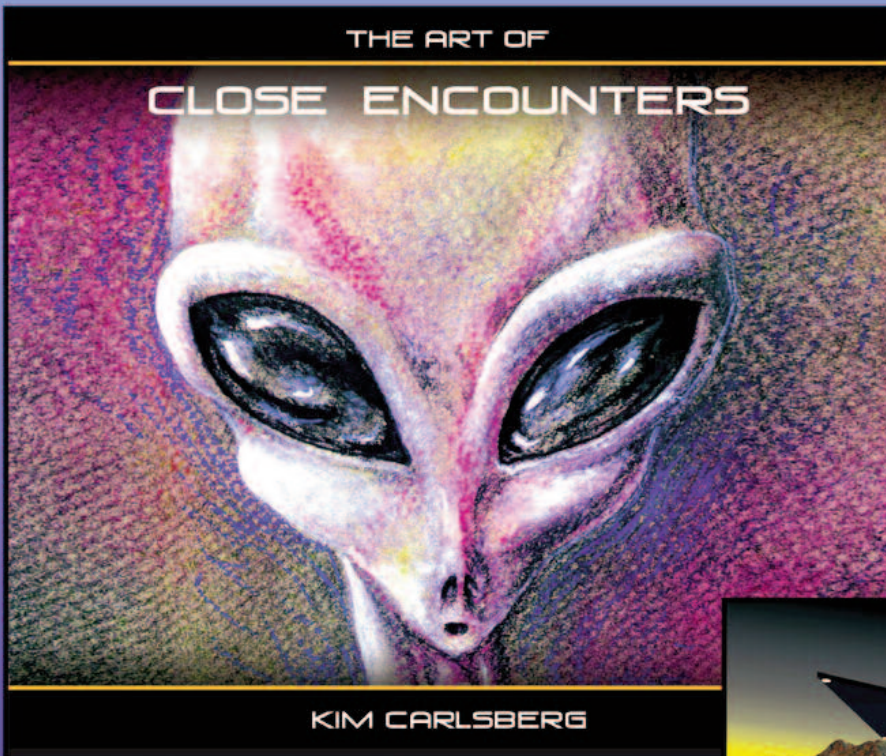
Time is also elastic and can be stretched, resulting in a time-stretch phenomenon. Some researchers commented on how *déjà vu* can fit into this paradigm, as well as on how the "time is elastic" model seems to be the only workable model to describe and define time travel. The "time is elastic" model also explains the colliding of realities at the same time. As far as the CHANI project was concerned, the elastic properties of time helped to explain why no year was given, only dates.

A further "help" was how the Entity described the direct and "planned" influence of the Moon on the human perception of time. Because the Entity didn't have a moon in his parallel/time universe (they destroyed or "killed" it), giving a year date was impossible and turned their calculation of our time into "probabilities" rather than "possibilities". The Entity explained that his Elders originally had calculated our dates using a 28-day, 13-month mathematical model, but that they themselves couldn't decide on the appropriate maths and starting dates to use with our current timeline on Earth. The procession of time and our awareness of time are directly controlled by our Moon.

The Moon has an effect on the body, mind and spirit of every living organism on this planet. This is why the Entity's Elders destroyed their moon. They wanted to get rid of the moon's influence. They received the advice to do so from inner-planet beings. Without the moon, there were five immediately observable changes:

(1) The most notable changes were in the mood and temperament of the beings/civilisations living there.

Continued on page 83



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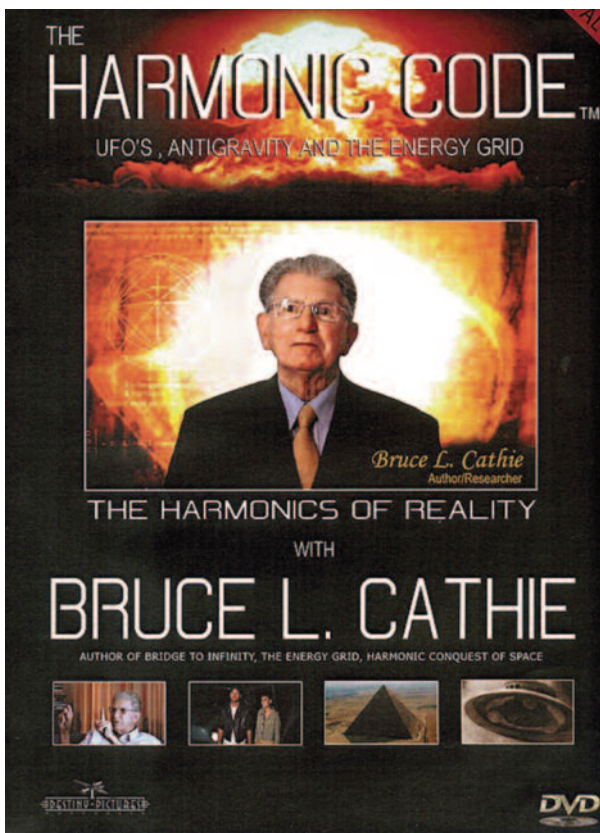
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SOVIET UFO SIGHTINGS IN INTERNATIONAL WATERS

by Paul Stonehill © 2011

The secret files of the Russian (formerly Soviet) Navy contain much valuable information about sightings of UFOs and USOs (unidentified submarine objects). Soviet military researchers had been quite thorough and professional. The files have been largely inaccessible, even after the fall of the USSR. But through years of research and with help from colleagues in the former Soviet Union, modern Russia, Ukraine and other newly independent countries, I have been able to collect some interesting information, some of which is presented in this article.

In August 1965, the crew of the steamship *Raduga*, while navigating in the Red Sea, observed an unusual phenomenon. At about two miles away from their vessel, a fiery sphere dashed out from under the water and hovered over the surface of the sea, illuminating it. The sphere was 60 metres in diameter, and it hovered above the sea at an altitude of 150

metres. A gigantic pillar of water ascended as the sphere emerged from the sea, and collapsed some moments later. This observation was mentioned in a number of Russian publications.

In the summer of 1972, there was a fascinating sighting. The shape-shifting UFO was observed by seamen aboard the *Musson*, a Soviet scientific ship. The vessel was approximately 300 miles from Bermuda. Early in the morning, the electrician (named Vagin), the radio operator and one of the navigators clearly observed an elliptical body moving through the cloudless sky. The body moved slowly, at a great altitude, from northwest to southeast. Reaching the zenith, the UFO changed its shape to that of a wheel, and then, distancing itself from the vessel, it again became an elongated elliptical body of silvery-white colour. All three observers looked at the object until it disappeared from view. This sighting was mentioned in an article by Valentin Psalomschikov, a Russian scientist, journalist and author,

which was published in 2001 in NLO magazine.

In 1976, the crew of the Soviet scientific research vessel *Vladimir Vorobyov* observed eight revolving white radial rays around 200 metres long. The rays emanated from a massive object, found by acoustic depth-finder at 20 metres below the ship. The depth of the Bay of Bengal in that area was 170 metres. This phenomenon lasted for 30 minutes. When the rays initially appeared, the sailors who were asleep woke up feeling frightened. This incident was reported in several Russian publications.

Marine Lightwheel Phenomenon?

On 28 February 1977, the Soviet newspaper *Vechernyaya Odessa* published an interview with Yevgeny Lisenko, the captain of the motor ship *Anton Makarenko*. He said that while sailing the Strait of Malacca in Indonesian waters, five members of the crew witnessed a luminescence of gigantic proportions. It was at 2.00 am when they observed a luminescent wheel with "spokes".

The centre of the revolutions was behind the ship, and the radius of the revolutions was around 12 miles. The "wheel" was underwater, and they observed the phenomenon for about 50 hours.

Initially, there were luminescent spots among the waves. Then their numbers increased and they stretched out into lines, some six to eight metres wide, as far as the horizon. The distance between the distinct lines was about 40 metres. Everything became bright, as if the Moon had appeared in the sky. The luminescence was cold, silvery and sufficiently bright.

The lines began moving as if spokes of a gigantic wheel, recalled the captain. The revolution was not rapid; it was even, and went up to the very horizon. Seasoned Soviet sailors felt dizzy and became nauseous, as if they were on a merry-go-round. The revolution accelerated, and the ends of the "rays" became bent. Finally, they broke into separate spots and disappeared.

Atlantic Ocean Sightings

Some fascinating reports have come from the area of South Georgia Island in the remote South Atlantic Ocean. Several are presented here.

Captains of Soviet ships reported that a cone-shaped, obscure cloud constantly hovered above the island. There was a photograph, attached to the reports, showing an upward flight of a "saucer" from below the ocean's surface. The object resembled neither a missile nor a torpedo. Right after it ascended, the object became invisible to their radars, as if they'd gone blind.

In December 1977, not far from South Georgia Island, the crew of the fishing trawler *Vasily Kiselev* also observed something extraordinary. Rising vertically from under the water was a doughnut-shaped

object, its diameter between 300 and 500 metres. It hovered at an altitude of four to five kilometres. The trawler's radar station was immediately rendered inoperative. The object hovered over the area for three hours, and then disappeared instantly.

The report came from Dr Zakharov, the ship's medic, who described the object as a mushroom-shaped body ascending from the water, leaving a trail of smoke behind. The object changed its angle of inclination to the horizon as it hovered above and then abruptly disappeared, leaving no traces behind. As the crew

The centre of the revolutions was behind the ship, and the radius of the revolutions was around 12 miles. The "wheel" was underwater, and they observed the phenomenon for about 50 hours.

observed the UFO, they also noticed that the onboard radio station and direction-finder had malfunctioned.

This report was later sent to the VSNTSO (All-Union Council of Scientific Technical Societies) Central Commission for Anomalous Phenomena in the Environment.

Siberian engineer Yerokhin recalls an article published in Soviet *Nedelya* newspaper in 1977 (issue 18).

The article mentioned that scientists aboard the ship *Vladimir Vorobyev* reported a bright white spot revolving around the ship at a depth of 170 metres. Its radius was approximately 150 to 200 metres.

It rotated anticlockwise and separated into eight portions. The sonic depth-finder registered the presence of something at a depth of 20 metres below the keel.

The light moved in a wavelike manner, in the shape of eight rotating and bending rays (something like turbine blades).

Soviet publishing house Sudostroyeniye published a book by Mikhail Igorevich Girs in 1977. Girs, the commander of the experimental vessel *Tinro-2*, a manned scientific submersible, wrote about the construction of the apparatus and its missions. The book is still available in Russia (mostly in regional libraries). He described an incident that took place in the early 1970s, as observed from aboard the *Tinro-2* while in the Atlantic Ocean.

One evening, as darkness was descending upon the ocean, the seamen watched a gigantic luminescent cloud. It was slightly over the horizon and its shape was almost perfectly round. They observed in the middle of the cloud a chaotically moving dot with a "tail". The cloud grew in size, while the "tail" of the dot constantly moved about. When the first cloud dissipated, another one grew in its place, and then a third one. At one point, they covered each other. The clouds were luminescent and resembled the Moon, but weren't nearly as bright. The radio transmission was not affected, and magnetic compasses aboard the vessel were fine, too.

In 1958, Felix Ziegel, assistant professor at the Moscow Aviation Institute, and a group of enthusiasts started their research into the UFO phenomenon. His contributions were immense, and he wrote a number of books about UFOs in the USSR (disseminated as manuscripts, which, for the most part, in view of censorship, could not be published). Ziegel passed away in 1988, one year before the censorship chains were broken and the UFO phenomenon ceased to be a taboo subject.

He mentioned the following events in several of his manuscripts and books.

In 1978, sailors of the Soviet motor ship *Novokuznetsk* observed a UFO as their vessel was departing from the Gulf of Guayaquil, Ecuador. A radiogram was sent from the ship on 15 June, reporting that, at night, four rapidly departing bright white trails, about 20 metres in length, were observed from the bow. At the same time, two other trails, 10 metres long, approached the vessel. Soon thereafter, at 3.00 am, straight ahead of the ship, a white luminescent oblate sphere ascended from the water. It flew around the ship, hovered for a few seconds over the vessel at an altitude of 20 metres, ascended higher, zigzagged, and then descended into the water.

In 1978, the Soviet cruise ship *Shota Rustaveli* (since scrapped) was sailing in the Atlantic Ocean when a large sphere flew over it. The passengers reported that their watches stopped working at the time. This incident was reported in Felix Ziegel's 1979 manuscript "*Nablyudeniya NLO v SSSR*" ("UFO Observations in the USSR").

On 21 September 1980, a strange flying object was sighted from the *Viktor Bugayev* in the Atlantic Ocean. Its shape was unusual. The object resembled a cone-shaped cigar, and moved slowly from southwest to northeast. Its foremost part was luminescent due to a large fiery shaft of light, which was more than half the length of the object. This fiery light shaft created the impression that the light was directed to the aft part of the ship. After flying a certain distance, the object, having rolled a bit, hovered motionlessly. It would rotate once in a while. Then, another identical object separated itself from the first object and,

rapidly gaining speed, disappeared to the northwest. Its foremost part was also luminescent due to a large fiery shaft of light. The first object, still hovering, turned off the shaft of light and assumed the colour of aluminium. It started moving to the northeast, increasing its speed. The clear outlines of its body became blurry as the distance increased. Right in the middle of both objects was a dark stripe, about one-sixth the length of the body. The altitude of the flying objects was about three to four kilometres. No sound was heard, and the objects left no trails. Thirty crew members observed the objects.

... a white luminescent oblate sphere ascended from the water. It flew around the ship, hovered for a few seconds over the vessel at an altitude of 20 metres, ascended higher, zigzagged, and then descended into the water.

The report was published in a number of Russian UFO books, and originally was included in Aleksandr Sergeyevich Kuzovkin's 1981 manuscript about statistical UFO data in the USSR. Kuzovkin, who passed away on 5 May 2001, was a well-known Soviet and Russian researcher of the UFO phenomenon. He graduated from the Moscow Chemical Machine-Building Institute in 1980 at the age of forty. From 1977 through 1988, he worked with Felix Ziegel. In 1989–90 Kuzovkin, as a leading expert in UFO photography (and photography of "invisible" beings), conducted a seminar, "Ecology of the Unknown", with researcher Aleksandr Semyonov. By 1990, Kuzovkin had collected over 10,000 reports of UFO sightings.

He believed that the Earth is a living organism, maimed and injured by mankind's poorly-thought-through grandiose projects. He was afraid that our hullabaloo around anomalous phenomena and UFOs, as well as our tactlessness and interference with their world, could have unpredictable consequences.

Kuzovkin mentioned in his interviews that Russian science still refused to consider the UFO phenomenon as anything serious, while research centres in the United States knew the seriousness of the phenomenon. Ufological research was conducted in Europe, and special UFO research departments functioned in China.

In 1993, Kuzovkin officially rejected any further research in the study of anomalous phenomena and burned most of his UFO archives and photographs.

Mediterranean & Adriatic Reports

The testimony of Alexander G. Globa, a seaman from the Soviet tanker *Gori*, was published in *Zagadki Sfinksa* magazine (no. 3, 1992) from Odessa, Ukraine. In June 1984, the *Gori* was in the Mediterranean Sea, 20 nautical miles from the Strait of Gibraltar. At 16:00 hours, Globa was on duty; with him was second-in-command S. Bolotov. They were standing watch at the left bridge extension wing when both men observed a strange, polychromatic object. When the object was astern, it stopped suddenly. Bolotov was agog, shaking his binoculars and shouting, "It is a flying saucer, a real saucer; my God, hurry, hurry, look!" Globa looked through his binoculars and saw, at a distance over the stern, a flattened-out-looking object which reminded him of an upside-down frying pan. The UFO was gleaming with a greyish metallic shine.

The lower portion of the craft had a precise round shape, its diameter no more than 20 metres.

Globa observed "waves" of protuberances on the outside plating around the lower portion of the object. The base of the object's body consisted of two semi-discs, the smaller being on top, which slowly revolved in opposing directions. He also saw numerous shining, bright, bead-like lights at the circumference of the lower disc. The seaman's attention was centred on the bottom portion of the UFO. It looked as if it was completely even and smooth, its colour that of an egg yolk, and Globa discerned a round, nucleus-like stain in the middle of it. At the edge of the UFO's bottom, which was easily visible, was something that looked like a pipe. It glowed with an unnaturally bright rosy colour, like a neon lamp. The top of the middle disc was crowned by a triangle-shaped "something". It seemed that it moved in the same direction as the lower disc, but at a much slower pace.

Suddenly the UFO jumped up several times, as if moved by an invisible wave. Numerous lights illuminated its bottom portion. The crew of *Gori* tried to attract the object's attention using a signal searchlight.

By that time, Captain Sokolovsky was on the deck with his men. He and his second-in-command were watching the object intensely. However, the UFO's attention was distracted by another ship, approaching at the port side. It was an Arab dry cargo ship on its way to Greece. The crew of the Arab vessel confirmed that the object was hovering over their ship. A minute and a half later, the object changed its flight trajectory, listed to the right, gained speed and ascended rapidly. Soviet seamen observed that when it rose through the clouds,

appearing and disappearing again, it would occasionally shine in the Sun's rays. The craft then flared up, like a spark, and was gone instantly.

Also in June 1984, another Soviet ship reported an interesting phenomenon. The *Professor Pavlenko* was sailing in the Adriatic Sea, near Neretva Bay (Bay of Zaton). The crew observed a bright spot that appeared on the surface, and the radiant circles with distinct borders that spread over the water from it. The circles spread around at the velocity of about 100 metres an hour. This was reported in issue 6, 1987, of *Vokrug Sveta* magazine.

... objects would appear unexpectedly and would fly over the ships and descend under the water without splashing. Such objects broke through the ice in the Arctic Ocean and would emit luminescence from the depths of the water.

More Strange Cases

Mikhail Soroka, a well-known researcher of paranormal phenomena, based in Kiyiv, Ukraine (according to the newspaper *Fakty*, published in the same city), revealed to reporters in December 2007 that Soviet seamen had numerous encounters with unidentified objects.

For example, such objects would appear unexpectedly and would fly over the ships and descend under the water without splashing. Such objects broke through the ice in the Arctic Ocean and would emit luminescence from the depths of the water.

Soroka mentioned encounters with plunging USOs that followed a similar scenario: gigantic cylinders

appeared in the sky, and small UFOs flew out from their bodies and plunged underwater. Some time later they returned to the surface and flew back inside the cylinder, which then disappeared beyond the horizon.

After such objects appeared in a certain area, it was registered that the electromagnetic field there had experienced fluctuations. He also mentioned an incident that took place in the Kuril Islands. In one of the lakes there, an unfrozen patch of water was discovered; its shape was that of a circle, with melted edges. The electromagnetic field was unusually high. However, no witnesses were found to reveal what really had taken place there.

Soroka described an episode from 1968 that took place in the South East Pacific region, near South America. Soviet scientists aboard the *Akademik Kurchatov*, a scientific research ship, tried to lower some special equipment into the ocean depths. The measuring instruments they submerged were attached to steel cables.

At a depth of 500 metres, one of the cables gave way and the equipment that was attached to it broke off.

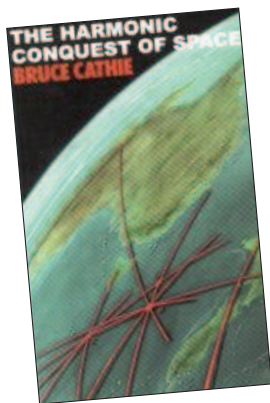
The same thing happened with two other cables. When the cables were examined, they looked as if they had been filed through. But who or what would use underwater files to sabotage Soviet science? The research into this case continues: others in the former USSR are looking into it, and more fascinating details have been collected.

Reports in Official Files

An interesting article titled "*Sovetskiye moryaki y leaysuchiye tarelki*" ("Soviet seamen and flying saucers") was published years ago (alas, the

Continued on page 84

Bruce Cathie research



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REVIEWS

BOOKS

Reviewed by Ruth Parnell

LIFE AS ENERGY

by Alexis Mari Pietak

Floris Books, Edinburgh, UK, 2011
ISBN 978-086315-797-4 (280pp tpb)
Available: www.florisbooks.co.uk

The materialistic scientific paradigm rarely considers the *life* aspect of a living organism because of its focus on basic parts like genes and molecules. Fortunately this is changing, helped by visionaries such as biophysicist/biomedical scientist Alexis Pietak, PhD, who regards life as a unique form of energy.

The idea of "life as energy" is ancient: it's the *qi* of the Chinese and the *prana* of the Ayurvedic systems of India, but it's also the "vitalism" of 17th-century western science. Dr Pietak explains how this holistic-based notion was subsumed by later scientific rationalism but has never really gone away: it's been embraced in alternative medicine such as homoeopathy and has an interesting fit with quantum physics.

Dr Pietak gives us a renewed appreciation for the awe-inspiring, perplexing features of living systems and demonstrates how we can utilise "imaginative rationality" in their

scientific comprehension. She also suggests how these alternative perspectives can be applied in the fields of ecology, agriculture and healthcare. Dr Pietak gifts us with a way to make a powerful difference in how we live and how we relate with ecosystems and the entire planet.

WORLD WIDE MIND

by Michael Chorost

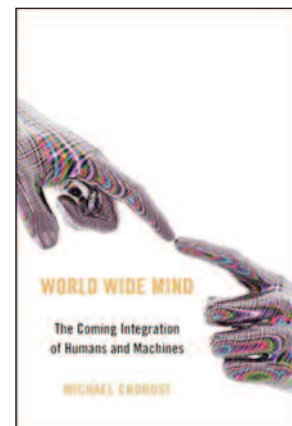
Free Press, London & NY, 2011
ISBN 978-1-4391-1914-3 (242pp hc)
Available: www.SimonandSchuster.com

Our next evolutionary step could be the development of a World Wide Mind, a computer technology that may connect us in a collective consciousness. This scenario is proposed by Michael Chorost, himself a sort of bionic man in that he has two cochlear implants—"a living example of the integration of humans and computers".

Chorost perceives a time when human minds may work directly with the Internet, resulting in our becoming more closely connected with each other and able to sense each other's presence, moods and needs, as well as creating a single organism with powerful new capabilities. An adherent of the "push-pull dynamic" that drives systems to increasing levels of order

and complexity, Chorost says that many existing technologies for detecting and interpreting brain activity, as well as mechanisms (nanowires, optogenetics) for reading and writing brain activity, could be applied to the task. He describes a communications protocol for sending perceptions and memories from one brain to another, and unveils examples of new kinds of collective communication that would be possible if humans were interlinked with the Internet—"telempathy", synthetic perception and dream brainstorming among them.

A "hive mind" could emerge from these interactions, Chorost proposes, and could be used to enhance human-to-human contact and sustain community on many levels.



REVIEWS



THE MYTH OF THE GREAT ENDING

by Joseph M. Felser, PhD

Hampton Roads Publishing,
Charlottesville, Virginia, USA, 2011
ISBN 978-1-57174-645-0 (255pp tpb)
Available: www.hrpub.com;
www.deep-books.co.uk

There's nothing new about apocalyptic forecasts. In every culture from the ancient to the modern there have been beliefs about a Great Ending, and some of them have been right in that perhaps their adherents *did* foresee the end of their own civilisation. In other cases, Domsday cults have fulfilled their own fanatical beliefs in mass suicide or murder. Curiously, some belief systems can persist despite the predicted scenarios not coming to pass; the particulars aren't necessarily important. Joseph Felser, PhD, philosopher and associate professor at CUNY, New York, wonders, then, whether the "Myth of the Great Ending" is "hardwired" into the human imagination.

Inspiring and informing him on his journey is the work of psychologist Carl Jung, mythologist Joseph Campbell, quantum physicist David Bohm, the Sioux sage Black Elk, and out-of-body explorer Robert Monroe. So, too, is the world of dreaming,

where visions, intuitions and promptings can help us create a future that we want to live in.

Perhaps, Dr Felser suggests, these End of Times expressions are really repressed yearnings to reconcile our inner and outer worlds in harmony with nature and spirit. He concludes that the Great Ending myth is not about the future, but is a distorted echo of the distant past when we lost touch with nature. It's up to us whether we realign ourselves.

AUSTRALIAN BIG CATS

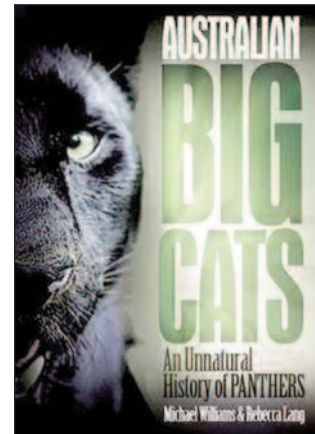
by Michael Williams & Rebecca Lang

Strange Nation Publishing, Hazelbrook,
NSW, Australia, 2010
ISBN 978-0-646-53007-9 (434pp tpb)
Available: www.strangenation.com.au

There is compelling evidence to suggest that big cats are roaming free in isolated parts of Australia and New Zealand. Sydney-based researcher/writer Michael Williams and journalist Rebecca Lang have been studying eyewitness reports and liaising with sympathetic scientists for a decade, and they've pooled their resources on their website, www.australianbigcats.com.au. For their book, they've pieced together archival reports and accounts from colonial times up to the present in an attempt to find the truth behind the

phenomenon, which also involves livestock being killed in particular ways. While Australia has no native big cats, the authors suggest that part of the answer may lie in the existence of an animal thought to be long extinct: the *Thylacoleo carnifex*, or "flesh-eating pouched lion". But other parts of the picture, with sightings of black panthers and brown pumas, had to be addressed—sightings that began in the 1880s, possibly of escaped circus animals and US military mascots respectively.

The big cat problem has become a political issue in the Hawkesbury/upper Blue Mountains region, and locals are fearful of a tragedy if the errant animals aren't caught. A gripping yarn with intriguing photos.





REVIEWS

THE ORIGINAL GREAT PYRAMID AND FUTURE SCIENCE

by Noel Huntley

AuthorHouse, UK, 2010

ISBN 978-1-4520-2407-3 (260pp tpb)

Available: www.authorhouse.co.uk

The Great Pyramid of Giza was built by a highly advanced civilisation with big-picture knowledge that our old-paradigm science can't fathom. But if we're to try to understand the Pyramid's mathematical complexity and purpose, we need to access this big picture—and we must do this by expanding our consciousness, says Noel Huntley, PhD, who has a background in physics, experimental psychology and parapsychology and aspires to bring together science and religion in a spiritual science.

Dr Huntley agrees with researchers, such as Egyptologist John Anthony West, who propose that the Egyptian civilisation was a legacy from an earlier, lost civilisation and that the Great Pyramid is thousands of years older than is generally thought. However, Dr Huntley argues for an extraterrestrial source: the Sirian Council Anunnaki, which helped the progress of the legendary Atlantean and Lemurian cultures—but whose efforts were stymied by the Resistance Anunnaki and the Draco circa 55,000 and 52,000 years ago.

The resultant cataclysm then forced the transfer of culture and technology from Atlantis to Egypt.

The Great Pyramid was used as a teleportation centre, Dr Huntley claims. It served as fortification for "the Arc of the Covenant", a portal bridge technology incorporating scalar standing waves and vortex oscillation. Thus he asks that we put aside our programming and open our minds to higher frequencies in the pursuit of knowledge and growth.

THE FORCE

by Lyn McLean

Scribe Publications, Victoria, Australia,

2011, revised and updated (first pub. as *Watt's the Buzz?*, Scribe, 2002)

ISBN 978-1-921640-29-2 (380pp pb)

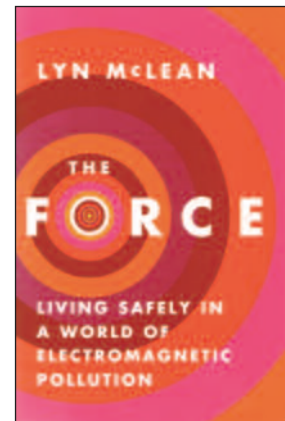
Available: scribepublications.com.au

Since Lyn McLean's book was first published in 2002 as *Watt's the Buzz?* (reviewed in 9/04), we have noted considerable additional impact around the globe from the increasingly widespread use of mobile phones and WiFi-enabled technologies, despite the mounting scientific and medical evidence for the adverse health effects of electromagnetic radiation (EMR).

In this revised and updated edition, McLean expands her coverage of appliances and computers, with their

relationship to so-called dirty electricity, as well as base stations, broadcast towers and power lines. She has more evidence linking EM hypersensitivity symptoms to EMR as well as household and environmental chemicals, and McLean expresses sympathy for the sufferers who are ignored or derided by health authorities, politicians and society.

There's more spin in the official story than in electrons, but McLean has some hope that scientists may move beyond the outdated belief that only the heating effects of radiation can cause health problems. Her A-Z guide to reducing EM exposure is information that's now even more critical to take on board, the more electropollution we have to contend with in our environment.

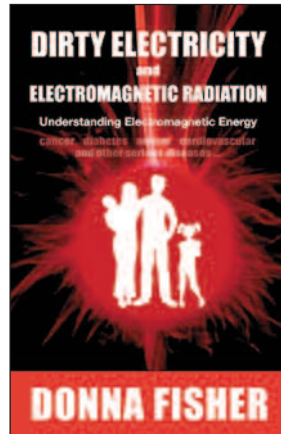


REVIEWS



DIRTY ELECTRICITY AND ELECTROMAGNETIC RADIATION by Donna Fisher

Joshua Books, Qld, Australia, 2011
ISBN 978-0-9808-7449-5 (239pp tpb)
Available: www.JoshuaBooks.com



We thought we had enough trouble with electromagnetic fields (EMFs) pervading our environments, and then came along "dirty electricity". It's a plague that's "bigger than all of us", says Donna Fisher in her new book, a follow-up to *Silent Fields* and *More Silent Fields* (reviewed in 15/06 and 17/0; article in 16/06). The latest scientific studies suggest that dirty electricity is not only causing cancer, it's speeding up the progress of cancer in the workplace, in the classroom and in the home. So it's good to know that this dirty electricity plague can be kept in check by technologies such as plug-in filters that draw "transients" (caused by an interrupted electrical current flow) out of appliances and wiring and transfers them to ground.

Fisher maintains that electrical equipment today could easily be fitted with filters to reduce the level of dangerous EMR emissions. For now, we add to the plague whenever we buy non-filtered equipment, even energy-efficient appliances and lighting. Fisher presents amazing case studies of people whose health problems, such as debilitating MS, were greatly improved by adopting protective measures against EMF and dirty electricity. And with the

increasing prevalence of wireless technology today, we need Fisher's advice now more than ever before.

SEX, LIES AND PHARMACEUTICALS by Ray Moynihan and Dr Barbara Mintzes

Greystone Books, Vancouver, 2010
(first pub. by Allen & Unwin, Australia, 2010, ISBN 978-1-7423701-8-7)
ISBN 978-1-553655084 (257pp tpb)
Available: www.greystonebooks.com;
amazon.com; www.allenandunwin.com

Pharmaceutical corporations like Pfizer, Procter & Gamble and Boehringer, in league with medical researchers and psychiatrists, have created a new "disease"—"female sexual dysfunction"—in their bid to develop new drugs and new markets for them. By identifying four such disorders—to do with libido, arousal, orgasm and pain—they can expand their treatment reach. For *Sex, Lies and Pharmaceuticals* Ray Moynihan, an award-winning health journalist and author (*Selling Sickness*, 12/06; *Too Much Medicine?*, 6/01), has teamed up with Dr Barbara Mintzes, an assistant professor at the University of British Columbia's Department of Pharmacology and Therapeutics, who has expertise in clinical trials and drug marketing, efficacy and safety.

They expose how the pharmcos utilise statistics—based on skewed surveys and invented by researchers with financial ties to those same companies—and adopt marketing strategies to raise awareness about the target condition that most women didn't know they had. What used to be regarded as normal fluctuations in women's sexuality are now labelled as disorders that need to be treated with pills and patches.

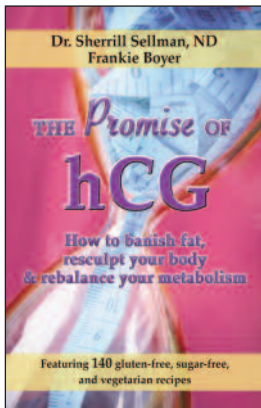
The authors quote the work of New York University's Dr Leonore Tiefer, who has started a grassroots campaign against the medicalisation of female sexuality. This is empowering information in the face of a false epidemic, manufactured by the global drug giants for profit.



REVIEWS

THE PROMISE OF hCG by Dr Sherrill Sellman, ND, and Frankie Boyer

Bridger House Publishers, ID, USA, 2011
ISBN 978-0-9844733-3-5 (187pp tpb)
Available: Amazon.com or from
www.whatwomenmustknow.com;



If the experiences of many medical doctors, health professionals and their clients are any guide, then hCG—the human chorionic gonadotrophin hormone—and the dietary protocols developed by English doctor A. T. W. Simeons half a century ago provide the answer to problems of overweight and obesity.

Sherrill Sellman, ND, introduced NEXUS readers to hCG and the protocols in 17/04 ("An Effective Solution to the Obesity Epidemic"), and in her new book she restates the fundamentals of how and why hCG (especially the homoeopathic form) works by unlocking the abnormal stored fat, or adipose fat, which accumulates in the abdomen, legs, arms, neck and elsewhere. This wonder "hormone" helps rebalance the hypothalamus gland and then the metabolism, eliminating abnormal fat, resculpting the body, improving muscle tone and resolving chronic health disorders. Dr Sellman, who has had great success herself with the hCG program, cautions that there are some contraindications to hCG use. Importantly, she outlines the three phases of Dr Simeons's dietary protocols and why they should be followed to the letter.

Supporting Dr Sellman's text is the

stunning weight-loss story of Mayer Eisenstein, MD (who also contributes the introduction), and glowing testimonials from other health professionals and the public. There's also an interview with a former colleague of Dr Simeons. Dr Sellman's colleague Frankie Boyer, an holistic living expert, presents tasty recipes based on the protocols—something else to look forward to on this quest to end all diets!

VISIONS OF THE MULTIVERSE by Dr Steven Manly

New Page Books, NJ, USA, 2011
ISBN 978-1-60163-129-9 (270pp tpb)
Available: www.newpagebooks.com

New-paradigm physics describes worlds that were once the domain of shamanic, faith-based and spiritual experience. Now, ideas derived from cosmology, string theory, quantum mechanics and mathematics are the key to multiple-universe concepts. Dr Steven Manly, who has a PhD in high-energy physics and is a physics professor at the University of Rochester, USA, brings his demystifying and entertaining approach to exploring theories about many types of "multiverses".

He revisits the history of relativistic and quantum concepts, and explains how physicist Hugh Everett in the 1950s developed his idea of infinite dimensions and parallel universes from quantum mechanical processes. Dr Manly acknowledges the rich connection between quantum mechanics and consciousness that has been made by new-paradigm thinkers, but he's no New Age fan.

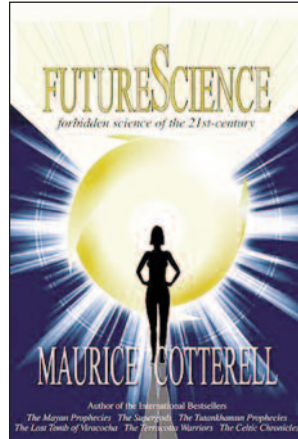
Some multiverse concepts stem from the inflationary Big Bang model, and Dr Manly describes the related "beyond-the-horizon" and "bubble" multiverses. Others, like the ekpyrotic model of at least two multiverses in one, do not involve inflation. Even the religious belief in a heaven beyond Earth is a multiverse concept! Meantime, Dr Manly is searching for a quantum theory of gravity that really works...

REVIEWS



FUTURESCIENCE: Forbidden Science of the 21st Century by Maurice Cotterell

Celtic Press, West Cork, Ireland, 2011
ISBN 978-0-9567722-0-6 (246pp hc)
Available: www.MauriceCotterell.com



Over two decades ago, engineer-scientist Maurice Cotterell discovered how to calculate the long-term magnetic reversals of the Sun and he then proceeded to crack the codes of ancient Sun-worshipping cultures such as the Mayans, the Egyptians of Tutankhamun's time and the Viracochas of South America (see reviews in 3/02, 7/04, 8/03). He went on to propose how the Sun affects fertility, determines the duration of human gestation and affects the rise and fall of civilisations. He revisits this work, with his amazing graphical superimpositions, in "The Science of the Sun" and "The Science of God" chapters of his book *FutureScience*.

But first up, Cotterell addresses the 12 unsolved mysteries of physics, e.g., what stops the positive charges (protons) in the middle of atoms from springing apart. Next, he explains how electricity and magnetism work at the atomic level to produce the force of gravity. The electron must be coil-shaped, he proposes, because, as it slices through the electric field between the hydrogen proton and electron, a magnetic field is induced. He applies this principle to explaining the Earth's magnetic field. Cotterell goes on to show how gravity waves can be

generated to produce unlimited quantities of free energy, and how antigravity waves can be used to break hydrogen bonds in water to provide unlimited, free hydrogen fuel to power the cars of the future.

In addition, he discusses the Sun's role in causing global warming and cooling: the Earth's magma is subjected to tilting forces from the Sun's "neutral sheet" (an area of neutral magnetic activity around the Sun's equator) which modulate the 187-year sunspot cycle, causing heating or cooling of the Earth from within. A fascinating study.

SHAKESPEARE'S SECRET BOOKE by David Ovason

Clairview Books, East Sussex, UK, 2010
ISBN 978-1-905570-26-3 (237pp tpb)
Available: www.clairviewbooks.com

In his play *King Henry IV, Part I*, Shakespeare alluded to a "Secret booke" that was "deepe and dangerous". As David Ovason writes, it encompassed a sophisticated system of codes that, once accessed, revealed esoteric and ancient knowledge. Ovason specialises in historical and occult subjects (see *The Secret Zodiacs of Washington, DC*, in 6/04), and here his focus is on the Elizabethan and Jacobean periods and the underground movement, especially the Rosicrucians, that nurtured these magical codes. Other notables such as Nostradamus, John Dee, Sir Walter Raleigh, Sir Francis Bacon, Ben Jonson, Edmund Spenser, Robert Fludd and Jacob Boehm used the codes for covert communication.

The code itself is numerical, and here Ovason concentrates on the number 33, which has allusions to the mystery of the Ego—the higher, invisible Self. That number was encoded in illustrations and text via symbols, lines and letters, on title pages and in stained glass windows and sculptures. The codes were there in plain sight, but could only be seen and interpreted by those in the know.

Ovason does a fine job in decoding this enigmatic body of knowledge.



REVIEWS

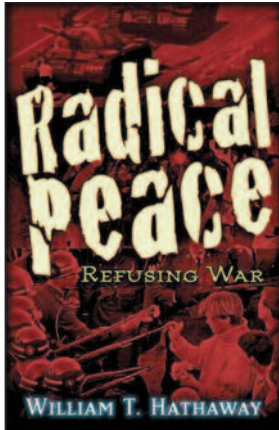
RADICAL PEACE

by **William T. Hathaway**

Trine Day, Oregon, USA, 2010

ISBN 978-0-9799886-9-1 (170pp tpb)

Available: www.TrineDay.com



The positive change promised by US President Barack Obama has not come to pass, if rising military budgets and ongoing wars are any guide. Many peace activists are now ditching demonstrations for direct action, designed to impede America's ability to wage war and maintain control over economic resources and strategic interests in far-off lands.

In *Radical Peace*, former US Special Forces soldier turned political journalist William Hathaway, now a professor of American Studies at the University of Oldenburg, Germany, presents his own stories as well as those of others including deserters, resisters and saboteurs from the USA, Europe, Afghanistan and Iraq, all of them expressing their desire for peace in different ways. These peace activists are part of a loose global network that holds that violent governments shouldn't have to be obeyed, even if it means performing acts of defiance or sabotage that violate the so-called US Patriot Act and their foreign equivalents. Some of them have turned to meditation to find clarity, but others who've been involved in war have had to confront and heal the pain from having inflicted violence on innocent people.

Hathaway believes that an enlightened consciousness needs to

be nurtured in mass society if non-violent positive change is to be achieved, and global mass meditation may well be key to a breakout of peace. A compelling book from a dedicated peace activist.

THE TRIUMPH OF CONSCIOUSNESS

by **Christopher James Clark**

Progressive Press, USA, 2010

ISBN 978-1-61577-370-1 (347pp l/f tpb)

Available: ProgressivePress.com

Who will win the epic battle of tyranny and deception versus liberty and truth? Whoever becomes more conscious, states Christopher Clark, a freelance researcher/writer, former business analyst and student of psychology and sociology (see www.christopherjamesclark.com). In opening his analysis, Clark reviews the holes in the official 9/11 story that point to an inside job, a false-flag operation perpetrated by globalists intent on implementing a New World Order. Who'd have thought that what the powers-that-be have in store for us is neo-feudalism?

Let us not be taken over by manufactured banking panics and recessions, or be subsumed by global warming worries: let us fearlessly address and try to understand the problems confronting us, not give in to a manipulative agenda designed to prey upon the potential of human consciousness, says an adamant Clark. He addresses pressing issues to do with tyrannical global government, false environmentalism with its "UN ringleaders" and duplicitous cheerleaders, and covert government propaganda supported by big media. He takes a swipe at some of the most powerful and influential figures in the environment movement whom he regards as "congenital liars, control freaks, psychopaths and globalists".

Clark tells it like it is in his well-researched polemic that ultimately aims at our embracing freedom and love in furthering humanity and our planet. We have to wise up!

REVIEWS



DVDs

Compiled by Duncan Roads

GASLAND

Available: www.nexusmagazine.com;
www.gasland.com.au,
www.GasLandthemovie.com

Released in 2010, this award-winning documentary is about a devastating environmental disaster on a horrific scale. It illustrates the effects of the natural gas extraction process called hydraulic fracturing, or "fracking", which boomed in the USA after 2005 when mining companies were exempted by law from the Safe Drinking Water Act. Now they're looking to do this in many new areas across Australia, Europe and North Africa.

GasLand follows filmmaker Josh Fox on his journey across America, where he discovers that the chemicals used in the fracking water and the methane produced become mixed in with the water supply and also permanently contaminate the aquifers, affecting millions of people.

This is a MUST SEE film!



SYMBOLS OF AN ALIEN SKY Episode Two: The Lightning-Scarred Planet Mars

The Thunderbolts Project © 2011

Available: www.thunderbolts.info

In this second episode of *Symbols of an Alien Sky*, David Talbott takes the viewer on an odyssey across the surface of Mars. Exploring feature after feature of the planet, he finds



that only electric arcs could produce the observed patterns. The high-resolution images reveal massive channels and gouges, great mounds, and crater chains, none with an explanation in traditional geology but all matching the scars from electric discharge experiments in the lab.

This is a documentary that could change everything you thought you knew about planetary science, ancient times and symbolism.

THE KLAUS DONA CHRONICLES: Secret World 1

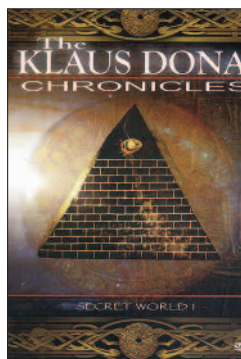
produced by Frank Jacob and Tonia Madenford © 2011 (75mins)

Available: klausdonachronicles.com

Indiana Jones, the fictional adventurer and treasure-seeker introduced in *Raiders of the Lost Ark*, lit the world on fire with ideas of ancient mystical legends. But little is known about our true ancient past. Klaus Dona, an adept researcher on a quest for unusual artefacts, held his first Unsolved Mysteries exhibition in 2001 in Vienna. The 400 original artefacts he displayed point to the existence of lost civilisations whose acceptance would rewrite history.

These forbidden artefacts include crystal skulls, ancient world maps of mysterious continents, Atlantean relics, golden spacecraft, tools that defy modern technology, magnetic pyramids that glow under UV light, and evidence of giants 25 feet tall!

Join Klaus Dona as he details his findings in *Secret World 1*, the first in a series of educational DVDs that chronicle his adventures and discoveries. Highly recommended!





REVIEWS

MUSIC

Reviewed by Richard Giles

THE ROUGH GUIDE TO AFRICAN GUITAR LEGENDS

by various artists

Rough Guides/World Music Network, UK, 2010 (2CDs, 129mins)

Distributors: **Australia**—The Planet Company, tel (02) 9283 8250; **UK**—World Music Network, tel (0)20 7498 5252, www.worldmusic.net

This new release is a brilliant collection of music from acclaimed African guitar players. The line-up includes Oliver Mtukudzi, Ali Farka Touré, Tinariwen, Henry Makobi, King Sunny Adé, Kanté Manfila and many more. These musicians are some of the best of the best from modern Africa. The bonus CD is from Syran Mbenza & Ensemble Rumba Kongo and other stars paying tribute to the music of the Congolese guitar legend Franco who died over 20 years ago.



THE VEIL OF WHISPERS

by Thierry David

Real Music Records, 2011 (66mins)

Distributors: **Australia**—Brumby Books & Music, tel (03) 9761 5535; **Europe**—MCC, tel +49 (4102) 898202; **USA**—Real Music, tel (415) 331 8273, www.realmusic.com

Thierry David is a French musician who has spent a large amount of his time in remote locations with the indigenous people and their music. For much of it, he's been in Peru

where he played with and learned from the locals. He trained at the Berklee College of Music, Boston, and has had success with his previous Real Music releases, *Zen Pause* and *Zen World*. This is relaxing lounge music with a touch of jazz and classical. It's great as background sound for your creative and artistic work.

PEACE WITHIN

by Samjjana

Samjjana Music, Australia, 2011 (2CDs, 76mins)

Distributor: **Australia**—Samjjana Music, www.samjjana.com

Here is a beautiful CD from two Australian performers, Maia and Sahayak, who amongst their other skills play the *hang*. The *hang* was developed in Switzerland, the result of years of research on the steel pan and a diverse array of instruments such as the *ghatam*, gongs, drums and bells. The instrument, played with the hands, produces *udu*-like sounds with air resonance and looks UFO-like. The albums also feature harp, flutes and crystal bowls, and the bonus disc is a harp performance in six parts. Exquisitely quietening.

TANDE-LA

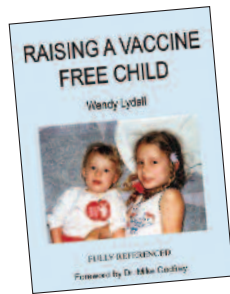
by The Creole Choir of Cuba

Real World Records, 2010 (43mins)

Distributors: **Australia**—The Planet Company, tel (02) 9283 8250; **UK**—Real World Records, tel 0870 720 2127, www.realworldrecords.com

The Creole Choir of Cuba has members from the region around the city of Camegüey. Of Haitian background, they came together in 1994 to promote their own culture. Their songs are in the Creole language of the slaves brought to Cuba in the 18th century and of the many Haitians who moved to Cuba in the 19th and 20th centuries. They express their strong Haitian origins through their songs of humour, survival, poverty and freedom, and with passionate, irresistible and excitingly rich world rhythms. "Listen to us", they say in their music.

RAISING A VACCINE FREE CHILD



RAISING A VACCINE FREE CHILD

by Wendy Lydall

A well-referenced book which dispells many myths about vaccinations, including that the benefits are worth the risks, that without vaccinations there would be epidemics, and that vaccines are scientifically and clinically tested for their safety and effectiveness. Lydall exposes the sham studies designed to cover up the vaccine connection to SIDS (cot death); and shows that homoeopathic vaccines are bringing an alien vibration into the body, and are not necessarily safe.

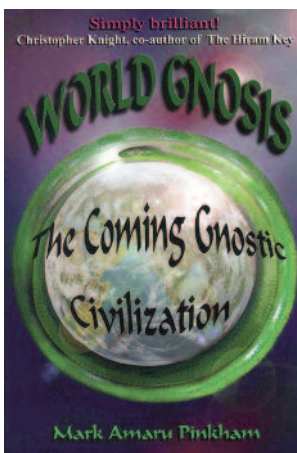
Lydall also has information about the denial and/or dishonesty of some health care providers, medical bureaucrats, vaccine manufacturers and high-level officials on vaccine safety issues. Highly recommended!

To order, visit

www.nexusmagazine.com

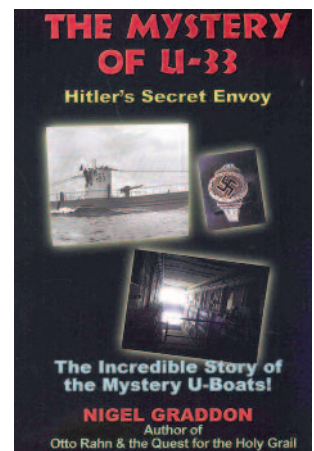
JUST ARRIVED - TWO NEW BOOKS TO NEXUS

Gnostic Templar Grand Prior Mark Amaru Pinkham presents the amazing history and teachings of the Left Hand Path—which includes the world's gnostics, alchemists, secret societies, and mystery school initiates—and its continual battle with the patriarchal adherents of the Right Hand Path.



World Gnosis: The Coming Gnostic Civilization

World War II historian Nigel Graddon chronicles a number of mysterious U-Boat missions—including trips to Antarctica—that took place both during and after the war. He details the strange landing of U-33 in Scotland in 1940, which involved the top-secret Enigma encoding device.



The Mystery of U-33: Hitler's Secret Envoy

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The Missing Pieces of the Weight Loss Puzzle

Continued from page 22

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Past-Life Regression: An Ancient Healing Tool

Continued from page 46

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The CHANI Project

Continued from page 62

Without the moon, they became more calm and peaceful. Anxiety and emotional fear had a dramatic decline among the population and even the animals. All living beings were affected.

(2) There were weather and climate changes. The oceans became much calmer. Heavy thunderstorms and lightning became a rarity. The climate became balanced all over their planet. Extreme cold or heat became something of the past.

(3) They developed an enhanced new colour spectrum. They could see and differentiate between new colours in a way that they couldn't do before.

(4) A great majority of the population became aware of their telepathic communication abilities, especially between parents and children and among siblings. Children born after the "demise" of the moon were able to communicate with inner-plane beings without the need of training, Elder guidance or instruments.

(5) There were major changes to their respiratory system. Their blood and breathing chemistry changed or adapted. Children born after the moon's demise were able to hold their breath under water for hours at a time.

(d) I have to point out to the reader that there were certain topics that the Entity was very reluctant to address or to provide more detail on, other than what was already

covered. Some topics were refused outright (these topics are classified). One of these "reluctant" topics was the naming and description of inner-Earth beings, their role in our development as well as the appointed hierarchy and who appointed such a hierarchy.

(e) During the period when technicians tried to re-establish contact with the Entity, the research notes make mention of the introduction of a quantum antidote/virus with artificial-intelligence string gathering properties and an estimated dormant period of 10 years. Technicians came to the conclusion that once the code was introduced into the collider network, it would lie dormant while gathering artificial intelligence on how to re-establish contact. Simply put, they thought it would fix itself, given enough time.

However, I'm quite certain that the CHANI project did end in 2000, so I don't know if this project was re-opened under another science or if it flowed or merged into another. I mention this because, with the recent outbreak of the Stuxnet virus and the comments made by technicians, I can't help but feel uncomfortable with the similarities between the current Stuxnet outbreak and the "code" properties that the technicians discussed at the time of the CHANI-Y2K issue. That was in 2000; Stuxnet surfaced in 2010. A 10-year dormant period? I wonder, but that's a whole new conspiracy for another day. ∞

SOVIET UFO SIGHTINGS IN INTERNATIONAL WATERS

Continued from page 68

author's name and the date are missing), and referred to UFO sightings reports that were collected and sent to VSNTTO.

In 1984, VSNTTO set up the Central Commission for Anomalous Phenomena in the Environment. The chairman was a corresponding member of the USSR Academy of Sciences, V. S. Troitsky, and one of his deputies was General-Major of Aviation and Pilot-Cosmonaut Pavel Popovich.

The first Ukrainian cosmonaut, Popovich received a large file of UFO reports from the KGB in 1991—unprecedented in UFO research. He also gave several fascinating interviews a few years before his death in 2009, one of them revealing his knowledge of USOs and underwater bases.

The Central Commission has collected reports of UFO and USO

sightings from the general public. One such report came from a Leningrad mechanic, A. Golitikin. On 24 January 1980, he was aboard the refrigerated fishing trawler *Brilliant*, some 20 to 30 miles from the coast of West Africa.

At 13:00 hours, Golitikin went to the deck and, along with other crew members, observed a black cigar-shaped object flying towards the ship.

The object moved much more slowly than an aeroplane would, at an altitude of 1.5 to 2.0 kilometres, and it made no sound.

They observed the object for about seven minutes through binoculars. They were most amazed when the object approached the trawler and then immediately disappeared.

Certainly there is much more amazing information in the secret archives of Russia's Navy, but the Russian government and its Navy guard their secrets very well. ∞

About the Author:

Paul Stonehill is a researcher, author and lecturer specialising in anomalous phenomena, especially Soviet and Russian military research into the subject. Born in Kiyiv in the former USSR, since 1973 he has lived in the USA where he graduated with a BA in political science from California State University. In 1991, he founded the Russian Ufology Research Center in Encino, California, which facilitates UFO information-sharing. He is the author of numerous articles for UFO-related magazines and several books including (with Philip Mantle) *UFO Case Files of Russia* (11th Dimension Publishing/Healings of Atlantis, UK, 2010; see review in NEXUS 17/05), *The Soviet UFO Files: Paranormal Encounters Behind the Iron Curtain* (Quadrillion Publishing, UK, 1998) and *Paranormal Mysteries of Eurasia* (Galde Press, 2011, USA).

Paul Stonehill can be contacted via email at rurcla@hotmail.com.

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NEXUS MAGAZINE

1987-2010



This DVD contains the complete back issues of NEXUS from 1987-2010 in pdf format.

Reconnecting to Nature Through Spiritual Permaculture by Leonid Sharashkin



The Ringing Cedars editor reveals worldwide potential for Russia's permaculture garden movement.

The School: Humanity's New Future



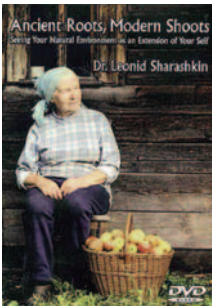
At this Russian school, the children have designed, built and decorated their own campus.

Creating Your Space of Love: The Road Home



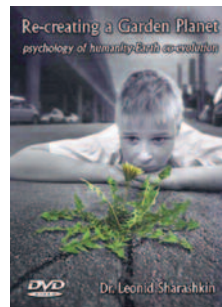
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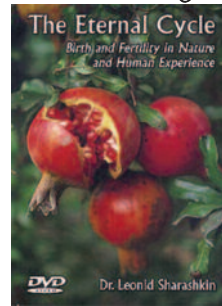
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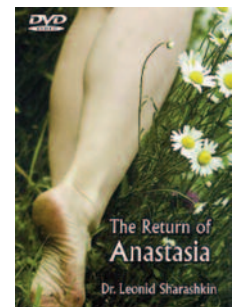
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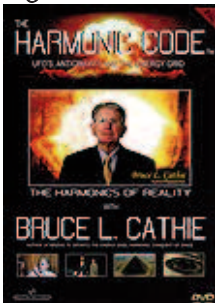
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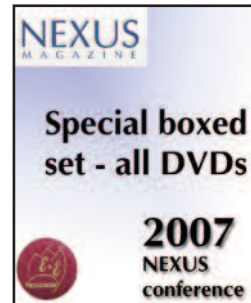
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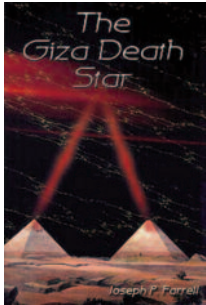


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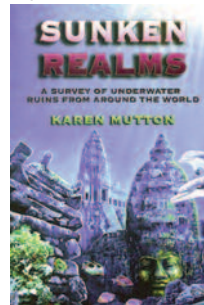
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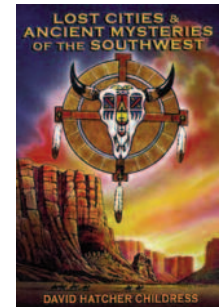
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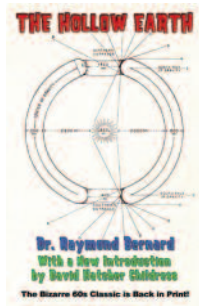
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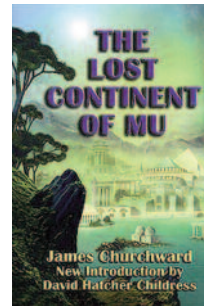
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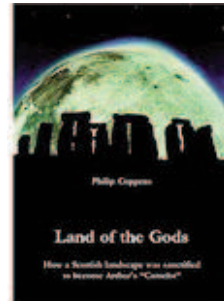
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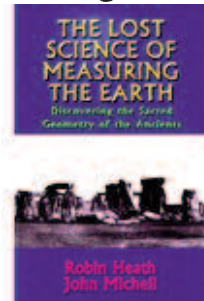
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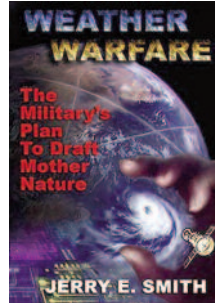
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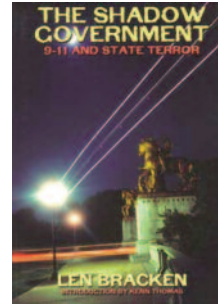
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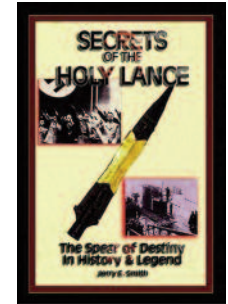
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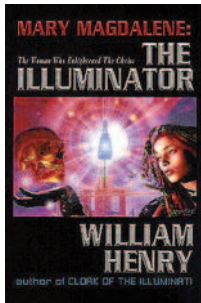
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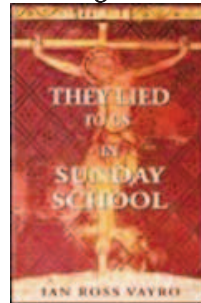
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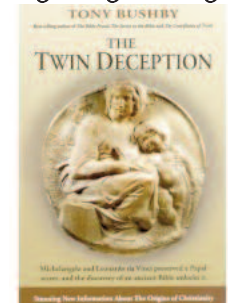
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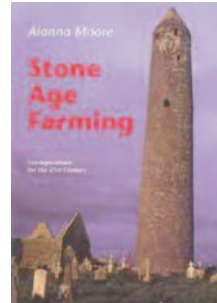
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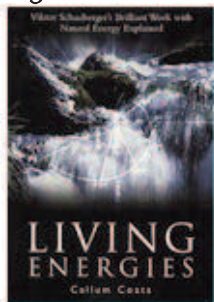
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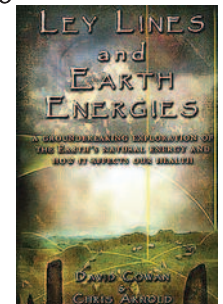
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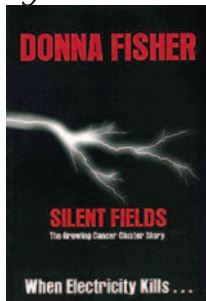
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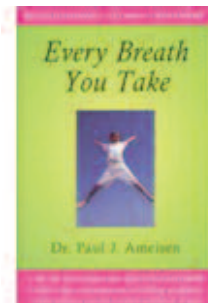
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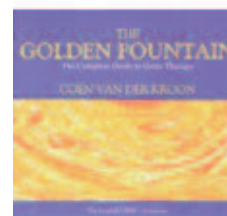
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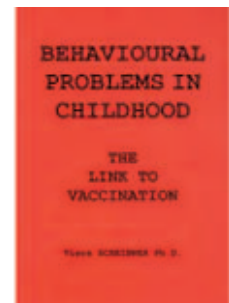
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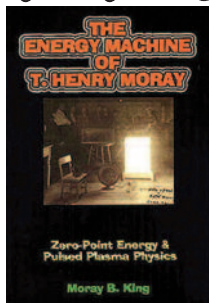


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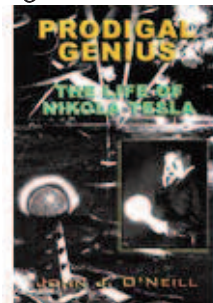
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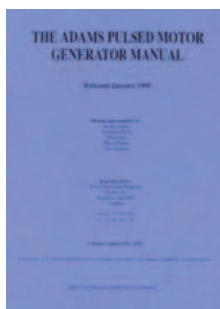
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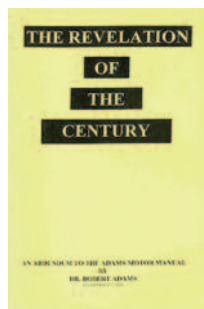
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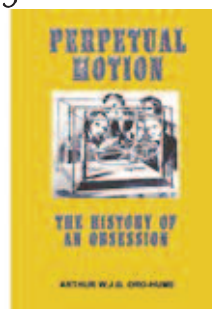
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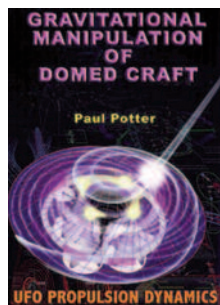
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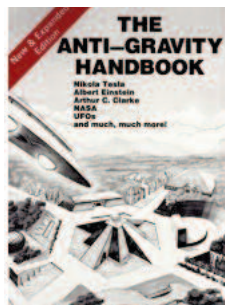
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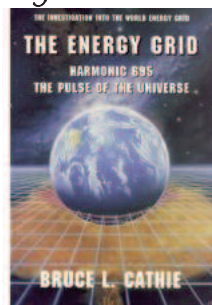
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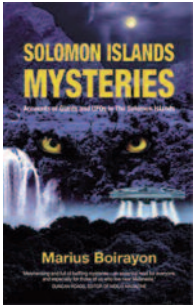


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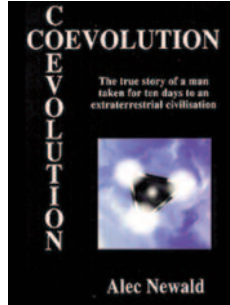
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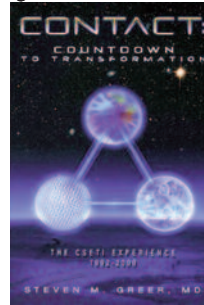
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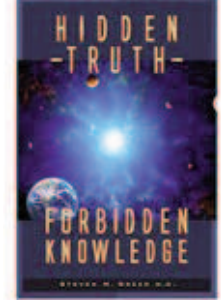
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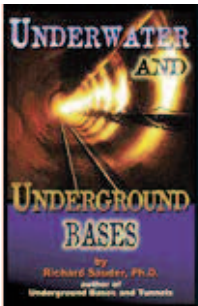
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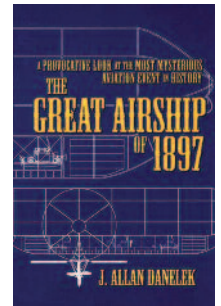
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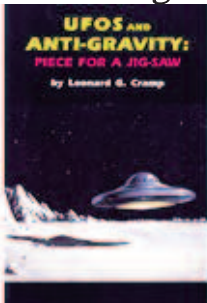
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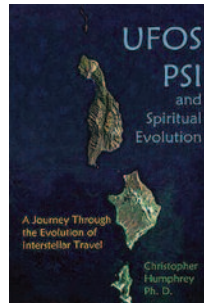
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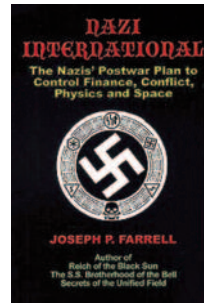
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