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News

A Bimonthly

News and

Inspiration

Digest

Representing

the

intersection of

Spirit

Soul

Mind

Matter



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"Autumnal Sentinel Overlooking Hidden River"

– Expanded PDF Edition –  
Early Autumn Issue  
– Sep/Oct 2022 –

*For featured articles, see  
Table of Contents, Inside Cover, page 2  
Cover art: "Autumnal Sentinel Overlooking Hidden River"*



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About the Cover...

"Autumnal Sentinel Overlooking Hidden River," original art © 2022 by Rose A. Jenkins. Comment: Autumn watchfulness. Found, seen in Nature, all around, holding its breath. Rivers still flowing... ■

Rummaging through the junk pile of history...

He shook his head slowly and said: "You can't fix what was made wrong in the first place. Needs replacin' altogether. Sometimes they just make lemons..."

© 2022 by Rose A. Jenkins, editor/publisher

Editor's foreword (& apology): This issue is late due to various and sundry inner conflicts over content (and planet slow downs). I hope the wait is worth it for Readers. ◇

No need to be reminded of that old saw about "making lemonade when the Universe gives you lemons." We have lots of lemonade, but the lemons keep coming (thanks to sociopaths, globalists, and their hired hands we call a government).

What we see clogging up our physical, mental (and spiritual) space is the end product of capitalist "spend, spend, spend" materialist philosophy, happily providing us with useless (and often dangerous) trinkets that have short lifespans of utility (i.e., made shoddily, on a timetable to oblivion) ending up in landfills, oceans, wherever. A parallel to the engineered short-attention spans of consumers, or "citizens"?

Junk in the Attic, Junk in the Basement Do we clean out our "attics" (outmoded thoughtforms, habits of thought, implanted ideas) and "basements" (experiences that continue to sting and plague us) as often as we should? Do our habits of thought ever get changed in a conscious way? I'd say, very seldom, and in some cases, never. Yet, those on the path to self-realization and taking responsibility for who they are at any particular time must engage in this overlooked spiritual exercise regularly: Questioning whether what they believe still has integrity; what "facts" are still true and discarding those which have failed; clearing out a mental and spiritual space for more truth to enter.

Western Capitalism is a Baal-worshipping knock-off And what about those ways we try to govern ourselves - where banditry is habitual and vile and obvious... though lauded by all the phony (CIA-corporate-dominated) media? When elections have no validity at all to eyes who have seen every promise broken, diluted, truncated while watching brilliant dreams for the common good smashed, distorted, corrupted? Vast criminal empires left alone by "laws" that were designed to exempt criminals and malefactors from just punishment?

\*writ: A written order issued by a court, commanding the party to whom it is addressed to perform or cease performing a specified act.

DECREE AND WRIT\* § That this human-sacrificing, Baal-worshipping globalist government thickly spread around the world, shall be ended. It is an abomination to All-that-Is and its protagonists nothing but a gang of murdering poisoners, liars and thieves. They take living, miraculous Beauty and give back dead, artificial things; are given high pay for bringing death and disease to all-that-is on Earth; whose works will be blown away by the Wind. Therefore, the Cosmic Court having rendered its Verdict and Judgment, they and their minions shall be ended. So shall it be. ‡

Monsters Walk Among Us Well-endowed with death-bringing expertise, they revile life and all-that-is, praising and promoting any and everything artificial. Their hubris, i.e., towering egos that seek to replace the Creator with inferior creations, seemingly knows no bounds, no restraint, no proportionality of the simple knowledge of what is Right and what is Wrong.

Some of the names of these front people, proponents for the total obliteration of that which has sustained life on our planet for millions of years, are well-known - people like Bill Gates, Anthony Fauci (who hopes to escape reckoning by stepping down), Elon Musk,\* Klaus Schwab - those who cunningly, persistently push "the new normal," "the great reset," are turning our best hopes for a better world into pinwheels of spiraling ashes.

\*Aside: Many see Musk as some kind of good guy. Didn't he buy Twitter to "free up speech"? Yes, but that doesn't make him "a good guy." And, it's not likely that criticism of his company SpaceX, which launched many thousands of 5G satellites, leaving huge numbers of chemical-laden launch trails and many holes in the ozone layer, will be tolerated. Yet, NOAA now admits that the uptick in "noctilucent" wispy trails appearing in the upper atmosphere has a direct connection to all those thousands of launches. (See pg 8.) Not just his, of course, but just the same, crimes against the planet. Besides, he's definitely a Reset and AI (artificial intelligence) advocate. How "good" is that? ◇

Inescapable conclusion: There is no sane or salutary recourse available to us (if we wish to

save our planet as well as ourselves) but to remove them in the most expeditious way. — Consider this example: A team of gunmen enter schools, churches, shopping centers killing and wounding as many people as they can. Wouldn't whole-hearted and responsible people make every effort to "take them down"? Isn't that the way heroic people act?

If there is hope... There must be a vibrant reckoning. A rising up of the people, exercising their power, to overtop and crash down upon those who have abused the entire planet - anything less is craven, cowardly. Real people, when sufficiently aroused, act in the interests of the greater good (as well as their own). Why wait until there is no choice at all?

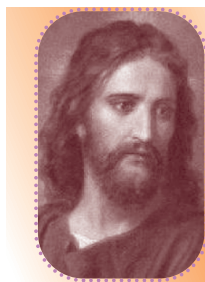
Autumn Clearing Revelations are piling up and spilling out of many mouths channeling Truth. If ears and eyes are open, truths are hitting the mark: they're being attended to and acted upon, if not openly. However, we must make room for even more revelations. This is work for heroes, as I often say. It is work that those who are on the path to greater integrity, authenticity and individuation must undertake - to help redeem this world at this time and claim their own divine inheritance.

Don't put this opportunity for real change on the shelf for "later," for it is already later than you think.

Roll up your sleeves, dig deeply into your self and discard implanted mind traps, false premises and corrupted programming that have kept you passive and servile. Cast them into the discard pile, the "bonfire of the villains." You'll feel better for the effort, and your true light will begin to shine through ever brighter.

This is the way forward - through the junk pile. Fear not, as we do have help. But, remember, it was our abdication of our Sovereign Soul status and acceptance of the False God of Materialism that brought us to this place now with its evolutionary crisis. Make use of it.

Rose ("the editor") Jenkins — For the Planet —



"Think not that I am come to send peace on earth: I came not to send peace, but a sword."

Matthew 10:34 (King James version) also Luke 12:49-51, Micah 7:6.

the Pathfinder...

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When "unity consciousness" did exist on Earth...

# The Law of One and the Golden Age of Atlantis – (then arose the Sons of Belial\* ... and Fall of Atlantis)

\* "Belial" appears in the Hebrew scriptures (e.g., King James Bible), and most references give that 'belial' means "lawless"; a demon, destroyer of value, and so on.

◆ The Law of One... ◆ Revealing Edgar Cayce's Lost Atlantean Civilization ◆ Giant Crystal Pyramid Discovered in Bermuda Triangle (2022) ◆ Stones of Bimini Road

© 2014 by James Tyberonn (d. Sep. 2, 2020)

Material from *shiffrequency.com* (Jul. 3, 2022). Originally from *Earth-Keeper Chronicles*, Dec. 22, 2013). Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

**Editor's foreword:** The author of this article about the "Law of One" starts with Edgar Cayce, and rightly so. Cayce's trance renderings on Atlantis, Mu (Lemuria) and extremely ancient times upon the earth should be studied by anyone interested in "how things came to be," what we see around us. An ancient evil has been in control for many thousands of years, but hopefully, this time the collective vibration of humanity may right what was deliberately made wrong.

EDGAR CAYCE IS THE MOST CREDIBLE AND GENUINE CHANNELER OF NOT ONLY THE PAST CENTURY, BUT PERHAPS THE PAST MILLENNIA. His medical, past life, past civilization readings are acclaimed and studied by millions at ... the Association for Research and Enlightenment [ARE], located in Virginia Beach, Virginia. ...

According to **Edgar Evans Cayce**, the son of **Edgar Cayce**, over 700 of Cayce's 2500+ life readings refer to Atlantean incarnations. Cayce said the **Golden Age of Atlantis was led by a very spiritual society called the "Law of One."** The Law of One was primarily based in the Atlantean region called **Poseida**. *The Law of One, as stated in the Cayce readings, held the highest level of spiritual consciousness ever achieved on the Earth.*

[Those following the] Law of One were able to continue vibrating at the very highest level of light and energy, and remained very close and true to the one Creator/God, even as the other groups on Atlantis began to fall into the ... downward spiral through greed and self-aggrandizement, choosing power and material gain over love.

Cayce speaks of an Atlantis which was extremely advanced scientifically with very complex, highly developed technology which allowed them to have aircraft, very unique air-balloons, submarines, elevators, a broadcasting system similar to television, and even computers! **Crystal technology was used to power almost everything.** (Although the Atlanteans utilized gases and electrical forces ... their major power source was crystalline energy).

**Firestone Crystals** To be clear, although the "Tuaoi Stone" was referred to as the "Mighty and Terrible\* Crystal" more often it was called the "Firestone" or "Tuaoi." Cayce indicated there were many "generations" of crystals, and this technology was advanced both in use for "industrial" purpose and spiritual purpose over thousands of years. [\*The crystals themselves were not "terrible," quite the contrary; however the power they channeled was capable of great destructive impact, but very beneficial when used in a constructive fashion.]

The crystals were never misused by those of the "Law of One," but as the "Sons of Belial\*" ... became more and more dense, becoming an elitist, power-minded society, and were eventually able

to take control of the crystals through cunning and deceptive political maneuvering. This remains a deep-seated area of regret by the followers of the Law of One.

**Editor's Comment:** Sons of Belial were against Cosmic Law, substituting "service to self" in its place. There's a fascinating book, "The Extraterrestrial Species Almanac," compiled by **Craig Campobosso** that includes a species-by-species rendering of species' traits, and listing them as **those who follow the Law of One**, and **those who follow service-to-self**. And, yes, the Dracos and malevolent grays (and several others) follow that second path of selfishness. **Most Ets follow the Law of One – an interesting tie-in to the "moral" of the Atlantean story.** ◇

**Some crystals ... were Temple Crystals used for creating energy fields of high resonance, calibrating chakric systems, healing, cosmic travel, education and [cellular] rejuvenation.** Cayce speaks of certain crystals used for channeling out-of-body experiences and communication with the "Saints" and the "Infinite."

Industrial crystals were used for power source generation, energy field projection, creating optimal agricultural conditions, hyper-dimensional tunnels, powering movement of physical matter [translocation], excavation of inner earth tunnels by vaporizing strata, and creating "tractor beams." ...

**The Breakup of Atlantis** In what was termed the "Golden Age" many souls on the planet were not yet in "human bodies." Many extraterrestrials manifested in light form, especially the Sirians, Pleiadeans and Arcturians. Those in physical bodies were able to live extremely long life times, some as long as 10,000 years through the rejuvenation processes.

After the second breakup\* of Atlantis the continent broke into five islands, three primary ones called **Aryan (the largest), Og and Poseida**. **Much [spiritual] cohesiveness was lost, and the people of Aryan fell under the spell of a militaristic, corporate-driven leadership.\*** The Aryans cleverly and deceitfully gained control of the technologies which they abused in hideous ways.

\***Editor's comment:** This could very well be when the Earth was invaded by the Draco reptilian "shape shifters," interdimensional parasites, whose major expression was war, conquest, and domination. They were called **Archons (Greeks), Anunnaki (ancient Middle Eastern civilizations)**, and other names by different cultures. **One perverse use of biological science used by the Sons of Belial was in creating animal and human hybrids (mentioned by Cayce) – something which the US DoD through its dark ops like DARPA have been doing for a while.** ◇

According to Cayce, **Atlantis was destroyed by massive "mega-explosions."** The final destruction came from the misuse of their advanced technology by followers of Belial from the **Aryan Group**. ... The final end came around 10,500 BC. All the readings indicated that ample warnings were given, and that many Atlanteans were ... able to escape prior to the final sinking. Some sought safety by going to **Europe and Africa** whilst some found refuge in **North and South America**.

Although many of the life-readings given by Cayce were expressed in "biblical" terminology that was often quite difficult

to understand at first sight, by studying the texts very carefully and piecing many of them together as one would a jig-saw, we are able to obtain something of a general over-view of the *History of Atlantis* according to Cayce's prolific information.

**Early Atlantean Civilization** The earliest Atlanteans as described by Cayce were **light-thought projections** having a semi-physical form in which both sexes, male and female, were present in the same body. **These Atlantean thought-form "beings" – projecting vibrations of pure white light and energy – gradually began to take on a more material shape and density by projecting themselves into various animal and other forms, who then began to engage in acts of sheer self-indulgence. These physically-encased thought-form projections, through the passage of time, began to separate into two groups; those who followed the Laws of One and those that chose to follow the Sons of Belial...**

The society of the Law of One were a benevolent, loving society, peaceful and nurturing. It was completely peaceful, non-violent, but ... vulnerable to the cunning and cloaked political intrigues of the Aryan Group (*one of the major components of the Atlantean island system*).

The very traits of non-aggressive, peace and honesty characteristic of the followers of the Law of One became the tools used by the Aryans to set up a complex and cunning deception that enabled them to take control of the great crystals of Atlantis.

The Aryans became involved in the accumulation of power and used advanced technology, including the genetic engineering\* and crystal energy for the nefarious goal of world control. They even developed a race of genetically engineered "slave workers."

\***Editor's comment:** DARPA is even now dabbling in human-animal hybrids.

Eventually, the **Tuaoi crystal** [more on the Tuaoi stone follows] was used to create earthquakes in various areas, and also used as a death ray. This destructive use imbalanced the system and led to the destruction of the crystal structure or matrix of Earth. Its crash and explosion created a series of earthquakes and explosions throughout the energy system.

**Most of the surviving Law of One proponents migrated to Egypt, Bolivia-Peru (Og), Yucatan and Arkansas.** For a few generations some areas retained higher educational status, and sustained technology. But with the land masses gone, in time the areas fell into disconnectivity and disarray. Atlantis was gone.

Once the end came, there was a "too-late" recognition on the part of the Law of One that utopia was lost. But they vowed to return one day, and never again be naive, or duped. ... [See following segment for more.] □

## Revealing Edgar Cayce's Lost Atlantean Civilization

© by Michael Lee Hill (Oct. 13, 2018)  
Material from *michaellleehill.net/blogs/news/revealing-of-americas-lost-atlantian-hall-of-records*. Abridged, etc.

EDGAR CAYCE INDICATED THAT THE

LARGEST MIGRATION FROM ATLANTIS OCCURRED JUST BEFORE 10,000 BC. The majority of these Atlantean survivors went to the Northeastern coastal areas of America and Canada becoming the Iroquois Native American Tribe of Indians.

It should be recalled that Cayce also stated that not all of the Iroquois were Atlantean. The Atlanteans migrating to the Americas merged with the people already present in America by that time.

The Atlanteans became leaders of the tribes and Cayce's story makes it clear that the Atlanteans had serious disputes among themselves that were reflected in ongoing violent conflict. This was the struggle between the Serpent Clan and Thunderbird Law of One groups. This is confirmed by the Iroquois' ancient history that tells of constant battles resulting in distant displacements of entire tribes to ensure their survival.

**Genetic Evidence?** Perhaps the most astonishing confirmation of Cayce's story of ancient America is the presence of haplogroup X. What is known is that the X haplogroup first showed up in America perhaps 34,000 years ago, but its main entry occurred in 10,000 BC, matching Mr. Cayce's time frame for Atlantean migrations. The X group also appears to have shown up in ancient Iberia and in the Basques about the same time as well as in the Gobi. These dates match Cayce's story of the final two destructions of Atlantis and the resulting migrations to these areas. ...

**The Mound Builders** ... [was a culture] that predates the N. American Indian tribes by thousands of years. This "Mound Boulder" culture then later intermingled into the N. American Indian Tribes, mainly the Iroquois, Cherokee, and then the Sioux, which are the Dakota, Lakota, and Nakota Native American Indian Tribes.

The following information was released by Chief Golden Light Eagle through Richard Boylan, PhD back in 1996...

For ten days in June in 1996, the Yankton Sioux Reservation on the windswept high plains of S. Dakota was a gathering place for indigenous tribal leaders from around the globe and hundreds of Native and Euro-American listeners. The occasion was the Star Knowledge Conference and Sun Dance, convoked by Lakota (Sioux) spiritual leader Chief Golden Light Eagle (Loren Zephier) in response to a vision he experienced. The vision showed that Native American spiritual knowledge about the Star Nations was to be shared with the larger non-Native world. This Conference also fulfilled ancient Hopi and Lakota prophecies.

Spiritual shamans from the Plains tribes (Lakota, Oglala, Dakota, Blackfoot, Nakota) were joined by spokespersons from the Eastern (Iroquois, Oneida, Seneca and Choctaw) and Southwest (Hopi, Yaqui and Mayan) tribes. In addition, the chief Maori shaman came from New Zealand at the southern end of the globe, as well as a professional who formally resided in the land of the Saami people from the part of Scandinavia above the Arctic Circle.

The Native teachers came because they had seen signs then occurring which had been predicted by ancient prophecies. These signs signified to them that the time had

See "Law of One," cont. on pg. 16





**FYH**

Pathfinder's life-saving health news

Mother Nature provides so many wonderful and beautiful paths to health... "He who is not busy being born, is busy dyin'..." – Bob Dylan

## More, Better Life... Fitness, Muscle Mass & Staying Strong

Material obtained from various sites. Excerpts reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

**Editor's foreword:** Get your barbells, handweights, resistance bands (or cans of fruit) out. Time to create a better, healthier you.

### "Mighty Mitochondria" – How to Keep'em Healthy

Material from mercola.com (Sep. 21, 2020). Fact-checked. Abridged. Edited for clarity, brevity and/or flow.

MOST OF YOUR CELLS CONTAIN SEVERAL HUNDRED MITOCHONDRIA\* – ENERGY FACTORIES THAT SUPPLY THE MAJORITY OF THE FUEL YOUR BODY PRODUCES.

**\*Editor's comment:** It may be of interest to readers to know that all the mitochondria in our bodies came from our mothers.

These cellular power plants create energy in the form of ATP [Adenosine Tri Phosphate] from food combined with oxygen.

Tissues in your body that are especially power-hungry, e.g., the heart, brain, kidneys and muscles, have more mitochondria to help meet their needs [and they need the right fuel] to function properly.

**Oxidized Metabolites take their Toll** However, in the process of meeting your body's energy needs, cells and mitochondria pay a price. The intense energy-producing process creates byproducts known as reactive oxygen species (ROS). [These metabolic byproducts] can damage your cells and mitochondrial DNA as well as make your organs age faster. As you age, your level of damage from mitochondria dysfunction rises and your body's natural defenses weaken. The net result



from faulty mitochondria can affect your health and wellness.

This brings us to researchers' bottom-line discovery about our mitochondria – they believe **most health issues start with the breakdown of your cells' mitochondria.**

**How Cellular Energy Influences Total Body Health and Wellness** Since mitochondrial function is at the very heart of everything that occurs in the body, optimizing mitochondrial function and preventing mitochondrial dysfunction is the key to your total body health and wellness.

**Optimize the health and efficiency of mitochondria by:**

- ✦ **Exercising!** This helps increase the total number of mitochondria in your cells. High-intensity interval exercise is especially beneficial.
- ✦ **Making sure you take in adequate amounts of Magnesium and CoQ10** (through careful diet choices or supplementation). ...

#### CoQ10: A Turnkey for Mitochondrial Health

No matter your age, it's never too early – or late – to start giving your mitochondria the protection and support they may need. **One of your body's best protective mechanisms is a super-antioxidant called Coenzyme Q10 or CoQ10.**

[It is made by your cells and found mostly on the inner membranes of your mitochondria.] **The body's strongest fat-soluble\* antioxidant, CoQ10 helps safeguard your mitochondria from deterioration and death in two important ways:**

- \* It helps pump protons across the mitochondrial membrane for ATP production.
- \* It acts as a powerful scavenger for excess free radicals and helps reduce their damaging effects.

**\*Editor's comment:** whenever you see "fat-soluble" mentioned regarding supplements, make sure you take it with a fat-containing meal.

**Typically, the higher your levels of CoQ10, the healthier your mitochondria and cells...** When your mitochondria produce optimal levels of ATP or energy, **your cells thrive and so do your organs. And when your body has abundant fuel for all its**

functions, you can often feel that extra energy and stamina in your everyday life.

**Deficient in CoQ10?** As mentioned earlier, **the body's production and levels of CoQ10 throughout the body diminishes around the age of 30.** In addition, your ability to convert CoQ10 to ubiquinol, its active, useful form, becomes less efficient as you age.

...Less production of CoQ10 and conversion to ubiquinol typically translates into less energy or ATP produced in your mitochondria. **Difficult to get through food, one of the best ways to make sure you have enough CoQ10 is by supplementing with ubiquinol.** Please note, this isn't the same thing as ubiquinone, another name for CoQ10. (Ubiquinol is the reduced, active form of CoQ10 that your cells can readily use. By using ubiquinol instead of CoQ10, you help avoid the challenges that can arise.)

While CoQ10 typically works well for those under 30 years of age to support their mitochondrial and heart health, **ubiquinol can be more effective for those 30 and over.** ... □

### Building Muscle: Exercise plus Protein Intake

Analysis by Dr. Joseph Mercola, mercola.com (Jul. 23, 2022). Fact Checked.

MAINTAINING MUSCLE MASS AS YOU AGE IS AN INTEGRAL PART OF STAYING HEALTHY AND INDEPENDENT. **Stuart Phillips, PhD, a professor of kinesiology at McMaster Univ. in Hamilton, Ontario, Canada, where he is also the director of the Physical Activity Center of Excellence, is an expert in this area and recently spoke with Rhonda Patrick, PhD, about how to use resistance exercise and protein intake to build muscle.**

Once you reach your 40s, you may lose about 1% of muscle mass per year, which corresponds to a 1% to 3% drop in strength. Loss of muscle mass is associated with a downward decline in health, including an increased risk of premature death, while engaging in muscle-strengthening exercises for just 30 to 60 minutes per week is enough to lower your risk of death. [Through resistance training and increase in protein intake, this condition can be reversed – at just about any age!]

While Phillips notes that most people in their younger and middle-age years consume enough protein, as people get older their appetite may decline and they may start to consume a smaller amount of protein that's not supportive of optimal muscle mass.

**Optimal Protein Intake for Older Adults** You need protein reserves to survive serious disease, and most of your protein is stored in muscle. If you have very little muscle, you're going to pass away prematurely because you have no amino acid reserves.

Phillips explains:

**Protein is something that when you ingest it, your body has to use it.** There's [no] place that you can store away the building blocks of protein ... although your muscle is ... a reservoir of that. So it does turn over a little

bit.

So when we think about it from a daily recommended intake or what we call the recommended dietary allowance, it's the amount of protein that you need to ingest to replace all of the protein and amino acids that your body loses.

And most of it is lost in urine as urea. I would actually be happy if they just changed the name from recommended dietary allowance to **minimal dietary intake.** I don't think it should be 'recommended' [quotes added] because it's too low. ..."

When calculating your protein needs, it's important to make the calculation based on **grams per kg of lean mass, not total body weight.** The reason for this is because you do not need protein to maintain your fat mass. **You need it to maintain your lean muscle mass.** [Visit mercola.com for suggested protein intake for various age groups.]

Timing is also important for protein intake; **ideally, it should be evenly spaced throughout your meals. ... For older adults he recommends including more protein at your breakfast meal,** which many people tend to neglect. ...

**Strength Training Twice a Week Is the Minimum** Phillips recommends both aerobic and resistance exercise, noting that the **biggest gains happen when a person goes from doing nothing to doing something.**

Most of the guidelines you look at around the world, [suggest] two times a week of strengthening activities. My own feeling is that it should be more ... two days a week is sort of the 'buy-in' [quotes added] level. [With] three times, you can get a little bit more. ...

If you're wondering how much exertion to use [in weight training], Phillips uses a simple measure: **"I just say lift until you're pretty fatigued at the end..."**

Ensuring you're engaging in **resistance training regularly is key to building muscle,** even more so than adequate protein intake. **Recovery is another important part of the equation,** however. When you exercise, you're stressing your muscles and creating damage. ...

What we're aiming for is [the right balance: **we have damage and then we have synthesis.** As resistance training continues, we have damage synthesis]. Over time, it's down, up, down, up, down, up, but the trend is that you're getting better and better.

**Recovery periods,** "where all the good stuff happens," **allow your body to repair damage, recover from stress and then reach a point where you're better than you were to begin with. Nutrition is supportive in this process.** ...

Also, it is really important to consciously contract the muscle you are exercising. **It is known that simply doing isometrics will increase muscle size, but if you combine that by actively contracting your working muscle you can get far greater muscle gains ...** you really need to consciously contract the working muscle as much as possible. Remember, also, that you

See "More, Better Life," cont. on pg 13

**Medical Intuitive**

**Biz Intuitive**

**Spiritual Healer**

**Dowsing Intuitive**

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A biological life-signaling ribbon ...

## Insight into Cellular Consciousness, Pt 1

© by Bruce H. Lipton, PhD (June 7, 2012)

Material obtained from [shiffrequency.com/insight-into-cellular-consciousness/](http://shiffrequency.com/insight-into-cellular-consciousness/) (Jul. 28, 2022). Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted. Illustrations unavailable.

Single-celled organisms, such as the amoeba or paramecium, possess the cytological equivalents of a digestive system, an excretory system, a respiratory system, a musculoskeletal system, an immune system, a reproductive system, and a cardiovascular system, among others. In humans, these physiologic functions are associated with the activity of specific organs. These same physiologic processes are carried out in cells by diminutive organ systems called organelles. ...

Since the breaking of the genetic code in the early 1950s [i.e., *determination of the double-helix*], cell biologists have favored the concept of "genetic determinism," [quotes added] the notion that genes "control" biology. Virtually all of the cell's genes are contained within the cell's largest organelle, the nucleus. Conventional opinion considers the nucleus to be the "command center" of the cell. As such, the nucleus would represent the cellular equivalent of the "brain."

Genetic determinism infers that the expression and fate of an organism are primarily "predetermined" in its genetic code. The genetic basis of organismal expression is ingrained in the biological sciences as a consensual truth, a belief by which we frame our reference for health and disease. ...

By extension, it is also perceived by a majority of scientists that the human mind and consciousness are "encoded" in the molecules of the nervous system. This in turn promotes the concept that the emergence of consciousness reflects the "ghost in the machine."

**The primacy of DNA in influencing and regulating biological behavior and evolution is based upon an unfounded assumption.** A seminal article by H. F. Nijhout (*BioEssays* 1990, 12 (9):441-446) describes how concepts concerning genetic "controls" and "programs" were originally conceived as metaphors to help define and direct avenues of research.

**Widespread repetition of this compelling hypothesis over fifty years has resulted in the "metaphor of the model" becoming the "truth of the mechanism,"** in spite of the absence of substantive supporting evidence. **Since the assumption emphasizes the genetic program as the "top rung" on the biological control ladder, genes have acquired the status of causal agents in eliciting biological expression and behavior** (e.g., genes causing can-

cer, alcoholism, even criminality).

*The notion that the nucleus and its genes are the "brain" of the cell is an untenable and illogical hypothesis. If the brain is removed from an animal, disruption of physiologic integration would immediately lead to the organism's death.*

**If the nucleus truly represented the brain of the cell, then removal of the nucleus would result in the cessation of cell functions and immediate cell death. However, experimentally enucleated cells may survive for two or more months with out genes, and yet are capable of effecting complex responses to environmental and cytoplasmic stimuli** (Lipton, et al., *Differentiation* 1991, 46:117-133). **Logic reveals that the nucleus can not be the brain of the cell!**

Studies on cloned human cells led me to the awareness that the cell's plasmalemma, commonly referred to as the cell membrane, represents the cell's "brain." **Cell membranes, the first biological organelle to appear in evolution, are the only organelles common to every living organism.**

Cell membranes compartmentalize the cytoplasm, separating it from the vagaries of the external environment. In its barrier capacity, the membrane enables the cell to maintain tight "control" over the cytoplasmic environment, a necessity in carrying out biological reactions. Cell membranes are so thin that they can only be observed using the electron microscope.

Consequently, the existence and universal expression of the membrane structure was only clearly established around 1950.

In electron micrographs, the cell membrane appears as a vanishingly thin (<10nm), tri-layered (black-white-black) "skin" enveloping the cell. **The fundamental structural simplicity of the cell membrane, which is identical for all biological organisms, beguiled cell biologists.** For most of the last fifty years, the membrane was perceived as a "passive," semi-permeable barrier, resembling a breathable "plastic wrap," whose function was to simply contain the cytoplasm.

The membrane's layered appearance reflects the organization of its phospholipid building blocks. These lollipop-shaped molecules are amphipathic, they possess both a globular polar phosphate head and two stick-like non-polar legs. When shaken in solution, the phospholipids self-assemble into a stabilizing crystalline bilayer.

**The lipid legs comprising the core of the membrane provide a hydrophobic barrier that partitions the cytoplasm from the ever-changing external environment.** While cytoplasmic integrity is maintained by the lipid's passive barrier function, **life processes necessitate the active exchange of metabolites and information between the cytoplasm and surrounding environment.** ...

*Each of the approximately 100,000 different proteins providing for the human body is comprised of a linear chain of linked amino acids. The "chains" are assembled from a population of twenty different amino acids. ...*

See "Cellular Consciousness, Pt 1," cont. on pg 7

As we know "everything is energy" and has a signature frequency, shouldn't the "medicine of the future" be now?

## Vibrational Healing: Biological Mechanisms Underpinning Sound Therapy and Music as Medicine (Pt 4, conclusion)

© 2022 by John Stuart Reid

Material obtained from [greenmedinfo.com/blog/vibrational-healing-biological-mechanisms-underpinning-sound-therapy-music-medicine](http://greenmedinfo.com/blog/vibrational-healing-biological-mechanisms-underpinning-sound-therapy-music-medicine) (Jan. 30, 2022). Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

Cont. from Jul/Aug 2022...

Licensed acupuncturist, M.E. Wakefield, L.Ac., awarded 'Educator of the Year' by the American Association of Oriental Medicine in 2005, is co-author of *Vibrational Acupuncture: Integrating Tuning Forks with Needles*, with MichelAngelo, M.F.A., vibrational medicine advisor. ... For pain mediation, via sonopuncture, the authors recommend applying a tuning fork of 136.1Hz to specific acupuncture points.

**Editor's comment:** It would be helpful for those interested in specific acupuncture points to read up and/or check the web, print out charts, etc., and associate them with specific frequencies.

Another important therapeutic use of tuning forks was discovered by E.D. McKusick, M.A., author of the book, *Tuning the Human Biofield*. Energy-information is constantly radiated from the body in the form of biofields... **Biofields include bio-photonic energy, for example, modulated infrared electromagnetism that is a natural consequence of cellular metabolic processes, in addition to modulations in the electromagnetic fields**

emitted by the heart, brain and other organs.

Quoting from the book's foreword by Dr. Karl H. Maret, who practices **Complementary and Alternative Medicine**,

...when a holographic sound field such as that produced by a tuning fork, [containing] complex data structures of pure frequencies with changing phase relationships interacts with the biofield of a person, the cellular memories of various tissues can be reawakened, potentially leading to a healing response. Quantum physical field theory predicts the occurrence of a number of coherent dynamic phenomena in liquid water inside cells and tissues that may be stimulated by sound. ... The biofield tuning method has been shown to consistently reduce anxiety, as well as relieve pain.

**Pain relief by sonopuncture administered by electronic devices** Although sonopuncture is typically applied by tuning forks, devices that emit low frequency vibration can also achieve sonic activation of acupressure points in addition to devices that emit ultrasound. **The acupressure points on the soles of the feet can also stimulate the meridian system by applying audible sound frequencies.** Dr. M. Cromwell developed a *therapeutic device that uses a vibro-tactile transducer, emitting a range of audible sound frequencies into acoustic gel-filled pads on which the soles of the feet rest, thus stimulating the meridian system.* ...

**Musical stimulation of the immune system (via headphones or full body immersion)**

Illness in any form can cause emotional distress and emotions can play a signifi-

cant role in a patient's recovery from illness or from an operating procedure. **Stress and fear cause the release of cortisol from the adrenal glands helping prepare the body for 'fight or flight' by providing extra glucose, tapping into protein stores via gluconeogenesis in the liver.** ...

While pharmaceutical sedatives are routinely prescribed to mediate a patient's stress and fear, music can produce a similar outcome without medication. **Music, when played live to patients, provides full body immersion in a myriad of sonic frequencies that have both physiological and psychological benefits.** *Listening to music via headphones has a direct effect on the vagus nerve, as described later.*

**Music can evoke happy memories of times, places, or life events that can quickly transform a patient's mood into a sense of joy, in which state the brain and enteric nervous system in the digestive tract produces dopamine, which boosts the immune system.** In parallel with the increase in dopamine, a patient's favourite music causes a reduction in cortisol levels. **Joy also triggers the pituitary gland in the brain to release beta-endorphins into the bloodstream, which produce analgesia by binding to mu-opioid receptors that are present throughout peripheral nerves.** ...

The pituitary gland also stores of the neuropeptide, oxytocin, colloquially known as the 'love hormone'. **Oxytocin is made in the hypothalamus and transported to large, dense-core vesicles of the posterior lobe of the pituitary**

**gland where it is released into the blood stream in response during sexual activity and orgasm in addition to childbirth.** In a broader context there appears to be a general consensus among studies that music listening enhances oxytocin synthesis and postoperative patients listening to music through headphones demonstrated an increase in serum oxytocin and reported higher levels of relaxation, compared to a control group with no music. ...

**Binaural Beats (via headphones) to create changes in brain state, with physiological benefits** Binaural beats were discovered accidentally in 1839 by the Prussian scientist, Heinrich Wilhelm Dove, during experiments with two tuning forks of dissimilar frequency. ...

**Monaural beats occur when two sounds of slightly different frequency sound simultaneously, resulting in a pulsating effect caused by the mixing of the two sounds, which are reinforced during moments when their phases align, and diminished when their phases oppose each other. But during headphone listening, when two slightly different frequencies are experienced, the composite difference frequency is known as a binaural beat and ... provides a mechanism for stimulating the auditory system at very low frequencies...**

Listening to binaural beats produces the illusion that the sounds are located somewhere within the head ... The differ-

See "Vibrational Healing, Pt 4," cont. on pg 6



**"Vibrational Healing, Pt. 4," cont. from pg 5**

ence frequency between sounds presented to the left and right ears entrains the brain rhythms to that frequency. ...

Robert Monroe of The Monroe Ins., created a system of binaural beats in which individuals listen to a combination of audio binaural beats mixed with music, pink noise and/or the natural sound of the ocean waves that has been named the 'Hemi-Sync' process. Studies with this system have shown improvements in sensory integration relaxation, meditation, stress reduction, sleep and pain management enriched learning environments and enhanced memory.

**Sonic stimulation of the vagus nerve (via headphones) and by vocalisations** The vagus nerve represents the main component of the parasympathetic nervous system, which oversees a vast array of crucial bodily functions, including control of **mood, immune response, digestion and heart rate** and carries an extensive range of signals from the digestive system and organs and *vice versa*.

The bi-directional communication between the brain and the gastrointestinal tract, sometimes called the 'brain-gut axis', is a complex system that includes the vagus nerve ... increasingly important as a therapeutic target for gastrointestinal and psychiatric disorders, such as inflammatory bowel disease, depression and post-traumatic stress disorder. ...

Electrical stimulation of the vagus nerve (VNS) was first studied in the 1930s and 1940s with animals, which laid the groundwork for studies in humans. Following successful clinical trials, the FDA approved the use of an implanted electrical vagus nerve stimulator for the treatment of certain types of epilepsy in 1997. The procedure involves implanting electrodes near the vagus nerve in the neck, along with a control device and battery implanted into the chest. The same mode of treatment was later also approved by the FDA for use in chronic, drug resistant depression. ...

**Sonopuncture ...** [Specially] prepared music could also be deployed therapeutically ... In such a scenario the patient would be able to enjoy the many health marker benefits of listening to music, mentioned earlier in this article, while the vagus nerve would be vibrationally stimulated by sonopuncture frequencies below the range of hearing, adding further health benefits, for example, reducing chronic inflammation.

Before discussing vocal stimulation of the vagus nerve we make a special mention of the work of French otolaryngologist, Alfred A. Tomatis (b.1920, d. 2001). Dr. Tomatis received his Doctorate in Medicine from the Paris School of Medicine and formulated a theory that many vocal problems are actually hearing problems, based on the concept that the voice cannot produce what the ear cannot hear, today referred to as 'The Tomatis Effect'.

Tomatis developed the 'Electronic Ear', a device that utilizes bone conduction and sound filters to improve the tone of the muscles in the middle ear, to sensitize the listener to the missing frequencies, particularly in the high registers. The ear starts forming a few days after conception and is fully developed by the fourth month of pregnancy. Tomatis theorized that information coming from the fetal ear stimulates and guides the development of the brain. He believed that a number of auditory communication problems begin in pregnancy,

with the fetus not properly responding to the voice of the mother. In children with ASD, he believed that his electronic ear device simulated the sound of the mother's voice as heard in the uterus, leading the child to gradually accept and respond to her real unfiltered voice. He reported that this method often brought startling results, with children crying with joy as they recognized their mother's voice for the first time.

He wrote:

It is this [vagus] nerve that helps the singer to consciously rediscover the correct respiration rhythm as well as cardiac and visceral rhythms so that a synergy is created between this internal network and the larynx. It is equally important in mastering a fluid and correct verbal flow of speech. Without doubt singing is one of the best ways to free ourselves from the burden of parasympathetic or neurological imbalances. ...

**Singing produces slow, regular and deep respiration which in turn triggers RSA\***, causing a pulsating vagal activity. [\*Rapid Sequence Airway]...

**Vibrational medicine: the future** The depiction of a therapeutic bed of the future, as fictionalised in the television series 'Star Trek', inspired the imagination of millions of viewers into what may be possible in the twenty-third century. Yet even now, medical physics of the 21st century is beginning to develop a non-invasive diagnostic bed capable of indicating asthma, sepsis, and even several types of cancer by monitoring exhaled gases and compounds from patients. The technology that makes this possible is a mass spectrometer, [of the type] on board NASA's Perseverance rover on Mars...

[Mirroring] **Star Trek, active healing technology could be built into hospital beds of the future.** For example... chronic pain mediation without use of analgesics is already possible by means of sound vibrations applied to specific body parts, which can be achieved while a patient is supine. Commercial vibro-acoustic beds have been developed by several manufacturers and their use in clinical environments is likely to play an increasingly important role in hospitals of the future.

In addition to [reducing pain], whole body vibration to patients could greatly enhance a patient's blood oxygen levels ... thereby supporting the healing of many illnesses. Sonic stimulation of a patient's lungs and nasal cavities would also increase their nitric oxide levels, encouraging vasodilation, lowering blood pressure and providing many other health benefits.

Music delivered to every patient, via ultrasonic speakers, would help elevate their mood and therefore, dopamine levels, providing a helpful boost to their immune system, crucial to healing processes. ...

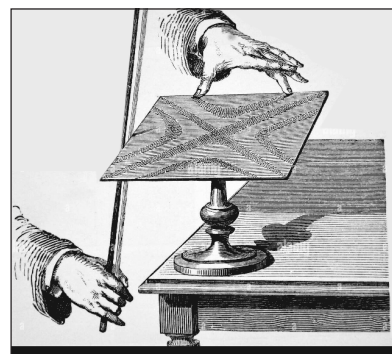
A discovery made by Prof. James Gimzewski of UCLA (2002), offers an intriguing potential for eradicating not only cancer cells but perhaps any pathogen. Using an Atomic Force Microscope, [Ed's: Likely using some version of Royal Ramond Rife's microscope created by him almost 70 years earlier] he and his colleague, Dr. Andrew Pelling and team, were able to listen to the sounds of cells for the first time.

Surprisingly, they found that the respiration sounds of cells lie in the audible range when amplified, naming their new approach to cell biology, 'sonocytology', [sono, sound; cytology, cells] referring to the 'songs' of cells. Raman spectroscopy offers an accessible alternative method of recording the "songs" [quotes added] of cancer cells,

The depiction of a therapeutic bed of the future, as fictionalised in the television series 'Star Trek', inspired the imagination of millions ...

"The quasi-holographic nature of sound, and the spherical space-form of audible sounds... is why Faraday Wave patterns manifest on the surface membranes of cells, organs, visceral fascia and in visceral fluids."

"Sound organises matter, a fact that can be seen in simple Chladni Plate\* experiments with particulate matter... [\* see illustraton below]



— Sidebar: Ernst Chladni —  
(1776-1827) "The Father of Acoustics"

© by Harald Sack (Nov. 30, 2015)  
Material obtained scibi.org/ernst-chladni. Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

ON NOVEMBER 30, 1756, German physicist and musician Ernst Florens Friedrich Chladni was born. His most important work, for which he is sometimes labeled the "Father of Acoustics" [quotes and emphasis added], included research on vibrating plates and the calculation of the speed of sound for different gases. He also undertook pioneering work in the study of meteorites and so is also regarded by some as the Father of Meteoritics.

**Ernst Chladni - Early Years** Although Ernst Chladni was born in Wittenberg in Saxony, his family originated from Kremnica, then part of the Kingdom of Hungary, today Slovakia. Hence, Chladni has been identified as German, Hungarian as well as Slovak. ...

**An Interest in Acoustics** Despite [Ernst's desire to study medicine, his father insisted that he must study law.] Thus, Chladni studied law and philosophy in Wittenberg and Leipzig, obtaining a law degree from the Univ. of Leipzig in 1782. That same year, his father died, [and with that Ernst felt free to turn to physics. His interest shifted to acoustics as a relatively underexplored scientific field at the time. One of Chladni's best-known achievements was inventing a technique to show the various modes of vibration of a rigid surface. When resonating, a plate or membrane is divided into regions that vibrate in opposite directions, bounded by lines where no vibration occurs (nodal lines). Chladni repeated the pioneering experiments of Robert Hooke who, on July 8, 1680, had observed the nodal patterns associated with the vibrations of glass plates. Hooke ran a violin bow along the edge of a plate covered with flour and saw the nodal patterns emerge. ...

The patterns formed by these lines are what are now called Chladni figures. Similar nodal patterns can also be found by assembling microscale materials on Faraday waves. ... †

ates the electricity that helps power all living creatures. Here then is a connection waiting to be explored between sound frequencies that organise water molecules, and EZ water that powers life. Professor Pollack has discovered that EZ water is built by light, particularly infrared light, yielding a potentially fascinating connection between sound and our physiology: ... sonic collisions create sonically-modulated infrared light that powers the EZ water-building mechanism in cells, which in turn powers our biology.

...The role of sound in medical modalities is growing each year for drug-free therapies and for diagnostic applications, and is finding welcome support among many physicians, and in hospitals worldwide. I predict that Sound Therapy and Music Medicine will have an important role in the future of medicine, [that deserves to be] nurtured. ■



Assimilate, then destroy – that’s the Rockefeller way...

## Rockefeller Foundation Exploited then Suppressed Natural Medicine

© by Dr. Tim Coles, New Dawn Magazine, [newdawnmagazine.com](http://newdawnmagazine.com) (Jul. 26, 2022)

Material obtained from [naturalblaze.com/2022/07/assimilate-destroy-the-rockefeller-foundations-role-in-exploiting-then-suppressing-natural-medicine.html](http://naturalblaze.com/2022/07/assimilate-destroy-the-rockefeller-foundations-role-in-exploiting-then-suppressing-natural-medicine.html). Originally from [truthunmutedd.org](http://truthunmutedd.org). Excerpt reprinted as “fair use.” Abridged. Edited for brevity, clarity, and/or flow. Editor’s comments, etc., in square brackets. References omitted.

**B**orn in New York, John Davison Rockefeller (1839-1937) was the world’s first billionaire (he’d be worth around \$13.7 billion in today’s money). As a Republican, Rockefeller supported Abolition, back when southern Democrat-voting industrialists profited from their human property. He was also a Methodist/Baptist Christian who believed that “god” [quotes added] had made him rich.

In 1864, he founded the grain and produce company, Clark, Rockefeller, & Co., with business partner, Maurice Clark (1827-1901). The company profited from the American Civil War (1861-65) and Rockefeller used his money to establish the company that made him his fortune: Standard Oil of California. With notions of the Protestant work ethic and Christian charity, Rockefeller and his employees attempted to craft an image of the family dynasty as philanthropic.

Rockefeller’s various institutes and foundations spawned other entities, including the Univ. of Chicago, the General Education Board, and the eponymous Inst. for Medical Research. But diary entries, papers, letters, and memos from the time confirm that the motive was primarily to make the public healthier and more educated in order to get them to work for the businesses in which Rockefeller had invested. By the mid-20th century, it was clear that “philanthropy” was also a massive, legal tax dodge.

Rockefeller’s profit-making agenda included the promotion of so-called “scientific medicine,” which has now become the norm. Although Rockefeller personally championed natural remedies, including homeopathy, publicly he funded allopathic medicine...

Rockefeller’s philanthropy was *de facto* colonialism in countries including China\* and the Philippines,\* where the offshoots of his Foundation trained indigenous elites to use Western “scientific medicines” and lessen their traditional, natural cures. [\*Ed’s comment: Gen. Smedley Butler had a bit to say about how the “armed forces” were the means by which much of this capital-colonialism was accomplished.]

“Health Is Profitable” ... Founded in 1846-47, the American Medical Association [eventually dominated by Morris Fishbein] lobbied to ensure that physicians were “qualified” [quotes added] and trained up to particular standards. But the formalization of health-care training reinforced the race, gender, and class structure in that females, poor people, and non-whites were typically excluded. In addition ... the system also battled natural health in favour of the new “scientific medicine.” By contrast, the Popular Health Movement was a natural health lobby which, in the 1850s, sought



to remove legal protections for reckless physicians.

Despite Rockefeller’s private belief in homeopathy, one of the effects of his Foundation’s work in medicine was to undermine natural alternatives to chemical prescriptions. The formalization of GP training led to monopolies. Most medical courses were offered by just three universities: Dartmouth, Harvard, and Pennsylvania. ... Rockefeller modelled his health foundation on Berlin’s Koch Inst. (founded 1891) and Paris’ Pasteur Inst. (1887). ...

One of Rockefeller’s main ideologues was the Baptist clergyman, Reverend Frederick Taylor Gates (1853-1929). In the capitalist spirit of the age, Rev. Frederick Gates saw the human body as an amalgam of separate parts, akin to a factory. [Fred Gates’] view was that “the great organs of the body like the liver, stomach, pancreas, kidneys, gall bladder, are great local manufacturing centres, formed of groups of cells in infinite number, manufacturing the same sorts of products, just as industries.” ...

“Health Has Advantages Over Machine Guns” The Rockefeller Foundation established a series of successive health entities to exploit foreign medicines and assimilate other people’s traditional practices into Western-led methods. The International Health Board and its successors spent billions of dollars (tens of billions in today’s money) in over 100 countries, establishing 25 schools and institutes, and sponsoring over 2,500 nurseries.

The entities included the Int’l Health Commission (1913-16) and International Health Board (1916-27). ... [But, as with all Rockefeller entities], motives were profit-driven. Rockefeller Foundation President, George E. Vincent (1864-1941), said that when it came to conquering foreigners, public health had “advantages over machine guns.” ...

After the British Empire’s occupation (circa 1842-1912), but before the economic nationalism of Chairman Mao (1893-1976), US investors sought to exploit China’s huge working population and raw materials. Rockefeller and his successors funded the Peking Union Medical College to the tune of \$45m (or half a billion today). ... Rockefeller money started the anti-traditional medicine movement in China while taking some of its ideas and products to synthesize them as modern drugs.

For instance, ephedra plants are shrubs that grow in most countries and produce certain green teas. Known in

“In the capitalist spirit of the age, Rev. Frederick Gates [a Rockefeller ideologue] saw the human body as an amalgam of separate parts, akin to a factory.”

“The [Rockefeller] Foundation started out taking natural plants from traditional medicine practitioners and using them to promote synthetic pharmaceuticals.”

“Sometimes, the parasitic greed of the ruling classes destroys the host, in this case the planet, forcing our ‘betters’ to modify their propaganda in the new ages they contrive.”

Chinese medicine as ma-huang, ephedra shrubs have been used for 5,000 years and were first catalogued by Emperor Shen Nung in 2700 BCE. The Japanese professor, Nagayoshi Nagai, isolated ephedrine from the shrub in 1885 to produce synthetic chemicals for blood pressure treatment. ...

Coming Around After WWII, the Foundation lost its direction. The so-called 3rd World became a battleground between US imperialism and Soviet dominance, with the Rockefeller Foundation struggling to design an internationalist, post-War policy. ... The Rockefeller Foundation initially succeeded by funding the shift in research from chemistry to biology, particularly the study of proteins for vaccination. “That decision has been widely viewed as stimulating the rise of the new field of molecular biology.”

What began as schools for research turned into captive instruments that awarded funding for clear proposals, not for theoretical research. But theoretical research is where major breakthroughs tend to occur.

The founding of the World Health Organization in 1948 coincided with the dissolution of the Rockefeller Foundation’s International Health Board, which was subsumed into the Division of Medicine and Public Health in 1951. The Rockefeller

Foundation failed to make the shift from protein to DNA research and lost ground to big biotech firms, like Monsanto (now Bayer). But cultural changes began to take shape.

The Foundation started out taking natural plants from traditional medicine practitioners and using them to promote synthetic pharmaceuticals. But, having been part of the mechanisms that destroy the world with their interests in oil, banking, and pesticides, the Rockefellers have now seen profit-potential in solutions to the problems they allegedly helped to create. In more recent years, the Foundation and Rockefeller’s successors have come to recognize the value of naturopathy. ...

Having gone from seeing the human body as a factory comprised of separate parts in the 19th century and promoting molecular biology to stimulate biotech profits in the 20th, the Foundation now decries “an increasingly molecular approach to medicine, which ignores social and environmental context.”

Sometimes, the parasitic greed of the ruling classes destroys the host, in this case the planet, forcing our “betters” to modify their propaganda in the new ages they contrive. ... ■

### “Cellular Consciousness, Pt. 1,” cont. from pg 5

Synthesized as a linear string, the amino acid chains subsequently fold into unique 3-dimensional globules. The final conformation (shape) of the protein reflects a balance of electrical charges among its constituent amino acids.

The 3-dimensional morphology of folded proteins endows their surfaces with specifically shaped clefts and pockets. Molecules and ions possessing complementary physical shapes and electrical charges will bind to a protein’s surface clefts and pockets with the specificity of a lock-and-key.

Binding of another molecule alters the protein’s electrical charge distribution. In response, the protein’s amino acid chain will spontaneously refold to rebalance the charge distribution. Refolding changes the protein’s conformation. In shifting from one conformation to the next, the protein expresses movement. Protein conformational movements are harnessed by the cell to carry out physiologic functions. The work generated by protein movement is responsible for “life.”\*

\*Editor’s comment: This is precisely why any-

one using a microwave oven should discard it. This “protein deformation” appliance distorts the shape and configuration of the molecules and proteins within the “food” being microwaved, and is a systematic assault on the nutritional value of food. It is also an example I mention in my opening editorial about the need to evaluate, ask questions and act on the truthful facts that are revealed. Hanging onto “convenience” devices that degrade the food building our bodies is just plain stupid and ultimately disease-producing.

A number of the twenty amino acids comprising the protein’s chain are non-polar (hydrophobic, oil-loving). The hydrophobic portions of proteins seek stability by inserting themselves into the membrane’s lipid core. The polar (water-loving) portions of these proteins extend from either or both of the membrane’s water-covered surfaces. Proteins incorporated within the membrane are called integral membrane proteins (IMPs). ■

Cellular Consciousness, Pt 2 to appear in the Nov/Dec 2022 Pathfinder.



What you still need to know – condensed accounts and...

# UPDATES: Ongoing War Against Humanity and the Planet

◆ MIC: "Forest Fire As a Military Weapon" ◆ "Starfish Prime" Atmosphere Nuked ◆ USAF Report: Owing the Weather in 2025

Material obtained from various sites. Excerpts reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted. Images: top, from the segment on "Starfish Prime" from spaceweather.com; bottom, noctilucent streaks in the skies over Juno.

## MIC: "Forest Fire As a Military Weapon"

Material from [geoengineeringwatch.org](http://geoengineeringwatch.org) (Aug. 11, 2022)

IS THE MILITARY INDUSTRIAL COMPLEX INSANE ENOUGH TO INCINERATE EARTH'S LAST REMAINING FORESTS in order to achieve the objectives of the global controllers? The short answer is yes.

A formerly classified US military document titled "Forest Fire As A Military Weapon" is a truly shocking exposé of planned scorched Earth destruction. The US Forest Service actually participated in the research and planning that went into this military instruction manual for carrying out orchestrated forest fire catastrophes. What part have climate intervention operations played in the preparation of forests for extreme and unprecedented incineration all over the world? [Visit [Dane Wigington's site](http://Dane Wigington's site), [geoengineeringwatch.org](http://geoengineeringwatch.org) for a short video report that reveals the shocking degree of research that the US military and the US Forest Service has put into preparing forests for extreme incineration.] ...

Geoengineering operations are completely disrupting the global hydrological cycle, drying out forests and driving record wildfires around the world. Climate engineering is fueling global incineration. □

## "Starfish Prime" Atmospheric Nuke

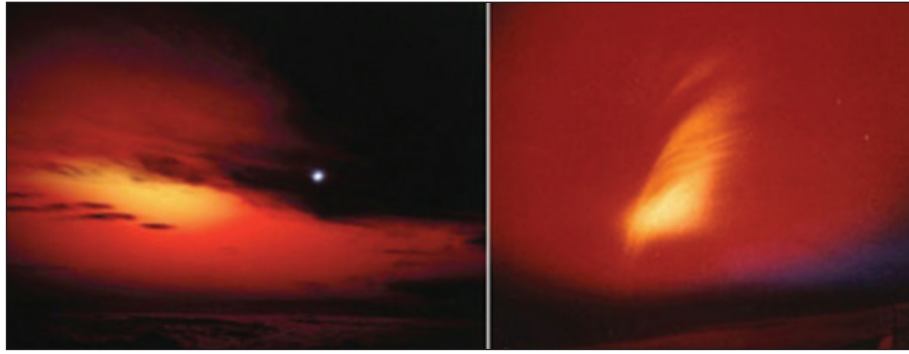
Material from [spaceweather.com](http://spaceweather.com) (Jul. 9, 2022). Credit: R.E. Fischell, "ANNA-1B Solar Cell Damage Experiment." Transcript of the Photovoltaic Specialists Conference, April 10, 1963, WDC.

THE STARFISH PRIME GEOMAGNETIC STORM: SIXTY YEARS AGO [Jul. 9, 1962] one of the biggest geomagnetic storms of the Space Age struck Earth. *It didn't come from the sun.*

"We made it ourselves," recalls Clive Dyer of the University of Surrey Space Centre in Guildford UK. "It was the first anthropogenic space weather event."

**About that Criminal, Stupid Military Exercise, "Starfish Prime"** On July 9, 1962, the US military detonated a thermonuclear warhead 250 miles above the Pacific Ocean – a test called "Starfish Prime." *What happened next surprised everyone. Witnesses from Hawaii to New Zealand reported auroras overhead, magnificent midnight "rainbow stripes" that tropical sky watchers had never seen before. Radios fell silent, then suddenly became noisy as streetlights went dark in Honolulu.*

Essentially, Starfish Prime created an artificial solar storm complete with auroras, geomagnetic activity, and blackouts. Much of the chaos that night was caused by the electromagnetic pulse (EMP) – a ferocious burst of radiation that ionized the upper atmosphere. Ionized air over the Pacific pinned down Earth's magnetic field, then let it go again when the ionization subsided. The rebound created a manmade geo-



magnetic storm for hundreds of miles around the blast zone.

"The explosion led to the early demise of all the spacecraft in orbit at the time," says Dyer. "These included Ariel-1, the UK's first spacecraft, and Telstar-1, a US communications satellite which had the bad luck to be launched the very next day."

Normally, geomagnetic storms bring down satellites via orbital decay. The upper atmosphere heats up and expands to the point where it can pull satellites down toward Earth. *Starfish Prime was different.*

Dyer:

The explosion filled Earth's magnetosphere with energetic electrons, adding them to our planet's natural radiation belts... These artificial electrons hit satellites hard, degrading their electronics and solar arrays. ...

Ariel-1 became almost unusable after only four days due to power degradation and tape recorder failure. The Telstar satellite lasted until Nov. 1962 when its command decoder failed. ...

The flux of energetic electrons trapped in Earth's magnetosphere remained high for years, hammering satellites deep into the 1960s.

Dyer...widely known for his studies of extreme space weather, was still in school when the explosion occurred. It set the stage for his entire career. "Starfish Prime," he says, "was a defining event." ... [It] serves as a warning of what could happen if Earth is blasted by high doses of radiation.

An even scarier atmospheric explosion may have been Soviet test 184 (also designated K3) on Oct. 22, 1962, which set fires and knocked out hundreds of miles of power lines in Kazakhstan. *That, however, is a different anniversary.* □

## "Owning the Weather in 2025"

Material from [peerservice.org](http://peerservice.org). Abridged, etc. (Jul. 22, 2022)

"In 1957, the president's advisory committee on weather control explicitly recognized the mili-

tary potential of weather modification, warning in their report that it could become a more important weapon than the atom bomb." — From a US Air Force report on weather modification published in 1996. [See photo next page of HAARP array, Gakona, Alaska.]

WEATHER MODIFICATION AND USE OF THE WEATHER AS A WEAPON HAD LONG BEEN OF PRIME INTEREST TO THE USAF (US Air Force). A 1996 report once available on the USAF website is titled "Weather as a Force Multiplier: Owing the Weather in 2025." The report was removed for their website in 2021. ...

Below are key excerpts from this 44-page report. *When the contents of this report are combined with information from the now closed\* HAARP facility jointly run by the US Air Force and Navy, a disturbing picture of large scale manipulation of weather phenomenon arises.*

\*Editor's comment: Allegedly, custody and operation of this infernal set up has been handed off to another more innocuous organization: the University of Alaska. (See below.)

From [atlasobscura.com/places/haarp](http://atlasobscura.com/places/haarp): "Funded by DARPA, the US Air Force, and the Navy, HAARP's projects involve superheating the ionosphere with high-frequency radio waves. This incited the suspicions of physicist Bernard Eastlund and a small group of other scientists in the 1990s, who expressed concern about HAARP's possible future use as a weapon. Russia also expressed concern and criticized HAARP as a "new integral geophysical weapon." The Russian government now operates a very similar facility known as the Sura Ionospheric Heating Facility... located near the small town of Vasilsursk about 100 km east of Nizhny Novgorod, Russia."

Editor's comment: The Chinese have also bought into the world-destroying nonsense spearheaded by the US: see [popularmechanics.com/military/research/a21272688/china-giant-ionosphere-zapping-radar/](http://popularmechanics.com/military/research/a21272688/china-giant-ionosphere-zapping-radar/) — by David Hambling (Jun. 12, 2018): "...Journalist Stephen Chen, who broke the story about the new ionospheric radar in the South China Morning Post, told Popular Mechanics he has no doubt that the Hainan radar is primarily a military project ... [Many] of its

details are classified – unusual for such a 'scientific' project."

Also, they have recently launched a giant drone cloud-seeding operation to "make it rain," as they, too, are suffering from the orchestrated drought/flood climate scenarios created by myopic "engineers" coupled with what must be inputs from organizations that have no good outcomes planned for humanity.

Many researchers suspect those who control these technologies can influence and even trigger major events like earthquakes, hurricanes, and tsunamis...

Back to "Owning the Weather..." Research Paper Presented to Air Force (August 1996)

Key Quotes –

In the broadest sense, weather-modification can be divided into two major categories: suppression and intensification of weather patterns. In extreme cases, it might involve the creation of completely new weather patterns, attenuation or control of severe storms, or even alteration of global climate on a far-reaching and/or long-lasting scale. ... The weather-modification applications proposed in this report range from technically proven to potentially feasible. ...

Modification of the ionosphere to enhance or disrupt communications has recently become the subject of active research. ... A number of methods have been explored or proposed to modify the ionosphere, including injection of chemical vapors and heating or charging via electromagnetic radiation or particle beams (such as ions, neutral particles, x-rays, MeV particles, and energetic electrons). It is important to note that many techniques to modify the upper atmosphere have been successfully demonstrated experimentally. (from page 21)

Excerpts from paper~

In 2025, US aerospace forces can "own the weather" by capitalizing on emerging technologies and focusing development of those technologies to war-fighting applications. The purpose of this paper is to outline a strategy for the use of a future weather-modification system to achieve military objectives rather than to provide a detailed technical road map.

A high-risk, high-reward endeavor, weather-modification offers a dilemma not unlike the splitting of the atom. While some segments of society will always be reluctant to examine controversial issues such as weather-modification, the tremendous military capabilities that could result from this field are ignored at our own peril. From enhancing friendly operations or disrupting those of the enemy via small-scale tailoring of natural weather patterns to complete dominance of global communications and counterspace control, weather-modification offers the war fighter a wide-range of possible options to defeat or coerce an adversary. ...

In this paper we show that appropriate application of weather-modification can provide battlespace dominance to a degree never before imagined. ... A global, precise, real-time, robust, systematic weather-modification capability would provide war-fighting Commander in Chiefs with a powerful force multiplier to achieve military objectives. ... Conceivably, with enough lead time and the right conditions, you could get "made-to-order" weather. ...

[Virtually eliminating the human element much work has been done with UAVs (Uninhabited Aerospace Vehicles, i.e., "robot-planes") which can closely (if not completely) match the capabilities of piloted aircraft.] If this UAV technology were combined with stealth and carbon dust technologies, the result could be a UAV aircraft invisible to radar while en route to the targeted area, which could spontaneously create carbon dust\* in any location. [\*Ed's: A carcinogenic air

See "War Against the Planet," cont. on pg. 9



# The war rages, but there is ... Push Back! To Save Humanity and the Planet

◆ Defeat the Agricultural 'Great Reset' ◆ Dr. Vananda Shiva on Artificial Food ◆ Urban/Suburban Food & Forest Reset ◆ UFO Whistleblowers Could Get Immunity Under Amendment  
◆ New Hampshire Prohibits State Enforcement of Fed Vax Mandates ◆ Saskatchewan Warns Trudeau's Federal Nitrogen Agents Could be Arrested ◆ Be the Glitch You Want to See in the Matrix\*

Material obtained from various sites. Excerpts reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

## Defeat the Agricultural Great Reset

Material from [organicconsumers.org](http://organicconsumers.org) (Aug. 20, 2022)

**Conventional farmers are a victim of the system, and regenerative farmers are the solution.**

Synopsis: Russell Brand interviews environmental activist and author, Vandana Shiva. Dr. Shiva explains how the mainstream media have distorted the Dutch Farmer protests [more on this following], claiming that shutting down small farms utilizing chemical fertilizers is the solution to the environmental and climate crisis. ...

Dr. Vananda Shiva:

The Global Elite, using the rhetoric of a Great Reset, and the strategy of "divide and rule," are carrying out a 21st century colonial land grab, driving small farmers and ranchers off the land, promising that pesticides, GMOs, lab food, and big data

will make us healthy, happy and prosperous.

The same elite (*anti-nature, anti-people*) who have forced a degenerative chemical-intensive factory farm model on farmers (through legislation, subsidies, and manipulating research and markets) are now blaming farmers for the problem. Conventional farmers are a victim of the system, not the cause, while organic and regenerative farmers, conscious consumers, and non-violent resistance are the solution.

We need to build a natural alliance between farmers, activists, and everyday people. "The billionaires have bought the mainstream and social media," Shiva reminds us, and we must get out the truth and build a new global movement if we aim to overturn the authoritarian and dystopia rule of Bill Gates, Black Rock, Vanguard, Monsanto/Bayer, and the digital technologists.

**An economy without people, without farmers.** An economy where consumers have no choice over our food, health, and governance is the goal of the big corporations and the billionaires. As Vandana states, *the elite are trying to "colonize our minds"*

make us forget our history, common values, and common sense.

**Greenwash, Social wash, Justice wash** We need to replace the false rhetoric and technocratic solutions of the global elite, the "pirates and thieves" of the WTO (World Trade Organization), the World Economic Forum, and the corrupt politicians, militarists, and indentured scientists of the Great Reset, who are twisting our ideals and aspirations to divide and control us. We must stand up, refuse to compromise, and build a new consciousness and Movement of Regeneration, which is truly green, organic, healthy, and equitable. □

## Dr. Vananda Shiva on Artificial Food

Material from [organicconsumers.org](http://organicconsumers.org) (Jul. 2, 2022). Originally from [navdanyainternational.org/publications/the-corporate-push-for-synthetic-foods/](http://navdanyainternational.org/publications/the-corporate-push-for-synthetic-foods/)

Dr. Vandana Shiva: In response to the crises in our food system we are witnessing the rise of technological solutions that aim to replace animal products and other food staples with lab-grown alternatives.

Artificial food advocates are reiterating [a] failed rhetoric that industrial agriculture is essential to feed the world. Real, nutrient-rich food is gradually disappearing, while the dominant industrial agricultural model is causing an increase in chronic diseases and exacerbating climate change.

The notion that high-tech, "farm free" lab food is a viable solution to the food crisis is a continuation of the same mechanistic mindset which has brought us to where we are today - the idea that we are separate from and outside of nature.

Industrial food systems have reduced food to a commodity\*, to "stuff" that can then be constituted in the lab. In the process both the planet's health and our health has been nearly destroyed.

\*Editor's comment: And hence "commodity futures," where profit-driven disaster investing is not only profiting from climate misery but also the misery of empty food shelves. It is not a stretch to connect Wallstreet Bulls

timed lightning strikes.\* Even if power levels achieved were insufficient to be an effective strike weapon, the potential for psychological operations in many situations could be fantastic. [\*Ed's: Some claim evidence shows this has been carried in Calif. and other western states.] ... ■

## Editor's postscript —

ALL OFFICIAL BLATHER about the various, now, ionospheric heaters not being military are deliberate lying propaganda, seeking to deflect awareness about a horrible reality. Now we can include Russia and China in this idiocy. *Others?*

If this information encoded in the photos included with this group of articles doesn't clearly show a "war mindset" against us and the planet you should make sure you've taken your blinders off, and unlease your mind. — The time for forbearance and pretend ignorance is OVER. *The guilty shall be punished. I hope the rest of us will be around to celebrate the tardy but welcome imposition of the most severe punishment possible.* ❖

with creating the disasters themselves.

Industrial agriculture is re-inventing its future based on "fake farming" with "fake food", with chemicals and GMOs, surveillance drones and spyware. Farming without farmers, farming without biodiversity, farming without soil, is the vision of those who have already brought us to the brink of catastrophe.

This is why artificial meat, invested in by the giant tycoons of factory farming, are not viable alternatives. They are just additional sources of profit for the same players and take political power away from regenerative farmers and local communities.

These modes deny the essential symbiotic relationships between humans, plants, animals and microorganisms and, in turn, deny their potential to maintain and regenerate the web of life. Food is the web of life and we cannot separate food from life. Similarly, we cannot separate ourselves from the Earth.

Solutions to our global crises already exist and they come from building cultures of interconnection and regeneration, as well as healing our relationships with food, nature and community. ... Real food is not created in a laboratory, but comes from biodiverse farms that take care of the land by embracing a regenerative agriculture model.

We must therefore work actively to renew and regenerate the Planet by participating in ecological processes of reciprocity and restoring biodiversity. ... [and deny, reject false solutions proposed by the advocates of artificial food] — anything less would be buying into artificial humanity in a dead or dying world if we remain passive and unresponsive to this existential challenge.] □

## Urban/Suburban Food & Forest Reset

Material from [organicconsumers.org](http://organicconsumers.org) (Aug. 20, 2022)

TREES AND HOME GARDENS ARE GOOD FOR OUR MENTAL HEALTH AS WELL AS THE HEALTH OF OUR BODIES AND THE ENVIRONMENT. Monoculture grass lawns on the other hand, traditional status symbols, are artificial, environmentally destructive, and merely cosmetic. Urban areas (69 million acres) make up 3.6% of the US land area (of the Lower 48 states) but include 81% of the population (19% of people live in rural areas). Urban areas are growing by a million acres a year. Lawn areas in US cities and towns are estimated to include forty million acres of turf grass, covering 1.9% of the land.

In my book, "Grassroots Rising," I point out that... 1.2 trillion trees, added to our current global stock of three trillion trees would be able to sequester a full 10 years of current emissions). We could and should be planting 500 million new trees in US urban and greater urban areas over the next decade, in addition to reforesting the 254 million acres of rural (non-crop) lands that are degraded or treeless. Many of our new urban and suburban trees could and should be fruit or nut trees, providing not just shade and greenery, and habitat for birds and pollinators, but food as well.

But we need backyard (and front yard) vegetable, herb, and pollinator gardens on

See "Push Back!," cont. on pg. 11

## "War Against the Planet," cont. from pg 8



Image: Part of the HAARP array in Alaska. Still humming, no doubt, no matter what the Air Force and Navy might say in a press release. It is ugly, it is harmful. *It has in truth no beneficent purpose — only a "military objective" / MIC purpose. Who was paid off for this?* Just curious.

pollutant. That never bothers the DoD, though.]

Recent army research lab experiments have demonstrated the feasibility of generating fog.\* They used commercial equipment to generate thick fog in an area 100 meters long. [\*Ed's: Something that sorcerers in ancient times were said to be able to do.]

Weather-modification technologies might involve techniques that would increase latent heat release in the atmosphere, provide additional water vapor for cloud cell development, and provide additional surface and lower atmospheric heating to increase atmospheric instability. Critical to the success of any attempt to trigger a storm cell is the pre-existing atmospheric conditions locally and regionally. ...

[The] ability to modify battle space weather through storm cell triggering or enhancement would allow us to exploit the technological "weather" advances of our 2025 aircraft.

Communications Dominance via Ionospheric Modification Modification of the ionosphere to enhance or disrupt communications has recently become the subject of active research. A number of methods have been explored or proposed to modify the ionosphere, including injection of chemical vapors and heating or charging via electromagnetic radiation or particle beams\* (such as ions, neutral particles, x-rays, MeV particles, and energetic electrons). [\*Noted

in some of the mega-fires in California.]...

Many techniques to modify the upper atmosphere have been successfully demonstrated. It should be emphasized that this list is not comprehensive; modification of the ionosphere is an area rich with potential applications and there are also likely spin-off applications that have yet to be envisioned.

[Another capability] is ionospheric modification to disrupt an enemy's communication or radar transmissions. VHF, UHF, and super-high frequency (SHF) satellite communications could be disrupted by creating artificial ionospheric scintillation.

The ionosphere could potentially be artificially charged or injected with radiation at a certain point so that it becomes inhospitable to satellites or other space structures. The result could range from temporarily disabling the target to its complete destruction via an induced explosion.

Nanotechnology also offers possibilities for creating simulated weather. A cloud, or several clouds, of microscopic computer particles, all communicating with each other and with a larger control system could provide tremendous capability. ...

Such clouds could be designed to ... exclusively block optical sensors or ... become impermeable to other surveillance methods. They could also provide an atmospheric electrical potential difference ... precisely aimed and



Why are globalists so eager to digitize "our" money?

## About the Bitcoin Brouhaha (Pt 2)

Analysis by Dr. Joseph Mercola Fact Checked (Feb. 6, 2022)

Material obtained from above site. Excerpt reprinted as "fair use." Abridged. Some modification. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

Continued from the Jul/Aug 2022 Pathfinder...

### "Holy Grails" of Technological Invention to Ensure Freedom Svetski replies:

Yes... Did you ever read the 'Cyberpunk's Manifesto' written by Tim May in the '90s? The basic summation of that is, as the world becomes more technologically adept, technology trends toward concentration.

In that trend, we could end up with a world in which we have total panopticon surveillance and control of people's money. So ... we need to use encryption to maintain private communication. If you don't have private communication, you can't speak freely. Right? First Amendment.

That was sort of holy grail No. 1. Holy grail No. 2 was an independent monetary system. We need a money that is independent of a state, and unable to be censored, controlled, et cetera. Because if we end up with that, then who cares if we have free speech? You don't have free action. ...

You see it in Australia. The government makes up a fake law so they can fine you for not wearing a fake mask. And then if you don't pay your fake fine, they just take the fake money out of your fake bank account, without your consent. So, whoever issues and controls the money basically has the ultimate power. If I'm the issuer of the money, I can do whatever I want, basically."

**The Central Banking Warfare Model** A caveat to that, Fitts says, is the central banking warfare model. On the one hand, they can print money. On the other, they can also force people to use that money through military intervention. "That's part of where the liquidity comes from, so you have to have both," she says. In other words, they must be able to print with impunity and kill with impunity in order to maintain complete control of the system.

Svetski agrees, pointing out that these two control powers feed on and strengthen each other. He believes the monopoly on money is the easier of the two to defeat, though,

... because what ends up happening is that when the monopoly on money can't fund the monopoly on violence, things start to fall apart relatively quickly. So, if we had to pull a thread somewhere ... that's where we may have the strategic opportunity.

Svetski also agrees that the Bitcoin exchanges are a disaster.

We all say that you should take your money off exchanges as soon as possible and hold your Bitcoin in your own custody, as soon as possible... because then that moves supply out of these casinos...

We're totally aligned with this idea that the last thing we want is issued money from any authority who has the capacity to build up enough economic power such that they can deploy political power, or violent power, in order to maintain economic power and create this situation we have today, which is, 'I can print all the money I want and you can't do anything about it, because if you do, then I'm throwing you in jail.'

**Systematic Corruption** Fitts points out that the root problem isn't necessarily the ability to create fiat currency. At its core, it's the corruption of governance and the rule of law. And while we could create a well-func-

tioning regulatory system for any currency, creating a government and judicial system free of corruption is far more difficult.

[So that's why] people focus on workarounds, such as using distributive ledger technology to prevent counterfeiting and fraud, or a money system based on commodities like gold and silver.

Those are both workarounds to avoid the issue of how do we create a great governance system, and then a culture and a covenant that we'll enforce?

Traditionally, it's never been a good idea to make a commodity the backbone of your currency, because then your currency can swing around and get hiccupped for a lot of reasons that have nothing to do with its role as a currency. ...

We live on a planet where the governance system is secret ... How do we stay free in the face of a secret governance system, and can a digital currency make a difference? ...

**Defining Money** Svetski defines money as the "language of value." It's a way to encode or assign and communicate value to the product of our labor. Fitts points out that one of the most critical ingredients that makes this communication of value work is having an integrity-based pricing mechanism.

Svetski:

Civilization is basically a story of discovering better objects and better mechanisms for exchanging the product of our labor ... of finding better money, basically.

[The thing that becomes money is the tool, the object that is quantized. Units should be the same, divisible, portable, recognizable and it needs to have some element of scarcity...]

In many cultures, gold was a cherished currency [because] there's a limited supply and it's not easily forged. But, gold is not very portable or divisible; so as societies became more complex, "fiat" [quotes added] currencies (that governments declare as legal tender) like minted coins and paper bills emerged. With good governance, fiat currency was still scarce, and was protected from debasement by being difficult to forge.

The problem arises when governance becomes corrupt and the issuers of the currency start printing more, thereby diluting the value of the currency (i.e. inflation). ... No matter how excellent whatever money we're proposing to use, that is secondary to who controls it and who decides.

You can have a "perfect" [quotes added] money system, but if the people who operate the system and those who use it are separate and independently controlled, it won't solve anything because corruption by the controllers of the currency is a root problem. As noted by Fitts, a sound currency would serve an economy where the people and the real assets are in balance.

Fitts:

Debasement can come from the governance system trying to cheat, but it can also come from a real problem in the real asset economy... And those are two different problems. One is based on trying to please constituents (or fraud), and the other is a structural issue that needs to be resolved. The manifestation and the deterioration of the integrity of the money ends up the same, though, so they're frequently assumed to have the same root cause.

Fitts believes that our current problem is not so much a currency problem but a secret governance system that is harvesting the planet of extraordinary amounts of

Svetski: "Civilization is basically a story of discovering better objects and better mechanisms for exchanging the product of our labor..."

"Fitts... is convinced that someone is artificially pumping up Bitcoin. [That] central bankers or their owners are pumping Bitcoin in order to [configure] options for their control grid and to attract retail investors into digital assets out of precious metals and real assets, making it easier and cheaper to establish centralized monopolies of real assets."

Fitts argues that what we ultimately need is a complete reengineering of our economy into one that is built on health...

resources. By doing so, they're creating a massive drain on the real economy.

Creating a crypto asset outside the system to protect ourselves from that drain can only work for so long, because it doesn't solve the problem [of the] drain on the whole economy. The question is, can we [see and identify] what is happening and prevent a secret governance system from draining the economy of resources?

**Transparency Is Key** Svetski argues that currency issued by any form of entity, be it a monarch, a state or a hidden Mr. Global will simply bring any system back to where we are now. Fitts believes the solution lies in creating a decentralised market economy based on aligning living and financial capital and incentivizing peace rather than war, [with a] requirement for transparency.

To get to transparency, we must first break down the system of mind control set in place by the secret controllers through the use of modern technology. She believes the entrainment technologies, subliminal programming and various mind control influences are an effort to protect themselves from transparency.

And just how do we break through the mind control that keeps us dumbed down and unaware of how the system works and how it's being drained? Fitts believes it will require us to identify how the mind control works, and then set ourselves free, one by one. ...

Svetski agrees, adding:

I did a post the other day on Twitter. It said, 'You're very hard to control when you're healthy. You're very hard to manipulate when you're clear. And you're very hard to influence when you're sovereign.' So I think we definitely agree in that case. ...

It's very difficult to control the minds of sovereign individuals because not only do they fundamentally have a disdain for what I call "fiat authority," ... but are interested in living as individuals, not as a component in some homogenous collective...

**How to Foment Resilient Communities** But how do we inspire others to follow suit and become sovereign individuals? First, we need a critical mass of sovereign individuals in a place.

Fitts notes:

The currency needs to be in balance with the real assets - food, energy and shelter. ... How do we get the food, energy and shelter sufficiently independent and resilient in that place so that the currency can function?

Svetski:

You'd need a critical mass of people who are willing to do that so that they could outwit what satellites are going to do to stop them. ... I think if you see where Mr. Global wants to take the system, you would do anything [to not go along].

We are better dead than going to where Mr. Global intends to go. So that means there's nothing I will not do to stay out of Mr. Global's trap. ...

Predator evasion for not just our selves but the whole community, whether it's a network or a place...

You mentioned, first of all, that transparency is important to counteract control. We need to build sovereign individuals in order to counteract mind control. We need to then ... enable them to build communities in order to become sovereign communities ... that can better manage the delinquents and lead the 80% towards a better world. You mentioned Mr. Global comes in like a wrecking ball and [destroys] it every single time, because that's what he's good at. He's a parasite. He just wants something for nothing... 'You guys work and I'll benefit.'

[The world that Mr. Global lives in doesn't align with the physical laws of the universe.] Mr. Global thinks we can somehow structure the world in [a way] that we can suck from the productive people and get something for nothing. Unfortunately, that sends the world on a path to hell, which is where we are now.

**We Must Refuse Vaccine Passports** [We] must do everything in our power to resist vaccine passports and other forms of systems' control, as they are a foundational piece of the digital control grid being erected around us.

Fitts explains:

I'm [seeing] a control grid snap into place. The Russians and Americans have made announcements about regulating crypto. In the EU, they're trying to morph the vaccine passport and now they're calling it a 'private digital identity wallet,' and the tax authorities are adding biometrics. ... For the last 30 years, [it's] like a covert social credit system... The covert operation lines are integrated and connected, but it hasn't been made overt. And one of the reasons it hasn't been made overt is they haven't been able to bring the US Constitution down, although they're trying. But at some point, they're making enough progress with the vaccine passports and the QR codes, that they're going to start snapping this thing into place, and that to me is what has to be stopped. ...

**Reengineering Our Economy** ... In closing, Fitts argues that what we ultimately need is a complete reengineering of our economy into one that is built on health rather than disease, peace rather than war and transparency rather than secrecy. [We] must be in control of that economy. Economy built on disease, war and secrecy, controlled by a hidden cabal, is what leads us into a downward spiral in the first place.

We have an economy that has a negative return on investment... But if you reengineer the financial system, you align living capital and financial capital, and you run the economy to build health, the speed at which we could start to generate fantastic amounts of wealth that could begin to deal with some of our liabilities and obligations is fantastic. ...

Fitts... is convinced that someone is artificially pumping up Bitcoin. [That] central bankers or their owners are pumping Bitcoin in order to [configure] options for their control grid and to attract retail investors into digital assets out of precious metals and real assets, making it easier and cheaper to establish centralized

See "Bitcoin Brouhaha, Pt 2," cont. on pg. 11



**“Bitcoin brouhaha,” cont from pg. 10**

monopolies of real assets. — [She] makes a good argument for understanding the control mechanisms and the risks of an all-digital financial system.

Follow Svetski's work at: *The Bitcoin Times*: [bitcointimes.news](http://bitcointimes.news), [svetski.medium.com](http://svetski.medium.com). For Fitts' work, go to her website at *The Solari Report*. ■

**“To Bitcoin or Not to Bitcoin”**

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CONSIDER WHAT WOULD HAPPEN IF EVERYONE WAS TIED INTO AN ALL-DIGITAL SYSTEM, and that system was thoroughly hacked or disrupted by solar storms or some stupid military attack.

**Editor's Confession** Though I had hoped this compilation of the thoughts of financial wizzes Catherine Fitts and Aleksandar Svetski on the essential question of “to Bitcoin or Not to Bitcoin” would provide realistic answers, I still had questions: (1) *What is Bitcoin is besides an agreed upon set of algorithms floating around the Internet conglomerating and inferring what a given value set amounts to;* (2) *Why no other type of value system was discussed that didn't depend upon the concept of scarcity.* For that, at the root of any system, is already a seed of corruption: *who manages scarcity manages the whole value set.*

To begin to build a bridge across that mental void, *I would heartily hope that some ET contact folk (in UFO groups, for example), would ask direct questions of our “space brothers” about value systems on other planets and galactic civilizations. I feel that basically, we have to come to the conclusion that WE ARE the value system, i.e., humanity itself.*

In my budding thoughts on this, *I feel that we must take off the table the idea that any particular individual (or elite) can “own” Forests, Mountains, Lakes, Rivers, Oceans (and the treasures these contain), the Atmosphere, and even Space itself.* These are truly collective and planetary in scope and should therefore not be under the thumb of any private entity solely for their selfish, sequestered profit. *They are OURS. Our planet. Our lives. Our children's lives, the Rights of Nature* – all intersecting in the notion that *We are One.*

*Let no secret group break that connection and jeopardize all that truly has value: clean water, good, organic, nutritious food, clean air, a habitable planet with abundant plant and animal life, free and sovereign souls acknowledging the Gifts of Spirit which are not to be “monetized,” but reflections of the PEOPLE who accept them (or abuse them through designs of preposterous, suicidal selfishness).*

**Let the Majority of our People claim their rights to a Living World, and forever bind those who are devoted to destroying that world.** ◇

**“Push Back!,” cont from pg. 9**

our 40 million acres of lawn as well, replacing our pesticide, fertilizer, and water-intensive monocultures of lawn grass. ...

Jim Gale, founder of Food Forest Abundance, pointed out in a recent interview with Del Bigtree that in the US there are 40 million acres of lawn. Lawns are the most destructive monoculture on the planet, absorbing more resources and pesticides than any other crop, without providing any yield. If we were to turn 30% of that lawn into permaculture-based food gardens, says Gale, we could be food self-sufficient without relying on imports or chemicals.

Russian families have shown the possibilities, using permaculture methods on simple cottage gardens or allotments called dachas. As Dr. Leon Sharashkin, a Russian translator and editor with a PhD in forestry from the Univ. of Missouri, explains:

Essentially... Russian gardeners demonstrate that gardeners can feed the world – [without] GMOs, industrial farms, or any other technological gimmicks to guarantee everybody's got enough food to eat. Bear in mind that Russia only has 110 days of growing season per year ... US gardeners' output could be substantially greater. Today... the area taken up by lawns in the US is two times greater than that of Russia's gardens [producing] nothing but a multi-billion-dollar lawn care industry.

Russian dachas or home gardens, usually located on the perimeter of urban areas, produce approximately 50% of families' food on 3% of the land. During the WWII, US (and UK) backyard “Victory Gardens” did the same.

**Turning to Gardening in Hard Times** Jennifer Atkinson writes:

The coronavirus pandemic has set off a global gardening boom. In the early days of lockdown, seed suppliers were depleted of inventory and reported “unprecedented” demand. Within the US, the trend has been compared to World War II victory gardening, when Americans grew food at home to support the war effort and feed their families. ...

Americans have long turned to the soil in moments of upheaval to manage anxieties ... My research has even led me to see gardening as a hidden landscape of desire for belonging and connection; for contact with nature; for creative expression and improved health. □

*Organic Consumers Assoc., 6771 South Silver Hill Dr., Finland, Mn. 55603; 218-226-4164, fax: 218-353-7652.*

**Federal Judge Blocks Covid Vax Mandate for Air Force, Air National Guard**

© 2022 by Megan Redshaw

Material from [childrenshealthdefense.org](http://childrenshealthdefense.org) (Jul. 29, 2022)

A FEDERAL JUDGE IN OHIO [RECENTLY] BLOCKED THE MILITARY'S COVID-19 VACCINE MANDATE NATIONWIDE for Air Force, Space Force and Air National Guard service members who requested religious exemptions. ...

In his 4-page ruling, US District Judge Matthew McFarland said the government failed to “raise any persuasive arguments for why the Court should not extend the Preliminary Injunction issued on March 31, 2022, to cover the Class Members.” — [That] ruling replaces McFarland's 14-day temporary restraining order, issued July 14. The temporary order was issued to allow the military time to make its case for why the preliminary injunction shouldn't last longer and be expanded to apply to 10,000 or more service members seeking an exemption. ... Included in the government's filing as an exhibit was a

declaration from Lt. Gen. Kevin Schneider\*, director of staff for the Air Force headquarters.

\*Editor's comment: Provided in that statement were distortions and outright lies about who got Covid, etc., which I, as editor, opt to leave out; printing deliberate lies is not objective – it is complicit. We've seen enough “high heads” spewing falsehoods that amount to complicity in mass murder. All such are guilty of Crimes Against Humanity.

[Judge] McFarland ... modified the class to include all active-duty, active reserve, reserve, national guard, inductees and appointees of the US Air Force and Space Force, including but not limited to Air Force Academy Cadets, Air Force Reserve Officer Training Corps Cadets, members of the Air Force Reserve Command and any airman who has sworn or affirmed the US Uniformed Services Oath of Office or Enlistment and is currently under command and could be deployed.

Under the new order, the Air Force can't take disciplinary action against, or attempt to kick out members who requested a religious exemption on or after Sept. 1, 2021, those confirmed as having a sincerely held religious belief by chaplains and those who either had their request denied or whose request has not yet been acted on.

Chris Wiest, an attorney for plaintiffs:

Obviously, we are thrilled for our clients who we were facing career-ending consequences for the exercise of their sincerely held beliefs... This case will now proceed into the discovery phase in which we look forward to placing government decision-makers under oath and questioning them about their discriminatory decision-making.

Read this and weep...

- Of the Air Force's 497,000 members, 97% have received a primary COVID-19 vaccination series.
- Of the 1,400 exemptions granted, only 104 are religious exemptions – and those were granted only to service members at the end of their term of service.
- Currently, 2,847 requests are pending and 6,803 were rejected.

The small number of religious accommodations granted is “farical,” McFarland said earlier this year. The Air Force “has effectively stacked the deck” against service members seeking religious exemptions. ...

**Military's Recruiting Crisis Deepens Under Vaccine Mandate** Lawmakers from both sides of the aisle are putting pressure on the Pentagon to fix the military's recruitment crisis in what has been deemed the worst recruiting environment since the end of the Vietnam War, Politico reported this week.

Recent briefing slides obtained by Politico show senior Pentagon leaders are alarmed by poor enlistment numbers and the military “currently faces the most challenging recruiting market since the advent of the All-Volunteer Force, with multiple Services and Components at risk for missing mission in FY 2022.” ...

While the military acknowledges the problem, the desire of young Americans to join the military has “fallen off the statistical cliff,” according to Politico. *The Army only reached 66% of its goal for the fiscal year ending in Sept., while the Navy is at 89%, according to data compiled from Oct. 2021 to May 2022.* ...

**Some DOD Officials Blame the Co-Vax Mandate** Former and current DoD officials and experts criticized the Pentagon's COVID-19 vaccine mandate as a contributing factor – and claimed the “department leadership knows it.”

According to Military News, the Army recently cut more than 60,000 National Guard and Reserve soldiers who refused to

be vaccinated from military pay and benefits and is preventing them from participating in military duties.

Mackenzie Eaglen, an expert with the conservative American Enterprise Inst., argued the military's vaccine mandate has “indisputably negative” impacts on recruiting.

The math and logic simply doesn't add up to let troops go ... over the vaccine while announcing at the same time historically high bonuses for new recruits ...

Former senior DoD to Politico:

If you are sitting in the state of Georgia or Texas and you see they are putting 40,000 members out, you are going to scratch your head a bit and say, “why would I join up?” And if you don't want to get vaccinated, you are certainly not going to join.

Rep. Mike Waltz (R-Fla.), top Republican on the House Armed Services' Readiness Subcommittee, former Green Beret and current member of the National Guard, joined with 49 other Republican lawmakers on Tuesday to send a letter to Defense Secretary Lloyd Austin requesting the Pentagon reconsider its COVID-19 vaccine mandate in response to the recruiting crisis:

At a time when the department is struggling to recruit qualified young men and women fit for duty to fill the ranks, and while China is embarking on a massive military buildup which threatens American interests around the world, we should not be hindering our own readiness and capabilities by punishing and forcing out experienced and dedicated Guardsmen and Reservists. □

Megan Redshaw is a staff attorney for Children's Health Defense and a reporter for *The Defender*.

**US Army Officer Stands Against Medical Tyranny**

© 2022 by Dan Wigington

Material from [geoengineeringwatch.org](http://geoengineeringwatch.org) (Aug. 4, 2022)

US MILITARY PERSONNEL TAKE AN OATH TO STAND AGAINST ALL THREATS, FOREIGN AND DOMESTIC. US Army Captain Mickey Shelton has ... shown exceptional courage by drawing a line in the sand with the Military Industrial Complex and Big Pharma. Forcing our military brothers and sisters to accept proven dangerous experimental vaccine concoctions is not OK. [His] courage has inspired a great many military members to refuse the experimental injections. □

Visit [geoengineeringwatch.org](http://geoengineeringwatch.org) for full video interview. Write to Dane at PO Box 9, Bella Vista, CA 96008-0009.

**Aussie Doc Shouts Out Medicrimes**

© 2022 by Brian Shilhavy, Editor, Health Impact News

Material obtained from [healthimpactnews.com](http://healthimpactnews.com) (Aug. 8, 2022).

**Aussie Doctor Crashes Australian Medical Assoc. Meeting to Tell the Truth about Co-Vax Injuries and Death**

A DOCTOR IN QUEENSLAND, AUSTRALIA [Dr. William Bay] has put his license to practice medicine on the line to bring his message of COVID-19 vaccine and injuries and deaths, and the “gaslighting” of patients and doctors who try to expose how deadly these shots are...

He received corporate media attention recently when he crashed a meeting of the Australian Medical Assoc. (AMA) call-

See “Push Back!,” cont. on pg. 12



**“Push Back!,” cont from pg. 9**

ing out the country's chief medical officer, Paul Kelly, while stunned doctors [looked on] ...

**Dr. Bay:**

I'm here today to ask you to join with the people of Australia and stop forcing these vaccines on people who are getting killed by them!

Dr. Bay accused Prof. Kelly of lying and “gaslighting” his colleagues, before being escorted from the conference by security.

“All GPs, all doctors of Australia you are on notice by the people of Queensland,” he is heard shouting towards the end of the video. “This is the Queensland People’s Protest and you have been warned.” ...

[Dr. Bay was given until Aug. 16 to argue why his registration should not be suspended. *It is not known what transpired on that date regarding Dr. Bay’s license status.*]

Dr. Bay recently recorded a video message where he apologized to his patients and the public for initially giving in to fear over potentially losing his job, and for not speaking out sooner. ... □

**UFO Whistleblowers Could Get Immunity Under Amendment**

© 2022 Howard Altman, thedrive.com /the-war-zone

Material from [siriusdisclosure.com](https://siriusdisclosure.com). Originally from [msn.com/en-us/news/us/ufo-whistleblowers-would-get-immunity-under-new-amendment](https://msn.com/en-us/news/us/ufo-whistleblowers-would-get-immunity-under-new-amendment)... (Jul. 7, 2022)

IN AN EFFORT TO PROTECT THOSE WITH INFORMATION ABOUT UNIDENTIFIED AERIAL PHENOMENA (UAP) AND INCREASE THE INFUX OF REPORTS ABOUT THEM, Rep. Mike Gallagher (R-Wisc) introduced an amendment to the Fiscal Year 2023 National Defense Authorization Act.

“The amendment would establish a process within the government for reporting UAPs and provide whistleblower-like protections,” Gallagher’s spokesman Jordan Dunn told *The War Zone* Thursday morning.

For a multitude of reasons, US troops and government contractors have traditionally been reluctant to come forward with information about these incidents, regardless of their validity. Beyond that, there have also been longstanding allegations that the government and defense contractors could be hiding previous UFO-related programs\* and evidence. This would allow those with information to come forward without retribution.

\*Editor’s comment: Such as the super-secret space fleet in operation since at least the last 25 years. See [Dr. Michael Sala’s work and exopolitics.org](https://www.michael-sala.com). Then there are the Nazi occultists who collaborated with negative Greys and Dracos in establishing a “Dark Fleet” for much longer than that. Also, the “Black Knight,” observed orbiting Earth. Lots more here but not much coming up in “lame stream” news.] ...

[Federal] agencies and contractors working with the government would be precluded from taking actions, including suspending security clearances, for those who report UAP incidents and information.

And those who are retaliated against “may bring a private civil action for all appropriate remedies, including injunctive relief and compensatory and punitive damages, against the Government or other employer who took the personnel action, in the United States Court of Federal Claims,” the amendment states.

Gallagher has long been a proponent of increasing the flow of information

“I’m here today to ask you to join with the people of Australia and stop forcing these vaccines on people who are getting killed by them!” (Dr. William Bay)

“Regarding any workplace mandate, OSHA has an Achilles heel, a serious lack of enforcement capability: OSHA only employs 774 inspectors for the entire country.”

about UAPs. During a congressional hearing on the subject May 17, the first of its kind in about 50 years, he asked a Pentagon official about a supposed incident from the 1960s at Malmstrom Air Force Base in Montana:

One such incident allegedly occurred at Malmstrom Air Force Base in which 10 of our nuclear ICBMs were rendered inoperable. At the same time a glowing red orb was observed overhead. ...

After the hearing, Rep. Tim Burchett (R-Tenn), who sells UFO-related apparel on his website, said more should have been done [as he told reporters]: “I was correct in that I learned the coverup continues.” Burchett also called for improved protection for those coming forward, akin to what Gallagher proposed with his amendment this week. [Burchett continued:]

By telling you that they have whistleblower protection or something, that’s bogus until it’s in the law. For us to sit here and talk about it is bogus. And you really need to provide them with some sort of ability to come in here and not be persecuted and not have a blemish on those records. ... □

**New Hampshire Prohibits State Enforcement of Fed Vax Mandates**

© 2022 By Michael Boldin

Material obtained from [naturalblaze.com](https://naturalblaze.com) (Jul. 10, 2022). Originally from the [Tenth Amendment Center](https://tenthamendmentcenter.com), [tenthamendmentcenter.com](https://tenthamendmentcenter.com)

LAST WEEK, NEW HAMPSHIRE GOV. CHRIS SUNUNU signed a bill into law to ban state and local enforcement of a federal COVID-19 vaccine mandate, an important first step to nullify it in practice and effect.

Introduced by Speaker Packard along with five cosponsors, House Bill 1455 (HB1455) prohibits state or local enforcement or any collaboration with the enforcement of “any federal law, order, or rule that effectively requires any person as a condition of his or her employment, or as a condition of any other activity, to submit proof of vaccination against COVID-19 or any variant thereof, or to submit more than once per month a negative test for COVID-19 or any variant thereof.”

**Prohibited activities include:**

- ◆ Investigating the violation of, or imposing any penalty for the violation of, any law, order, or rule addressed by paragraph I;
- ◆ Providing any assistance to any federal department or agency in investigating or penalizing the violation of any law, order, or rule addressed by paragraph I, either through personnel activity or through the use of any state or local government property; or
- ◆ Providing the COVID-19 vaccination status of any named individual to any federal department or agency, or engaging in any communication with any federal department or agency regarding any investigation into a violation of a law order, or rule addressed by paragraph I.

The prohibition does not apply to any healthcare facility, provider, or contractor subject to a federal vaccine mandate. – On May 5, the Senate passed HB1455 by a 13-10 vote. On May 13, the House

concurrent with Senate amendments by a voice vote. With Sununu’s signature, the law went into immediate effect.

**Vaccine Mandate Potential and Enforcement** Although the Supreme Court earlier this year rejected the Biden Administration’s workplace vaccine mandate for all businesses with 100 or more workers, it’s unlikely that the current or a future administration won’t modify it and try again since the Court left open a wide path for them to do so.

While many people seem to think the threat has passed, the door is open for another mandate down the road. States need to quit just reacting to federal overreach and acting like everything is OK when there isn’t any immediate threat. There is always a threat when it comes to the feds. That’s why it’s crucial to build a firewall against the next attempted mandate.

Regarding any workplace mandate, OSHA has an Achilles heel, a serious lack of enforcement capability: OSHA only employs 774 inspectors for the entire country. Approximately 1,200 more work for the states but enforce OSHA rules. That small force of inspectors must cover more than 7 million businesses. Currently, it would take them 160 years to inspect every business under its jurisdiction just one time. That’s why the feds will have to rely on snitches to have any hope of enforcing the vaccine mandate.

“There is no army of OSHA inspectors that is going to be knocking on employers’ doors or even calling them,” a former OSHA chief of staff told CBS News regarding the failed workplace mandate. “They’re going to rely on workers and their union representatives to file complaints where the company is totally flouting the law.”

Implementation and enforcement of OSHA regulations can be done on either a state or a federal level. New Hampshire is one of 28 states where OSHA has full enforcement responsibility. But even in such states, OSHA receives assistance and cooperation from state agencies and employees. The passage of HB1455 would withdraw any and all state and local support from enforcing vaccine mandates. This would leave OSHA in a bad position, at best.

Here’s the dirty little secret they don’t want you to know – partnerships and “team efforts” don’t work when half the team quits: [i.e.], if employees refuse to tell on their coworkers and employers, and if states refuse to help enforce the vaccine mandates, the vaccine mandates won’t be enforced. End of story. ...

Based on James Madison’s advice for states and individuals in *Federalist #46*, a “refusal to cooperate with officers of the Union” is an extremely effective method to hinder the enforcement of any federal action because most enforcement relies on help, support and leadership from the states. This is true of virtually every federal law, and it will clearly be the case with the vaccine mandates.

Human action is also key. ... In order to nullify the mandate, people must reject and resist it first and foremost. ...

Refusal to cooperate with federal

enforcement rests on a well-established legal principle known as the anti-commandeering doctrine. Simply put, the federal government cannot force states to help implement or enforce any federal act or program. The anti-commandeering doctrine is based primarily on five Supreme Court cases dating back to 1842. *Printz v. US* serves as the cornerstone. ... [“It matters not whether policy making is involved, and no case by case weighing of the burdens or benefits is necessary; such commands are fundamentally incompatible with our constitutional system of dual sovereignty.”]

No determination of constitutionality is necessary to invoke the anti-commandeering doctrine. State and local governments can refuse to enforce federal laws or implement federal programs whether they are constitutional or not.

If New Hampshire doesn’t want to enforce vaccine mandates, it doesn’t have to – no matter what a federal court says about the constitutionality of such mandates. □

Michael Boldin is the founder of the Tenth Amendment Center. He hails from Milwaukee, WI, currently residing in Los Angeles, Ca.

**Saskatchewan Warns Trudeau’s Federal Nitrogen Agents Could be Arrested**

© 2022 by Kean Bexte, thecountersignal.com (Aug. 21, 2022)

Material obtained from [pulse1.com](https://pulse1.com). Originally from above site.

SASKATCHEWAN MINISTER JEREMY COCKRILL has sent a warning to the Trudeau government that officers sent by Ottawa will be arrested if they continue to trespass on farmland to test nitrogen levels.

According to Cockrill, Trudeau’s government has been unlawfully sending federal employees onto Saskatchewan farmlands to test for nitrogen levels without the consent of landowners.

In the letter, the Minister raised multiple complaints from Saskatchewan farmers that raised “serious concerns about Government of Canada employees, in clearly marked Government of Canada vehicles, trespassing on private lands.” The farmers reporting these trespasses made clear that these government agents did not request permission to access the land and were not in any other manner given consent to access it.

We are demanding an explanation from federal Minister @s\_guilbeault on why his department is trespassing on private land without the owners’ permission to take water samples from dugouts. We have received reports of this occurring in several places throughout Saskatchewan. – Jeremy Cockrill (@jere-mycockrill) August 21, 2022

Minister Cockrill further pointed out to the Trudeau government that these actions constitute a breach of the Saskatchewan Trespass to Property Act, and warned that these actions could carry with them serious penalties, including fines of up to \$200,000 and up to six months in prison.

By sending this letter, the Saskatchewan government has provided a clear order to the Trudeau government to cease and desist with any unlawful trespasses and warned them that should it continue, their employees could face arrest and prosecution.

What is more concerning to some than the actual trespass are the motiva-



## "Push Back!," cont from pg. 12

tions of the federal agents. According to the land owners who confronted the federal agents trespassing on their land, they were told that the purpose of them being there was to test the water in the farmers' dugouts to measure nitrate levels.

For those following recent news in the agricultural world, this is being seen as connected to the Trudeau government's recently announced policy to reduce the use of fertilizer on Canadian farms by 30%. This policy has been widely criticized by farmers across the country and by provincial governments in the Western provinces.

Some observers have said that there is reason to suspect that these actions are the first steps in replicating the attacks on farmers that have provoked widespread unrest in the Netherlands and other places in Europe.

**While the federal government has not yet confirmed it, there is speculation that the water sampling we now know is underway, will be used as baseline measurements to enforce reductions in fertilizer usage going forward. All of these factors have led Saskatchewan Premier Scott Moe to demand an explanation from the Trudeau government as to what exactly they were up to.** □

## Be the Glitch You Want to See in the Matrix\*

© 2022 by Gary Z McGee, Contributor, wakingtimes.com (Aug. 17, 2022)

Material obtained from above site. Excerpt reprinted as "fair use." Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

\*Take off on Gandhi's "Be the change you want to see in the world."

USUALLY, A GLITCH IS A PROBLEM, A BUG, OR A HICCUP IN THE PROPER ORDER OF THINGS. BUT WHAT HAPPENS WHEN YOU ARE LIVING IN A PROFOUNDLY SICK SOCIETY? **What happens when the "order of things" is unhealthy? What happens when the machinery of culture is outdated and found wanting? More importantly, what happens when you rebel against it?**

**The answer: you become a healthy glitch.**

More so, you become a *necessary glitch*, a *vital glitch* that could transform the unhealthy culture into a healthier one.

Here are a few next-level strategies for becoming a necessary glitch in the unnecessary Matrix.

### Embrace your inner trickster

*"The trickster is not a trickster by nature. He is a trickster by necessity."* ~Malcom Gladwell

**The trickster is a double-edged sword. He cuts himself even as he cuts the world. He cuts his own ego first, but, knowing that he is the world and the world is him, he also cuts the world. He battles against Certainty to keep Curiosity at the forefront of the human condition.**

**Your inner trickster understands that the cure for certainty is curiosity. The cure for hardened belief is flexible thought. The cure for seriousness is playfulness. And so, he plays with the outdated constructs of the sick culture that surrounds him like a kid plays with toys. ...**

Tapping your inner trickster will give you the courage you will need to go beyond ... beyond cultural modes of right-doing and wrong-doing. It will propel you into playful, non-serious, and honest detachment. *It will teach you to fly*

**"The trickster is a double-edged sword. He cuts himself even as he cuts the world. He cuts his own ego first, but, knowing that he is the world and the world is him, he also cuts the world. He battles against Certainty to keep Curiosity at the forefront of the human condition."**

**"The glitch is the primordial question mark tossed into the parochial "Machinery of Answers" grown uncouth through the passage of time."**

*into updated improvisation while the rest of the world is crawling through outdated tradition.*

**You become the mighty Three-eyed Raven, the most quintessential trickster archetype.** Perched on high, you see with your third eye the interconnectedness of all things. **You see the Infinite Game playing itself out.** You see how you are an integral catalyst for the progressive evolution of the species. **With molten mettle and mercurial moxie, you fly straight into the Matrix.** You are the glitch it never knew it needed.

### Playfully disrupt the "order" of things

*"The art of living requires the most delicate balance between order and disorder, control and vulnerability."* ~Martha Nussbaum

**Sometimes the only way a higher order can be discovered is by sowing a little disorder into the current order.** By playfully disrupting the order of things, you will their underlying disorder. *You will suss out the truth despite the superficial song and dance of politics, the artificial smoke and mirrors of religion, and the insincere cartoon in the brain of cultural conditioning.*

**Disrupt the established order to prevent tyranny from blinding others. Cultivate an agency of change. Challenge "ordinary life" through extraordinary acts, and then reestablishing it on a healthier basis.**

If, as Herman Hesse said, *"as anywhere else in the world, the unwritten law defeated the written one,"* then it stands to reason that we use the unwritten law to consistently question the written laws of the current "order."

**Use the unwritten universal laws to shock the settled system. ...** Agitate the tired and boring routine of the daily grind and the anxiety ridden one-upmanship of the rat race. *Persistently peel away the outdated layers of cultural conditioning in order to reveal the Desert of the Real.*

Once the cornerstone has been unveiled, you can use it as a whetstone to sharpen yourself into a **Philosopher's Stone** that has the power to "cut" the world. ...

**Be a boundary crosser** – "Boundary crossing and boundary creation are related to one another." ~ Lewis Hyde

**Discover the boundaries of culture.** Transform them into horizons. Test them. Move them. Sometimes draw a line, but sometimes erase the line. Challenge these boundaries to flatten boxes, turn tables, flip scripts, push envelopes, and stretch comfort zones.

**The best way to change culture is to create it. And the best way to create it is to become a bridge between worlds. As a bridge between worlds, you are the quintessential glitch. You are a vital component of human imagination, a creator of mischief and mayhem, a manifesto of renewal and rebirth.**

**When you bridge the gap between the sacred and the banal, between wildness and domestication, and between Nature and the human soul, you create a sacred space where human evolution can**

**unfold in a healthy way.**

**Bridge the gap to break unhealthy myths. Bridge the gap to create new, healthier myths that are open-ended** and not hung-up on themselves. **Bridge the gap to point out the flaws** in the cartoon society. **Bridge the gap to rebel and to reveal an even playing field** where others can rebel as well. **Bridge the gap to challenge the laws of power...** to teach the world how to question and not accept things blindly. — Most importantly, you **bridge the gap between worlds to teach others how to become boundary crossers themselves. ...**

**Be eccentric. Be unconventional. Be the glitch!** *Weird is just a side effect of being awesome.* ~Bill Murray

Practice the ability to embrace paradox and to hold the tension between opposites. Learn how to live with uncertainty. Learn how to be comfortable with being uncomfortable. Recondition cultural conditioning. Reimagine imagination itself.

**Most important of all: reinvent God.** This is the paramount task of the glitch. **The glitch is the primordial question mark tossed into the parochial "Machinery of Answers" grown uncouth through the passage of time.** The glitch is a vital upheaval, a minefield planted in a mind field... *a primal reminder to never forsake curiosity for certainty... Beginner's Mind for the Master's Complex, and to never forsake the Truth Quest for [a locked down] "Truth."*

**The Truth Quest must always be open-ended lest we lose our ability to navigate the uncertain universe. ... Hence the need for the eccentric, the weirdo, the maverick, the dissident, the divergent. We lose these vital aspects of the human condition at our own great peril. Who else would have the audacity to challenge the Powers That Be? Who else would have the courage to laugh in the face of the devil? Who else would have the unmitigated gall to slap the face of God?**

At the end of the day, the universe is your playground, and it's time for recess. **Stop being so damn serious all the time. Life is too short. Play a little. Take a deep breathe. Be weird. Be awesome. Let loose. Let go of always needing to be in control.** Detach in order to feel how everything is attached to everything else. **Be the glitch to honor the inherent paradox of the human condition. Then have a laugh – at yourself, at the universe, at the profoundly sick society. Because the Truth Quest is nothing if not laughable, and the glitch is simply a reminder to keep laughter ahead of seriousness and humor ahead of hubris.** ■

*Editor's postscript: The role of the Trickster is like the role of Coyote – fraught with possibilities and potential perversions. Let the true Trickster do its thing, but not "just to see the fur fly," as a master manipulator would do. Gemini traits here in spades.* ◇

## "More Better Life," cont. from pg. 4

*don't have to be a "gym rat" to reap the benefits of strength training:*

You can do bodyweight workouts just about anywhere... **air squat up and down ... gardening... walking... [dancing] ...general day-to-day moving around – just not sitting down all the time.** [Ed's: Even in bed if you don't like getting on the floor.] □

## Taurine Supplements – Key to Reversing the Aging Process?

© by Matt Higgins

Material from [naturalblaze.com](http://naturalblaze.com) (Jul. 21, 2022). Originally from the journal *Nutrition*. Abridged, etc.

RESEARCHERS FROM THE UNIV. OF SAN PAULO HAVE DISCOVERED THAT THE AMINO ACID TAURINE can help to combat the aging process [i.e., accumulated free radicals and the oxidation of various enzymes, etc. within the body]. **When we get older, the control mechanisms that help maintain an appropriate reactive oxygen species balance become less efficient.** This is where dieting and taurine come into play.

**Taurine\*** is a nutrient people can find in:

- ◆ fish, shellfish ◆ chicken, turkey ◆ eggs
- ◆ beef ◆ dairy products ◆ nutritional yeast
- ◆ seaweed (!)

\***Editor's comment:** From the name of this amino acid, it is clear that it is connected with cows and such, "Taurus, the bull," as it were. This also means that **vegans** and many **vegetarians** are likely **not getting enough of this amino acid** in their diet, *as sulfur-containing amino acid precursors also come from animal sources.* Noting the sources above, however, **there's seaweed and nutritional yeast to help them out!**

It is also a **naturally occurring substance in some tissues of the human body, especially the liver. Taurine is also important for the health of the central nervous system, immunity, eyesight, and fertility,** according to researchers:

For the study, study authors divided 24 women between the ages of 55 and 70 into two groups. **One group took three 500-miligram capsules of taurine daily for 16 weeks, while the other group took a placebo.**

Researchers analyzed oxidative stress markers in blood samples collected before and at the end of the study. **They found a nearly 20% increase of the antioxidant enzyme superoxide dismutase (SOD) in the taurine group. Meanwhile, the placebo group saw a decrease of 3.5%. ... [Ed's: Compounding the loss. Not only did they fail to gain enzyme function, they actually lost some.]**

Ellen de Freitas (a professor at the Ribeirão Preto School of Physical Education and Sports):

**Preventing the buildup of free radicals** that naturally occurs with aging **probably prevents cardiovascular disease, diabetes, and high blood pressure, among other chronic conditions...**

Freitas says there are few studies which examine the effects of taurine in the context of aging. ... *Freitas' group has studied taurine's antioxidant and anti-inflammatory effects for more than 10 years, first in high-performance athletes and then in obese people. ...*

**Freitas called the taurine supplementation the "cherry on the cake" to combat the aging process, but people still need to have a healthy diet and exercise.** ■



Filling a void...

# A Story of Faith (my new Cat...)

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My story starts out sad. My cat, **Wanda**, passed. I have two other cats. **Tucker**, the big,

dumb gold Maine Coon who has been with me the longest and **Equinox** a gray tiger and Wanda's littermate.

But Wanda was my cat. She slept with me and she would jump up into my lap when she felt it was time for me to stop editing that story and give her one of my famous belly rubs. Tucker and Equinox are my buddies but neither one is "my" [quotes added] cat.

*On a sunny Sunday morning they watched me carry Wanda out to bury her. I buried her next to the graves of the other two cats I had lost in the fourteen years I have had the house.*

Tucker and Equinox were waiting for me at the back door when I came in.

Wanda laid in state for three days on my reading table in my front room. I believed Tucker and Equinox would see

Wanda, and in their animal sense would know she was dead, and we would mourn together.

*That did not happen.*

I understand now I am like a god to these guys. My job is to make everything right. I carried Wanda outside. It was my responsibility to bring her back as good as new!

Equinox would wander around the house calling for his sister. Tucker would simply sit down in front of my recliner when I was watching TV and stare at me as if say: "So? Where's my girlfriend?"

Knowing I could not bring Wanda back but I felt I had to do something, I decided to go adopt another female gray tiger.

I know choosing any pet ONLY based on sex and color is unwise. But I had faith in the Universe.

I found the website of the pet adoption place where I had found Wanda and Equinox and typed in "female gray tiger."

There were a lot!

I scrolled down. The only thing I was looking for was a one that got along with other cats.

And there was Delaney. I liked her at first sight.

She liked being around dominant cats. *Who better than two male cats?* She was shy but friendly and playful once you got to know her. All this sounded fine. But like I said, I liked her at first sight. She was sticking her tongue out in her picture.

So I went to the adoption place and asked for Delaney. I was led to a room where they kept cats that got along with other cats.

It took a bit of looking but one the volunteers found her under a couch in her favorite bed. She was sleeping.

"Hey, Delaney! How you doin'?" I said giving her one of my famous belly rubs.

Nothin'. Didn't even open her eyes. I did not take it personal.

I found out Delaney was only two years old but had had a rough life. She came from a hoarding situation. When they brought her in she had some severe health, skin, and dental problems. She also had been adopted out and returned.

Delaney wasn't shy. To her all Humans were just mean.

My first cat was like that. My roommate never saw my cat and for a long time didn't believe we even had one.

Delaney finally came out when one of the volunteers brought out some snacks and found her favorite toy.

Delaney was beautiful. She had big black tiger stripes on her legs but her body was all gray. She did not have the familiar "tiger cats" marking on her face. When our eyes met, I was not looking into the face of your average house cat. *That face reminded me of a puma or a lion.* With that face and those markings I felt maybe Delaney may have a little ocelot in her. Maybe more than a little.

I was also informed Delaney would have to have her own room until she got acclimated. I had two upstairs bedrooms I wasn't using. But I lived in the basement and her room would be on the second floor. They also said she'd have to be shut in there for two weeks. *What?* Before, I would just bring a cat home and show it where the food, water, and litter box was. That was it! Welcome home!

I had to keep this cat in a separate room. Feeding her would be a hassle. I KNEW she would be lonely up there. I would have to go up and see her regularly.

Another bad way to decide on a pet: Flipping a coin.

But this was my angel coin (*thank*

See "My Story of Faith," cont. on pg. 15

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**ARIES** (MAR 20 – APR 19)

As Sep. begins, your focus is on self-improvement. You may be inspired to strengthen your exercise routine and improve your diet. The **Full Moon of Sep. 10th** helps you integrate your intentions. Also, Mars in your communication sector (3rd H) keeps you busy with messaging, connecting. Late Sep. thru Oct. 22nd brings up relationships (7th H). **Pluto's station direct on Oct. 8th** stirs up career ambitions. The **Solar Eclipse of Oct. 25th** (2nd-8th H) inspires you to redo manage money and personal power in a more effective way.

**TAURUS** (APR 20 – MAY 20)

The "fun house" in your chart is being activated so take advantage of this enjoyable cycle (5th H). The **Full Moon of Sep. 10th** stimulates friendship, networking and possibly romance. Late Sep. thru Oct. 22nd emphasizes the work theme. Think "efficient," "competent." The **Full Moon of Oct. 9th** could bring about a job promotion or at greater responsibilities. **Pluto sta. direct Oct. 8th** may inspire you to travel, or at least plan a trip. As Oct. ends, make stronger bonds with your closest partners (7th H), per the **Solar Eclipse, Oct. 25th**.

**GEMINI** (MAY 21 – JUN 20)

Early Sep. focus is on nurture – home and family. The **Full Moon of Sep. 10th** provides a more objective perspective concerning ways to enhance your overall security. Late Sep. thru Oct. 22nd favors fun, romance and friends. **Mars retro. Oct. 30th** in your sign may give you a breather and allow you to manage anger in a new way. The **Full Moon of Oct. 9th** shines on fun, creativity, and romance. As Oct. ends, your attention turns toward self-improvement, nutrition, and exercise (6th H). The **Solar Eclipse of the 25th** prompts you to become healthier.

**CANCER** (JUN 21 – JUL 22)

As Sep. begins, the pace picks up, with attention on siblings, back and forth communication and short trips. The **Full Moon of Sep. 10th** motivates you to communicate your truth (9th H). Relationship power struggles begin to be resolved after **Pluto stations direct on Oct. 8th**. From late Sep. until Oct. 22nd attention turns towards home and family. The **Full Moon of Oct. 9th** ushers in an opportunity for healing old hurts with a family member. Energy shifts towards enjoyment, romance, and fun as Oct. ends. Use the energy of the **Solar Eclipse, Oct. 25th**, to find more pleasure in your life.

**LEO** (JUL 23 – AUG 22)

As Sep. begins, think about getting your financial house in order (2nd H). Improve income by leveraging your creative skills. The **Full Moon of Sep. 10th** spotlights abundance and shared resources/intimacy (8th H). As Oct. rolls around organize your thoughts; write, teach or market your ideas (3rd H). **Pluto stationing direct on Oct. 8th** strengthens health practices. The **Full Moon of Oct. 9th** inspires you to redo your schedule and discover connections you didn't realize before. Then, your attention turns towards making home improvements courtesy of the **Solar Eclipse, Oct. 25th** (4th H).

**VIRGO** (AUG 23 – SEPT 20)

As the sun transits your sign enjoy a sense of competence, charisma and confidence (1st H). Mars in your career sector (10th H) pushes you to accomplish more. Initiate a new you around on the **Full Moon of Sep. 10th**. Overall, Oct. urges you to check your finances (2nd H). **Pluto sta. direct, Oct. 8th** helps you consolidate a special project you may have been working to complete. The **Full Moon of Oct. 9th** opens up pathways to improve finances. The **Solar Eclipse of Oct. 25th** helps you with clearer thinking with less self-judgement.

**LIBRA** (SEP 21 – OCT 20)

You crave retreat, relaxation and reflection as Sep. begins (12th H), as an internal muse signals a time to explore spiritual yearnings. Feed the soul (so your physical health improves). Around the **Full Moon of Oct. 9th** explore ways to improve relationships (7th H). As **Pluto sta. direct Oct. 8th**, matters around the home could require transforming or alterations. **Mars retro. on Oct. 30th** may dampen travel plans (9th H). Attention turns towards cutting costs and looking for greater value in expenditures with the **Solar Eclipse, Oct. 25th** (2nd-8th H).

**SCORPIO** (OCT 21 – NOV 20)

As we work through Sep., you are motivated to seek greater contacts thru group activities. Meet and mingle with associates for business and pleasure. Your ruler, **Pluto, stations direct on Oct. 8** adding power to achieve goals. Make time for meditation, prayer, and retreat (12 H). The **Full Moon of Oct. 9th** (6th H) inspires you practice a healthier routine, nutrition, and exercise. The **Solar Eclipse of Oct. 25th** helps you become more authentic and make the most of personal power.

**SAGITTARIUS** (NOV 21 – DEC 20)

Early Sep. triggers concerns about career, outer responsibilities and leadership skills. Expect to be tested especially around the **Full Moon of Sep. 10th** as you balance the conflicting responsibilities of home and work (4th H). As Oct. starts up, emphasis is on networking, friendship and fun (11th H). **Pluto moving forward on Oct. 8th** instills a greater determination to get your financial house in order (2nd H). The **Full Moon of Oct. 9th** assists "social/fun" (5th-11th H). Late Oct. you can wind down a bit and stimulate your creative spiritual nature, thanks to the **Solar Eclipse on Oct. 25th** (12 H) and **Mars retro. on Oct. 30th**.

**CAPRICORN** (DEC 21 – JAN 19)

Sep. transits you long trip sector, education sector (9th H). Consider practical ways to break out of your routine. **Pluto sta. direct in your sign on Oct. 8th**, stimulating a deeper sense of determination and will power. Meanwhile the **Full Moon of Oct. 9th** helps you to discover ways to balance tensions between work and home. **Mars retro. on Oct. 30th** may trigger tension at work (6th H) so keep your cool. As Oct. ends you just want to get out and be social; networking becomes a priority (11th H). The **Solar Eclipse on the 25th** will provide clarity regarding friendships.

**AQUARIUS** (JAN 20 – FEB 18)

Explore the many aspects of intimate connections, shared power, joint resources and sexuality (8th H) in Sep. The **Full Moon of Sep. 10th** finances (2nd-8th H). **Pluto, stations direct on Oct. 8**, requires retreat and quiet to reintegrate all the changes that have come up. The **Full Moon of Oct. 10th** also helps with this. As Oct. begins, a sense of adventure inspires you. **Full Moon of Oct. 9th**. The **Mars retro. on Oct. 30th** inspires you to reconnect with old loves, perhaps (5th H). The **Solar Eclipse of Oct. 25th** finds you in an enhanced leadership role (10th H) or inspire to abandon a responsibility you no longer need or crave.

**PISCES** (FEB 19 – MAR 21)

The **Full Moon of Sep. 10th** may stir up some conflict (due to the tense angle with Mars) so be prepared to use your compassion and diplomacy. Late Sep. thru Oct. favors money management and an improved income stream. **Pluto moving forward on Oct. 8th** followed by the **Full Moon of Oct. 10th** helps to expand your consciousness, giving you a deeper perspective on partner's contribution. Irritation at home challenges you with a **Solar Eclipse on the 25th** and **Mars retro. on Oct. 30th**. Review, rework those ideas and thoughts into writing or teaching what you've found out. ■

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**"My Story of Faith," cont. from pg. 14**

you, I. Donnelly). One side had my name Robert embossed on it. On the other side was an angel. I flip the coin. If it's comes up Robert the Universe is saying "Robert, you know better than this. [But if it comes up Angel, it's]: "Go for it! The angels are with you."

There is one rule: What the coin says goes! NO doovers! NO two-out-of-threes!

I flipped the coin.

ANGEL!

The lady who did the interviews was at lunch. That gave me time to go home and get Delaney's room ready. The last roomer left a futon bed which folded up into a couch. Perfect for Delaney to hide under. I turned on the window A/C, set up her food and water dishes, and filled her new sifting litter box. This room was ready for Delaney!

*But was I?* As I drove, I started having serious second thoughts. *What was I doing? A cat that had to be taken care of? Deciding to take on that kind of responsibility at the toss of a stupid coin? What was I thinking?*

Then one of favorite songs came on the radio: **George Michael** singing "**Faith**."

It was like he was singing just to me. "*You gotta' have faith, faith, faith!*"

I went and did the interview. The woman finally smiled and stood up. "Let's go get Delaney."

"I am calling her Faith," I said

"Oh! That is a pretty name!" It took three volunteers to get Faith in her carrier.

Yeah. Shy.

I made sure I took the bed Faith was sleeping in when we first met. I got her home and put her bed under the futon. As soon as I opened her carrier she shot out, went under the futon, and glared at me from behind her bed. She was telling me: "*Human, get the frick out of here and leave me the hell alone.*" I did.

In less than a week both Faith and the guys were scratching and meowing at the door.

One night I just opened the damn thing.

You have to remember, Faith is two years old. That is fourteen\* in cat years. Female AND a teenager. Tucker and Equinox are old guys set in their ways. Faith soon let us know she was NOT going to be another Wanda.

Faith came to live with us two months ago.

How are Tucker, Equinox, and Faith getting along?

*(Rough translation of screaming female cat),* "Hey! Old guys! Stay out of my room!"

*(Rough translation of screaming male cats)* "Hey! Kid! We were here first! We will go wherever we want!" Tucker and Equinox move pretty fast for old guys!

Yes. Faith is very friendly and playful – once we got to know each other.

"Faith! Let go! I need that arm to write with. OW! NO! Let go does NOT mean grab tighter and bite!"

This may take a while.

Like the songs says "You gotta' have Faith." ■

\*Editor's: Some pet sites claimed that the first year of a cat's life is equivalent to 15 human years... That seems a bit high, though!

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**Consciousness and Earth Frequency Rising ...****Cosmic Perspective...**

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*Material obtained from above site. Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.*

**T**he Earth is rising in frequency from its center and from incoming energies [as] the Sun is extremely active with solar flares and coronal mass ejections. **With the light comes consciousness and energy. Universal law is within the light, the higher consciousness and energy flooding the galaxy.** The Central Sun has activated the network of suns throughout the galaxy. **This affects other dimensions, especially the lower 4th, where a lot of unseen negative influences reside as well. ... Why do you think the dark hearts are trying to change your DNA? To stop the activation and depopulate the awakening masses which once they find out who they are and what they have done will rise and take action. This has already begun.**

Whatever changes they make are temporary, **your immune system will attack any changes that do not align with the divine blueprint. This leads us to why they are destroying the immune system. [We] are talking about the vax — which is not and never was a vaccine. They are now admitting it does not protect from C19 or the variants. The efficacy of the jabs is next to zero, they compromise your immune system so what is their purpose? ...**

**Do you know who is cruising through the pandemics with their immune systems at over 90 to 97% intact and their original DNA? The unvaxed. ... [while] athletes in prime condition, young men and women are having heart attacks, strokes, and blocked arteries. There is an [extremely high] miscarriage rate, also part of the package. Now they are going after the children who have almost a zero chance of dying. It is time the denial ends.**

**Almost every [human] power structure has been infiltrated by a Satanic/Luciferian death cult:** political institutions [and political parties]; the film and music industry; corporate entities; religious industries ... **all at the highest levels. This includes the medical industry. Harming and killing a child is the greatest gift they can give to Lucifer or Satan.** For that they are greatly rewarded with money, power and fame. *Hospitals are given up to a \$100,000 to declare a patient to have Covid with a test that is unreliable, almost always creating a false positive, then using Remdesivir and a ventilator to take the patient to full term, death.* [That shouldn't be too hard to accept because] hospitals and doctors are for the most part businessmen looking for profits, trained by big pharma. **The goal of big pharma is to create dependencies on the drugs, not to cure, bleed your assets and accounts dry then terminate...** [all] part of the death cult. None of what is happening will make sense until you realize this. **They are the war ... and their goal is depopulation.**

The **WEF, CDC, WHO, UN,** are all run by the **global elite and the CCP [Communist Chinese Party]. None are friends of America. In fact, America and its Constitution stands in their way for world domination. Truth, Freedom and your God/Great Spirit/ Creator connection**

**are a direct threat to them. Watch the politicians who are taking away your constitutional rights. Right to privacy, freedom of speech, freedom of religion, the right to bear arms** all of these are a threat to those who are corrupt, bought off and sold their souls to the Satanic/Luciferian death cult. ...

**Draconian Law, UFOs and the Satanic/Luciferian Death Cult** On to a different subject. **What do UFOs have to do with the Satanic/Luciferian death cult? The Earth has been under draconian law for well over 450,000 years. ... Serpent beings, [some negative Royal Dinos], Tall Greys as well as other demonic or degenerate ETs have infiltrated into Earth's humanity, its hierarchical leadership and positions of power over others ... The Satanic/Luciferian death cult comes from aligning with the malevolent gods who demanded sacrifice – not only child sacrifice but sacrifice through war, famine and disease. There is so much inhumanity on Earth because there are inhuman drivers who care nothing about humanity and Earth. We have to understand this ... or we will never know how we got to our present circumstances and have the wisdom to correct the situation.**

**[But] there are other forces working on behalf of humanity. Ascended Masters, Saints, Sages, Spiritually and Technologically advanced off-worlders, our ancient ancestors and what is referred to as the White Hats or Ground Crew. Many have incarnated from these higher, more advanced civilizations, have experienced the great wars and are now here on Earth as part of the planetary liberation. Those who left before the fall of the first colonies who continued to evolve, the benevolent Annunaki, the Pleiadian colonies of Atlantis and Lemuria are returning. The Andromedan, Arcturian, Orion Council of Light which defeated the Orion Grey and Reptilian alliance... Sirians, felines, cetaceans, and a host of others are now returning ... to put Earth back on course, the original intent. The Great Awakening is a multidimensional temporal event. In other words, there will eventually be a folding of time to get us through. ...**

**Original Intent The original intent was for Earth to be an Eden, a planet where all life could evolve to its highest potential. The Earth is a plethora of human, plant and animal DNA from the stars. The Pleiadians have more genetic stock in the Earth than any other race. If you go to the shamans of almost every culture, the elders all point to the Pleiades as their origin. The Pleiadian colonies were offshoots of ancient Lyra, peaceful Lyrians who fled the great war on their homeworld. — There was also the Earth's or Terra's natural evolution which included a human that was developing naturally then tinkered with, genetically upgraded for both good and bad reasons. This is a short synopsis of Earth's true history which needs to be understood to grasp what is happening now.**

**What is happening now is the end of tyranny. The end of the dark forces that have plagued humanity for hundreds of thousands of years. The end of self-serving hierarchies out of alignment with Universal Law.**

**We are about to take a quantum leap in consciousness and evolution. Those [who] suppress and bind this event will be removed, consumed by their own lust for power and wealth at the expense of humanity and the Earth. They will be removed by their own hand, the karmic**

consequences, reactions to their actions, which is being amplified and accelerated.

**Power over others will fall aside to empowering others. The destruction and pollution of Earth will fall away to the restoration and healing of both humanity and the Earth. New technologies will be released that will provide all of our healing, energy and basic needs. This is very close. ... There are two spirals unfolding the downward spiral which ends in the near future and the upward spiral where those who chose to live a spiritual life in harmony with each other and nature. ...**

Take it to the heart. Pray, meditate, initiate and ask for help, act according to Universal Law. **Universal Peace, Brother/Sisterly Love, Individual Freedom and Prosperity for all is Universal Law.** It is the foundation of all God's • Great Spirit's • Creator's people. It is in the heart, the core of all humanity. **[No one can] serve the beast and not go down with it. ...** □

**Manchurian Candidates & "Victims"**

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**HOW DOES ONE KNOW WHEN ONE IS OR HAS ENGAGED A "MANCHURIAN CANDIDATE" [quotes added]? There are several things to watch out for. One, do they come from a military, alphabet agency or Illuminati family? Did they marry into one of the above at a young age? Do they have missing time and memories? Has there been ritual abuse, cult activity or secret meetings in the family? Are they very persuasive, put on an image of being a victim to draw people in when in fact they are predators?**

Some are handled by entities seen and unseen of ill intent. **Many are chipped; some have implants; some are aware of the chips and implants; others have no knowledge of them or what happens after they are activated. "Victims" [quotes added] are often those with agendas that failed: if they don't get what they want, they play the [victim] card until the truth surfaces and karma comes back and bites them in the butt.**

I have had many people come to me for validation, **yet if you question any part of their story that doesn't fit [their narrative] all hell breaks loose. They go on the attack making all kinds of false accusations rather than healing, ... They are the stalkers who accuse others of stalking. Sexual predators accusing others of sexual predation. They are incapable of love, only manipulation and false promises. They are the crazy makers and it is by design.**

**No matter how much love, compassion, teaching and healing [they received in the past] it all goes out the door when they hit the wall of their wounds and traumas they're not able to face]. When their handlers step in, they are not in control – some don't even remember what transpired. A good indicator something is off in their story is when they become extremely defensive with the need to attack anyone that disagrees with them or questions the intent and integrity of their handler. — Many speak of abductions, chips, other influences that do not honor free will and cannot fully remember what happened? They often speak of off-world relationships that bind them not allowing free expression ... which can be ... a sign they have given their power away to an external force or entity. ... Another question one might ask if one suspects a Manchurian candidate ... is there a history of one mess after another with whoever they get involved with? Are there conflicting actions to their words and do they weave webs of entrapment using their outer appearances, sexual energies, promises of future love or sexual engagements that never seem to manifest? Are they**

See "Cosmic Perspective," cont. on pg. 18



“Law of One,” *cont from pg. 3*

come to speak openly about their most closely-held oral traditions. These traditions include their origin from the stars, the influence of Star People visitors on the formation of their culture and their spiritual beliefs and ceremonies, and the imminent return of the Star Nations. ...

Native American Indians are a deeply spiritual people and they communicated their history, thoughts, ideas and dreams from generation to generation through symbols and signs such as the Morning Star symbol (Venus)... [symbolizing] hope and guidance. ...

The Great Plains Indians honor the Morning Star as a sign of courage and purity of spirit. The Ghost Dance Religion used it as a symbol of the coming renewal of tradition and resurrection of the heroes of the past. Another facet: the Morning Star can be seen as a frequency-induced form through cymatics, the science that is used to visualize a sound frequency. In the video on Michael Hill's site, sound induced through a violin-type bow on a metal plate covered by sand or granular material created a Star-and-cross pattern.

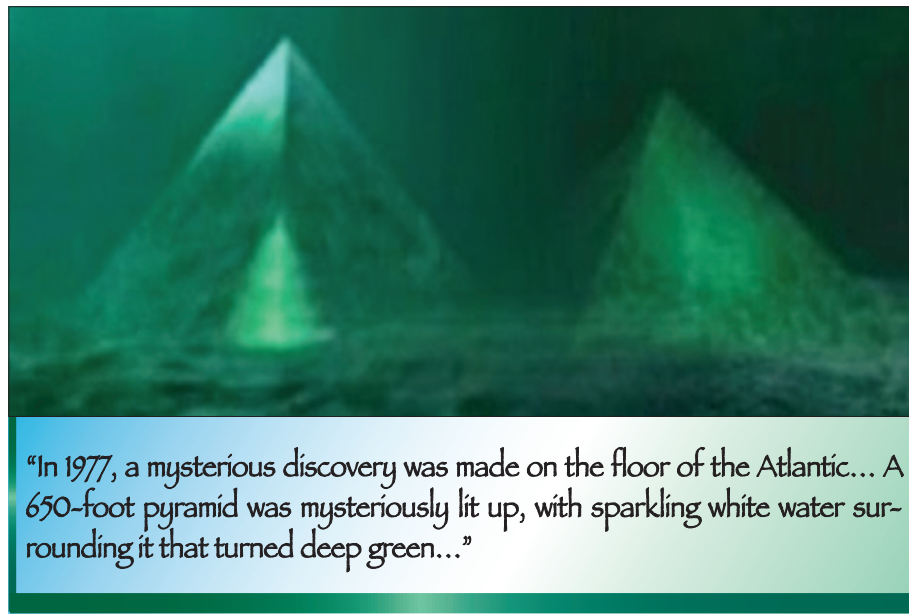
**The Iroquois Tribe - the Mohawk** The Manifest Destiny of the United States was created to expand the territory of the Aryans at the expense of native populations ... an attempt to destroy their knowledge of God-Mind, as well as the possibility that the natives will impart this information on to others. Especially important is their need to eliminate native cultures with ancient knowledge of Atlantis and Lyrae. The natives that gave them the most [trouble] were the Cherokee because this tribe retained most of their Atlantean knowledge, even accessing the Bear/Bigfoot frequency for information. [Thus they] were uprooted from their homeland in the southern Appalachian Mountains, and forcibly marched to Oklahoma ... the Trail of Tears. Many died along the way. Only a remnant remained in N. Carolina, Tennessee, and Georgia. In the north, the vast Iroquois/Mohawk nation was disbanded. The Montauk, direct descendants of the Atlanteans who call their leader Pharaoh, were systematically eliminated. [These] tribes make up what are known as the Native American Thunder-bird Tribes ... □

### Giant Crystal Pyramid Discovered in Bermuda Triangle (2022)

Material from [tubcor.ngontinh24.com/article/giant-crystal-pyramid-discovered-in-bermuda-triangle](http://tubcor.ngontinh24.com/article/giant-crystal-pyramid-discovered-in-bermuda-triangle). Image of submerged pyramid from [soulask.com/wp-content/uploads/2018/12/2980.png](http://soulask.com/wp-content/uploads/2018/12/2980.png).

THERE IS A HEAVY EMPHASIS ON ALIEN INVOLVEMENT from ancient times up to not so long ago ... all being part of ancient hidden civilizations. ... [Regardless of controversy about aliens, what is being found undersea cannot be denied but is being systematically suppressed.]

Imagine the repercussions ... The physical evidence, these cities under the oceans are full of secrets. The discovery of this crystal pyramid is extremely significant but there are many other such sites rising up from the depths. ... Atlanteans and ancient souls have been reincarnating en masse over the past few hundred years and our current world follows the same path in so many ways [that led to their destruction]. ... □



“In 1977, a mysterious discovery was made on the floor of the Atlantic... A 650-foot pyramid was mysteriously lit up, with sparkling white water surrounding it that turned deep green...”

### Stones of Bimini Road

Material from [beforeitsnews.com](http://beforeitsnews.com) (Jun. 24, 2012).

THE BERMUDA TRIANGLE: MYSTERIOUS, UNWORLDLY, AND SOMETIMES DEADLY. ... Some speculate the bizarre time anomalies, disappearances and weird phenomena can be explained by natural occurrences. Others are insistent that relics of an advanced, unknown culture left behind fantastic technology - great energy machines that literally warp spacetime and open portals to other realities.

Now, American and French explorers have made a monumental discovery: a partially translucent, crystal-like pyramid rising from the Caribbean seabed - its origin, age and purpose completely unknown.

**Pyramid Discovery Challenges Current Archaeological Theory** A gigantic structure, perhaps larger than the Great Pyramid of Cheops in Egypt, and initially identified by a doctor in the 1960s, has been independently verified by diving teams from France and the US.

The discovery has rocked scientists around the world. Will they rush to investigate it? No, they're more likely to studiously ignore it. If pressed, they'll officially position themselves as "highly skeptical" [quotes added] especially in light of the potential ramifications.

The pyramid could confirm some engineers' contentions that pyramids were originally created as massive power sources... and [answers might be found about the mysterious goings-on recorded since the 19th century in the region of the Atlantic dubbed the Bermuda Triangle].

**Pyramid First Discovered in 1968** According to the history, the pyramid was accidentally discovered during 1968 by a doctor of naturopathy, Ray Brown of Mesa, Arizona.

Brown was in the Caribbean on vacation and making dives with friends in a region off the Bahamas known as "the Tongue of the Ocean." The area acquired that name because a tongue-shaped portion of the seabed extends out from the island before sharply dropping off into much greater depths.

When relating his discovery, the doctor explained he became separated from his diving friends underwater. While attempting to rejoin them he came upon a massive structure rising from the ocean floor: a black, hulking object silhouetted against the lighter sun-filtered water. The object was shaped like a pyramid.

Because he was low on air, he didn't spend much time investigating the pyramid, but did find a strange crystal sphere. Images of three pyramids can be seen in Brown's crystal.

He brought it to the surface with him and later when the ancient crystal

was studied researchers were astonished by its properties.

**Is the Crystal Pyramid Causing the Triangle Phenomena?** Some Triangle researchers have theorized for years that a strange energy source exists at the bottom of the sea within the region of the ocean affecting planes, ships, and boats. A few investigators postulate that if the fabled Atlantis really did exist the remains of its mythical energy-vortex machine might still be intact at the bottom of the ocean. Such a machine, they claim, would likely be pyramidal-shaped and the original historical template that succeeding cultures around the globe copied much later.

**Other Underwater Pyramids Are Found** In 1977, a mysterious discovery was made on the floor of the Atlantic... A 650-foot pyramid was mysteriously lit up, with sparkling white water surrounding it that turned deep green, a shocking contrast to the dark black waters at that depth. The discovery was photographed by Arl Marshall's expedition off Cay Sal.

Another huge pyramid, in 10,000 feet of Atlantic water, was reported to have been found with a pulsating crystal on top of it, by Tony Benik's [cited earlier] expedition. The group also found an opaque crystal tablet there, and reported that when a light was beamed through it, mysterious inscriptions became visible.

**Mysterious Pyramids Scattered Across the World** Pyramid structures have been discovered across North, Central, and South America; Eastern Europe; the icy tundra of Siberia; Northern and Central China; and possibly Antarctica.\* ... [\*Ed's: Yes, even there. Other things have been found in Antarctica, including remains of ancient alien structures.]

Years ago, mysterious ruins - the vestiges of an unknown culture - were discovered on a small island called Malden in the middle of the Pacific Ocean. The ruins were claimed to also have the remains of an ancient pyramid.

**Enigmatic Pacific Island Malden in the Middle of Nowhere** Believers in the ancient land of Lemuria (also called Mu)\* proposed that the ruins might be all that were left of that ancient land, while others speculated it might have been an outpost colony of Atlantis.

\*Editor's comment: According to Col. James Churchward, Mu was the first world empire, the "Motherland," upon which all others were based. A short segment on Mu follows.

**Researcher Mitch Williamson Dug Deeper into the Mysteries** Reporting on some of Williamson's findings, Rich Hoffman, explorer and investigator, writes:

There are 40 stone temples on Malden Island that are described as similar in design to the buildings of Nan Madol on Pohnpei, some 3,400

miles (5,475 km) away. In fact, there is a basalt road that runs along the bottom of the Pacific Ocean which connects these islands under hundreds of feet of water.

This suggests a culture that is more than 50,000 years old and that this entire land mass was once above water supporting a civilization that had no trouble moving around tremendous stones to build very large, complicated societies which we know absolutely nothing about, other than the fact that someone built them and they are older than biblical history.

Yet, nobody discusses them because they don't fit into our understanding of the human race and their origins. Scientists have their diffusion theories of how migrants arrived in North America using the land bridge of the Bering Strait and they are sticking with it\*.

\*Editor's comment: Proving that they are not, in fact, scientists, who revere truth (and uncomfortable facts) more than theory. Also, unacknowledged is the Illuminati-distorted histories favoring the Middle Eastern accounts, via the Anunnaki, etc. This same group of persistent criminals (i.e., Illuminati-infested Freemasonry) controls organizations like the Smithsonian Inst., are responsible for destroying great swathes of relics associated with giants in America and such like. By such destructive historical vandalism, they continue to control our collective memory of the achievements of those outside the Judeo-Christian narrative.]

The same can be said of the scattered ruins of the Caribbean that suggest a very large civilization extending from the coastal waters off the Florida Keys, toward the Bahamian waters, crossing near Bimini, and east into the Atlantic\*.

\*Editor's comment: This is precisely where Edgar Cayce revealed in trance states that evidence for Atlantis would be found. And clearly, it has been found. But don't bother to check "fact-checking" sites like wikipedia, snopes, etc. They're sticking with the old stories.

Cuba too has underwater ruins off its coast that may have been part of the same city-state complex. ... Hoffman also mentions, almost in passing, the incredible report of explorer Tony Benik who made the momentous discovery of yet another huge pyramid under 10,000 feet of water in the middle of the Atlantic. The pyramid, Benik claims, is capped with a huge crystal.

And [then], Hoffman shares the discovery of the Ari Marshall expedition in 1977. The team discovered a smaller pyramid off Cay Sal in the Bahamas. Marshall snapped underwater photos of the pyramid that's submerged beneath 150 feet of water. According to Marshall's account the mystery pyramid glows. He also reported the water around the pyramid was luminescent and glistening white water flowed out of openings in the pyramid.

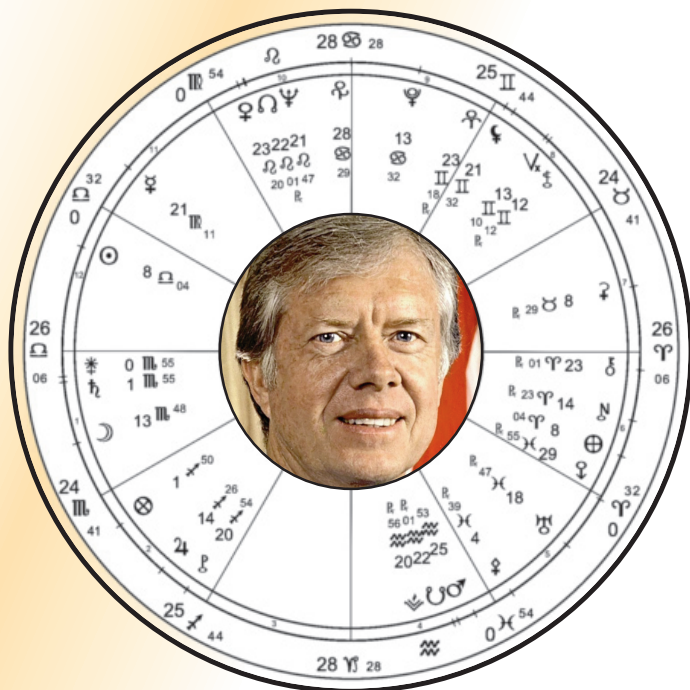
Despite the water at that depth being dark (not much light reaches that far down), the water surrounding the amazing pyramid was lit by the glow from the structure and appeared like a phosphorescent green color. No follow-up exploration has ever been done of the find. ... ■

Editor's postscript: The Reptilian contingent infesting our planet uses corrupt beings associated with the Khazarian Illuminati-Freemasons (and other power-hungry defectives) prefer to be seen as the only ET civilization with high technology - enough to wreck our planet and capable of controlling "weak-minded, weak-willed humans." But their's isn't the highest technology out there, by far. That's why cultural institutions based on the highly doctored "Judeo-Christian" narrative, which has monopolized minds, hearts, bodies, souls for thousands of years, are "freaking out" and trying to prevent more widespread disclosure of these "others," and keeping the lid on rising consciousness. But that control is breaking down, as the Star Peoples return. ◇



A couple of world leaders from the Libra clan...

# Chart Focus: Jimmy Carter and Vladimir Putin



**James (Jimmy) Earl Carter, Oct. 1, 1924, 7 am, Plains, Ga.**  
*President, peanut farmer, human rights advocate. Serious but smiling. Did some good while he was president.*

**Vladimir Putin Oct. 7, 1952, 9:30 am BAT, St. Petersburg, Russia**  
*KGB, Russian president; accomplished martial artist. One cool customer! And as just about everyone says, "poker-faced."*

### Some Quotes by Jimmy Carter

Material from [azquotes.com/](http://azquotes.com/)

*"We cannot be both the world's leading champion of peace and the world's leading supplier of the weapons of war."*

*"Go out on a limb. That's where the fruit is."*

*"America does not at the moment have a functioning democracy." (Jul. 19, 2013)*

*"When people are intimidated about having their own opinions, oppression is at hand."*

### Some Quotes by Vladimir Putin

Material from [azquotes.com/quote/685603](http://azquotes.com/quote/685603)

*"People are always teaching us democracy but the people who teach us democracy don't want to learn it themselves."*

*"Hitler wanted to destroy Russia – everyone needs to remember how that ended."*

*"Europeans are dying out. Don't you understand that? And same-sex marriages don't produce children. ..."*

*"We are all different, but when we ask for the Lord's blessings, we must not forget that God created us equal."*

### Jimmy Carter

Material from [astro.com/astro-databank/Carter,\\_Jimmy](http://astro.com/astro-databank/Carter,_Jimmy)

AMERICAN POLITICIAN, 39TH PRESIDENT OF THE US, SWORN IN JAN. 20, 1977. After serving in the **US Navy 1946-1953**, he took over the family peanut business and became a community leader. Entering politics, **he was elected governor of Georgia 1971-1975**. Carter was virtually unknown outside of his home state when he began his meteoric rise to become the Head of State.

Son of Earl Carter and Lillian Gordy Carter, Jimmy Carter grew up the eldest of four children. Gloria was born in 1926, Ruth in 1929 and Billy on 29 March 1937. His father instilled the hard-work ethic and desire to excel while Lillian was said to have "gentled" Jimmy by encouraging schoolwork, church and social conscience. Carter knew he wanted to go to Annapolis since childhood. He encountered a difficult "plebe" year in 1943, and graduated from the US Naval Academy finishing 59th of a class of 820 in 1946. Unhappy with sea duty on the Wyoming and Mississippi, he went to submarine school, finishing 3rd in a class of 52.

After four happy years in undersea service serving under Admiral Hyman Rickover, he reluctantly returned home to run the family peanut and farming interests when his father died of pancreatic cancer in 1953. He utilized his technical engineering skills, developing the farm into a modernized agribusiness, increasing his father's volume 25 times. After a "deeply profound religious experience" when he turned 40, he devoted himself to the service of helping others by joining missions to Eastern barrios. He served two

terms in the state senate and took on an unsuccessful run for Governor against segregationist, Lester Maddox. Learning from his mistakes, he ran an aggressive and successful moderate-conservative campaign in 1970. **Measuring himself against visiting Presidents, he concluded he had what it took to run for President. Carter's "good-guy" brand of populism ... proved to be just what the American electorate was looking for after Nixon's resignation and Gerald Ford's remaining term. The famous Carter smile concealed a highly competitive, ambitious and independent nature. His defeat to Ronald Reagan in 1980 is attributed to his brusqueness in dealing with Congress, long gasoline lines, and the months-long Iranian\* crisis. The Camp David accords between Israel and Egypt and resulting treaty, the treaty with China and the Panama Canal treaties are his greatest achievements. He worked for nuclear-arms control and his concern for international human rights was credited with saving lives and reducing torture. Domestically, his environmental record was a major accomplishment. Of his 265 choices for the Federal bench, many included minority members and women. ■**

\*Editor's comments: His austerity program was very unpopular to say the least but he did manage to accomplish some worthwhile things, notably treaties that were fair to all parties (at least for a time). Perhaps the most significant was bringing "human rights" into the national and world dialogue about power distribution. It should be remembered (by those who can remember) that the "Iranian Hostage" saga was promoted and put forth by the same CIA-corporate media we are still lumbered with, day after day after day, to weaken him politically. "They" made sure that a president audacious enough to try to be fair would fail. ◇

### Vladimir Putin

Material obtained [astro.com/astro-databank/Putin\\_Vladimir](http://astro.com/astro-databank/Putin_Vladimir). Excerpt reprinted as "fair use." Retitled. Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. Some modification. References omitted.

RUSSIAN POLITICIAN AND FORMER INTELLIGENCE OFFICER WHO IS THE CURRENT PRESIDENT OF RUSSIA, Vladimir Putin has been serving in that position since 2012... He was also the prime minister from 1999 to 2000, and again from 2008 to 2012. ... He took the office of President on Mar. 26 2000, replacing Boris Yeltsin who resigned the previous Dec. 31st., ailing and being edged out of power. Putin, a virtually unknown security chief, had been appointed by Yeltsin as his seventh Prime Minister on Aug. 9, 1999.

**Early On and Early Tragedies** Born to factory workers in Leningrad (now St. Petersburg), Putin grew up in a communal apartment shared by several families. His father, Vladimir Spiridonovich Putin, was a factory foreman and died in Aug. 1999; his mother, Maria Ivanovna Putina, died six months earlier. — He was raised as an only child; his two brothers died young, one shortly after birth, the other of diphtheria during World War II. Although it was officially prohibited by Communist law, Putin was baptized in the Russian Orthodox faith. ...

He studied law at Leningrad Univ. where one of his teachers was Anatoli

Sobchak, an early reformer. After graduating from University in 1975 with a degree in civil law, Putin spend 15 years as a KGB agent, based largely in East Germany. ... An excellent psychologist, he is skilled in manipulation. ... Recruited by the Kremlin, he quickly rose to become head of the FSB, (Federal Security Bureau) a successor to the KGB. The poker-faced ex-KGB spy once tried to westernize a crumbling Soviet Union but has since galvanized a new Russia. ...

He has always zealously guarded his privacy [avoiding] any publicity to glare on his wife, Lyudmila and their daughters Katya and Maria. ... Putin has good command of English and German and he is fond of sports, especially wrestling, [and skilled in for samba (a Russian style of martial arts) and judo since the age of 11, winning the samba championships of St. Petersburg many times and becoming Master of Sports first in samba and later in judo]. ■

\*Editor's comments: The CIA-Corporate-Illuminati press paints Putin in tones of black, and since they lie just about everything, it would be worthwhile for those whose minds are not weighted down by this leaden blanket of distortions to seek truthful information amongst sites that don't pander to the Matrix, as such. As I've come to see, Putin is doing what he can to remove remnants of the Khazarians in Ukraine. That's a good thing. So, for news sources not dictated by the CIA-Corporate-Illuminati above, here are a couple of examples: [eraoftight.com](http://eraoftight.com), [veteranstoday.com](http://veteranstoday.com), [benjaminfulford.net](http://benjaminfulford.net), [eeeci.org](http://eeeci.org)... ◇



"Cosmic Perspective," cont. from pg. 15

deceptive about events that unfolded even to themselves? Always check their story.

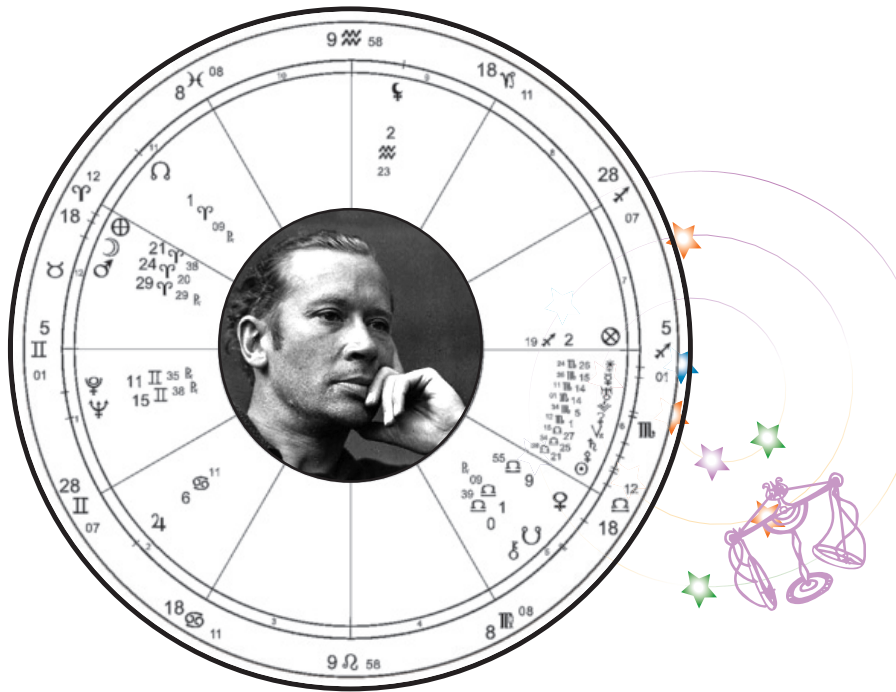
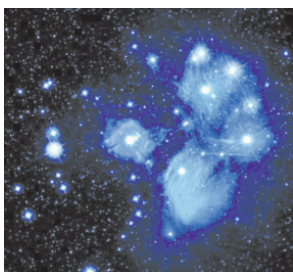
The next trap to avoid is flattery. There are three kinds of people that fall victim to flattery: men, women and children. Manipulators will use flattery, statements like "I love you beyond all human understanding"; "we are the perfect match," etc. Yet when you open your heart, the knife is inserted, twisted followed by a myriad of cold-hearted cruel words and actions designed to take you down. ...

Always remember trust is earned and it is often earned over time. ... The higher, more famous one becomes, the more they are targeted, influenced and controlled if they cannot cleared their space. Honey pots [sexual lures] used to entrap leaders, politicians, people in power later to be blackmailed into doing the bidding of whoever controls the "honey" [quotes added] is a classic example of Manchurian candidate behavior. This all is replete throughout the political, business, religious, movie and music industries. It is also within the UFO community designed to take down those who speak of spiritually and technologically advanced off-worlders ... There are even those talking about Masters and Spiritually advanced ETs ... yet watch how they behave off the stage ... They often leave a wake of chaos and confusion where ever they go and with whoever allows them in. Gossip and rumors are their tools – preying on those who are empathetic... people without the wisdom to realize there is always two sides to a story or lack the spiritual tools of discernment ...

[The UFO community is divided] ... by design. There are those breaking out of these scenarios, whistleblowers that need to be heard. But we still need to be on guard, things may not be what they seem, ... Before jumping in to be a savior, it is always good to hear both sides with loving detachment. ... Ending the division, competition, and cooperating for the higher good, staying on track is not a welcomed presence in the UFO community at present. ... The victim now is the greatest tool to sow seeds of division and deception. Time to remind them about personal responsibility and sovereignty with their energies. ... It is natural and human to desire love, compassion, support, and intimacy. To the unhealed and victims this seems to be a crime. ...

We have to rise to the occasion, create and maintain a sacred space. Don't sweat the small stuff, take personal responsibility for our attitudes and emotions, each committed and doing the best they can in a profoundly unhealed society. Time to set boundaries with those who are disrespectful, ungrateful and in denial projecting and blaming others often for actions they themselves are doing and their present predicament. ... How many are going to have the honesty and integrity or spiritual advancement to own that? We will see. ■

Editor's postscript: Not only in the UFO community do we see this kind of betrayal by those of supposed high principles. It's rampant in many groups today, and, yes, in the new age community. Be discerning. Let others' low vibrational behavior roll on, but don't go with it. ◇



E. E. Cummings (1894-1962) Oct. 14, 1894, 7pm EST, Cambridge, Mass. Poet, writer, artist. Unique poetic style, with massive impact on 20th century poetry (and writing in general).

Material obtained from above site. Excerpt reprinted as "fair use." Abridged. Edited for brevity, clarity, and/or flow. Editor's comments, etc., in square brackets. References omitted.

Editor's foreword: I confess to having a strong feeling for Cummings work – a kind of Westernized Haiku. Yes, he influenced my own poetic output. Thanks, e.e. !

**E E Cummings**

Material from poets.org/ poet/e-cummings. Abridged; some modification.

EDWARD ESTLIN CUMMINGS was born in Cambridge, Mass., on Oct. 14, 1894 [and] began writing poems as early as 1904. He also studied Latin and Greek at the Cambridge Latin High School. He received his BA in 1915 and his MA in 1916, both from Harvard University. ... [There he was introduced to the poetry of avant-garde writers, such as Gertrude Stein and Ezra Pound.]

In 1917, Cummings published an early selection of poems in the anthology *Eight Harvard Poets*. The same year, Cummings left the US for France as a volunteer ambulance driver in World War I. Five months after his assignment, however, he and a friend were interned in a prison camp by the French authorities on suspicion of espionage (an experience recounted in his novel, *The Enormous Room*) for his outspoken anti-war convictions.

After the war, he settled into a life divided between his lifetime summer

home, Joy Farm in New Hampshire, and Greenwich Village, with frequent visits to Paris. He also traveled throughout Europe, meeting poets and artists, including Pablo Picasso, whose work he particularly admired. ...

**Poet's Work** In his work, Cummings experimented radically with form, punctuation, spelling, and syntax, abandoning traditional techniques and structures to create a new, highly idiosyncratic means of poetic expression. ...

The poet and critic Randall Jarrell once noted that Cummings is:

...one of the most individual poets who ever lived – and, though it sometimes seems so, it is not just his vices and exaggerations, the defects of his qualities, that make a writer popular ... [his] poems are loved because they are full of sentimentally, of sex, of more or less improper jokes, of elementary lyric insistence.

During his lifetime, Cummings received a number of honors, including an Academy of American Poets Fellowship, two Guggenheim Fellowships, the Charles Eliot Norton Professorship at Harvard, the Bollingen Prize in Poetry in 1958, and a Ford Foundation grant. At the time of his death (Sep. 3, 1962), he was the second most widely read poet in the US after Robert Frost. He is buried in Forest Hills Cemetery in Boston, Mass. ■

**Quick, quick short read:** Wow. What a crowded 6th H! Libra Sun, Pallas, Saturn; and in the 5th there is Chiron. S. Node conj. Venus (favours returned from friendly friends?). Then a Scorpio contingent with asteroids Ceres, Vesta then Uranus, ruler of his 10th (Aquarius) conj. Mercury followed by Juno: Working on laying out the purity of bare emotions, as the bones and scaffolding of poetry. Yes, that Libra is working hard (with Scorpio) to fulfill its mission: crafting the shining light of spirit and soul.

- All challenged by the hot, teeming Moon/Mars and N. Node in Aries from the 12th: hidden fires burst out and demand to be taken seriously. And there's that emotional sponge, Jupiter in Cancer. The seeking

**Trickster, Gemini rises with Pluto/Neptune there.** We see a fascinating urge to rearrange, invert and experiment with what's left of an original impetus. Also harkening back to the Uranus in Scorpio, quite the manipulator itself. And experimenter. Many of his works try to work around death, but that's a topic for another day.

- Asc. in Gemini with that Pluto/Neptune, first house. Intercepted signs: Taurus and Scorpio. Doubled signs Gemini & Sag. Intercepted signs containing planets have their energies compressed; their expression, muted (or channelled).
- No earth planets, though. As e.e. says, "feeling is all," except if we think too much! ◇

Major Planet Symbols	
Sun ☉   Moon ☾   Mercury ☿   Venus ♀   Mars ♂   Jupiter ♃   Saturn ♄   Uranus ♅	Neptune ♆   Pluto ♇ ■ Major asteroids: Chiron ♄   Ceres ♃   Athena ♀   Juno ♃   Vesta ♅
Trans-Neptune and Other Point Symbols	
Note that other symbols appear in the charts included in this issue: mainly the Centaur group between Jupiter and Neptune, presumed to have originated in the Kuiper Belt. Major ones are Pholus, Nessus, Chariklo. Some "plutoids" are often used in chart analysis, but their orbital periods are so long, that unless they contact an angle or natal planet, their impact is likely to be mainly unconscious – or perhaps, "pre-conscious." Eris, Makemake, Haumea. In other issues of Pathfinder, we will take these up. Try to match the symbols with their names. Points include the Vertex (like a "V" with a stroke at the bottom); Earth, a circle with an upright cross; Part of Fortune, a "X" in a circle.	
Sign Symbols	
♈Aries ♉Taurus ♊Gemini ♋Cancer ♌Leo ♍Virgo	♎Libra ♏Scorpio ♐Sagittarius ♑Capricorn ♒Aquarius ♓Pisces

Some E E Cummings quotes ~

"To be nobody-but-yourself – in a world which is doing its best, night and day, to make you everybody else – means to fight the hardest battle which any human being can fight; and never stop fighting."  
 .....  
 "The most wasted of all days is one without laughter."  
 .....  
 "I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky and for everything which is natural, which is infinite, which is yes."  
 .....  
 "Whenever you think or you believe or you know, you're a lot of other people: but the moment you feel, you're nobody-but-yourself."

E E Cummings / poems

...cummings/since-feeling-is-first/. Excerpt reprinted as "fair use." Some line breaks may be inadvertently altered. Forgive me, EE!

**since feeling is first**

since feeling is first  
 who pays any attention  
 to the syntax of things  
 will never wholly kiss you;  
 wholly to be a fool  
 while Spring is in the world  
 my blood approves,  
 and kisses are a better fate  
 than wisdom  
 lady i swear by all flowers. Don't cry  
 – the best gesture of my brain is less than  
 your eyelids' flutter which says  
 we are for each other; then  
 laugh, leaning back in my arms  
 for life's not a paragraph  
 And death i think is no parenthesis ◇

**[All in green went my love riding]**

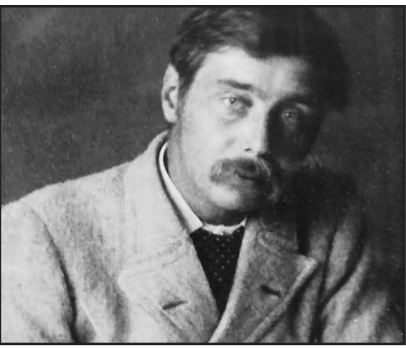
poetryfoundation.org/poems/148503/all-in-green-went-my-love-riding  
 All in green went my love riding  
 on a great horse of gold  
 into the silver dawn.  
 four lean hounds crouched low and smiling  
 the merry deer ran before.  
 Fleeter be they than dappled dreams  
 the swift sweet deer  
 the red rare deer.  
 Four red roebuck at a white water  
 the cruel bugle sang before.  
 Horn at hip went my love riding  
 riding the echo down  
 into the silver dawn.  
 four lean hounds crouched low and smiling  
 the level meadows ran before.  
 Softer be they than slipped sleep  
 the lean lithe deer  
 the fleet flown deer.  
 Four fleet does at a gold valley  
 the famished arrow sang before.  
 Bow at belt went my love riding  
 riding the mountain down  
 into the silver dawn.  
 four lean hounds crouched low and smiling  
 the sheer peaks ran before.  
 Paler be they than daunting death  
 the sleek slim deer  
 the tall tense deer.  
 Four tall stags at a green mountain  
 the lucky hunter sang before.  
 All in green went my love riding  
 on a great horse of gold  
 into the silver dawn.  
 four lean hounds crouched low and smiling  
 my heart fell dead before. ◇



Here's to ...

# Virgo/Libra

*word smiths (and a couple of dark magicians)*



H.G. Wells Sep. 21, 1866, 4:30 pm, Bromley, England  
astro.com/astro-databank/Wells,\_H.G. (British writer, historian, economist and novelist known for his sci-fi works like "The Time Machine." Hugely prolific writer.)

"Our true nationality is mankind."  
"Civilization is in a race between education and catastrophe. Let us learn the truth and spread it as far and wide as our circumstances allow. For the truth is the greatest weapon we have."  
"If we don't end war, war will end us."



T.S. Eliot Sep. 26, 1888, 7:45 am, St. Louis, Mo., US. (Poet, playwright. Wrote "The Wasteland," and play, "Murder in the Cathedral.")

"Where is the Life we have lost in living? Where is the wisdom we have lost in knowledge? Where is the knowledge we have lost in information?"  
"To do the useful thing, to say the courageous thing, to contemplate the beautiful thing: that is enough for one man's life."  
"We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time."  
"Turn things you've always wanted to do, into things you've done."



Aleister Crowley: Oct. 12, 1875, 11:42 pm, Leamington Spa, England (Occultist, black magician, Member of the Golden Dawn and the leader of the British branch of O.T.O. [Ordo Templi Orientis])

"Do What Thou Wilt."  
"Every one interprets everything in terms of his own experience. If you say anything which does not touch a precisely similar spot in another man's brain, he either misunderstands you, or doesn't understand you at all."



Jack (Marvel Whiteside) Parson: Oct. 2, 1914, 8:45 pm, Los Angeles, Ca (Satanist and protégé of Aleister Crowley. Rocket pioneer; concocted solid state fuels. A "dark" scientist who worked to open a gateway to hell. Did he succeed after all?)

"Nor is the guilt entirely with the warmongers, plutocrats and demagogues. If people permit exploitation and regimentation in any name, they deserve their slavery. A tyrant does not make his tyranny possible. It is made by the people and not otherwise."



Judith (née Blum) Sheindlin: Oct. 21, 1942, (12 pm, spec. time) Brooklyn, NY ("Judge Judy" - TV Judge - was a former prosecutor in NY. Also helps the advancement of women. One tough, sometimes rude but very funny lady.)

"What keeps me going is those cases, maybe ten a year, where I can make a difference."  
"A period of detention in a chilly upstate facility can be a great attitude adjuster."  
"Never let anyone or anything define your value or limit your dream."  
"Don't try to teach a pig to sing. It doesn't work, and it annoys the pig."  
"I don't like to rule by committee. I like sort of an autocratic way of dealing with things."  
"People from Brooklyn grow up with a certain common sense. If it doesn't ring true, it's not true."



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# Pathfinder readers and supporters have said:

- ◆ I always enjoy reading Pathfinder...
- ◆ This is important for people to know...
- ◆ The Pathfinder is unique...
- ◆ One of the best alternative papers in the country.
- ◆ Gives me something to save in every issue.
- ◆ Pathfinder may have saved my life.
- ◆ I love the Pathfinder!
- ◆ Wow, Rose! (The May/June 2020) looks great! Thanks for all your deep and thorough research into the coronavirus. We are making a difference. With much love and warm wishes. (Fred Burks, wantToKnow.info)
- ◆ Thanks for holding their feet to the fire! (Dane Wigington, [geo-engineeringwatch.org](http://geo-engineeringwatch.org))
- ◆ Pathfinder performs such a good service to the community!
- ◆ It is evident that Pathfinder was created by seekers of truth. Pathfinder issues are strikingly beautiful, filled with soul-inspiring visual works of art. ... Pathfinder is for people who want the truth, enjoy exploration and adventure of the mind and spirit, like to be inspired, appreciate informative holistic wellness knowledge, and are wishing to grow spiritually. This is my experience with Pathfinder News (V)



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