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NEXUS

August–September 2012

NEW TIMES

Vol. 19, No. 5

**The Third Reich's fight
in Antarctica**

Dangers of acid-suppressing drugs

Pain relief with trigger point therapy

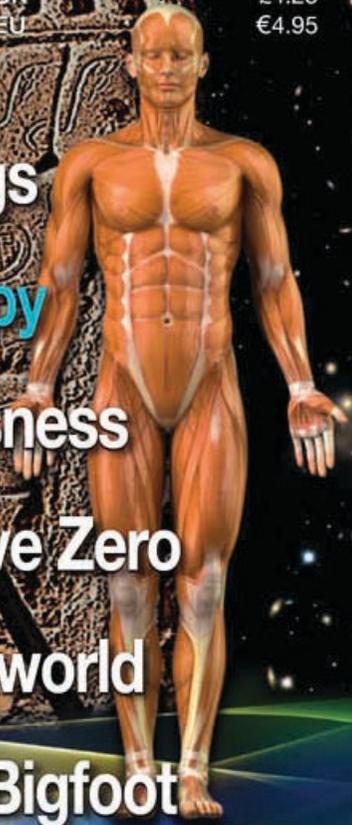
DNA, torsion fields and consciousness

The Mayan calendar and Timewave Zero

Vitrified stonework of the ancient world

The oldest known photograph of Bigfoot

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NEXUS

NEW TIMES MAGAZINE

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AUGUST – SEPTEMBER 2012
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NEXUS MAGAZINE

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STATEMENT OF PURPOSE

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

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Editorial

It is fair to say that the concept of some type of big cosmic event, to happen on 21 December 2012, has spread across the globe to the point where there is almost an "air of expectation" for something to happen. This itself can raise questions. Is this a deliberate tactic or experiment by some obscure think-tank to seed the mindset of mankind so that we will be more compliant or responsive to a manufactured event on that day? Or will this "air of expectation" itself create a situation where we indeed experience something of huge change? Would such an event, if any, on 21 December 2012 or thereabouts be "natural", cosmic or man-made? In the midst of all this is the Mayan calendar. How credible is it, how accurate is it, and what is the reason for the amplification of fear and fuss? I hope you enjoy our article on 2012 this issue; it explains much of what the fuss is about, and adds some tidbits that might surprise some of you.

Simultaneously happening with the above is this mass expectation/fear of a New World Order. Already one can find plenty of discussion and speculation about anticipated results of an NWO, which typically include a cashless, global currency, a one world government, a one world army, etc. But what about religion? What would be the religion of the New World Order? The Christian conspiracy groups worry about whether the new religion will be some pagan-eco-New Age mishmash, but, as many are saying, the religion of the future is already here, and it is called Science. It even has its own "high priests" (experts) as well as its zealous guardians/inquisitors (sceptics) to stop us straying from the flock.

Some scientists privately complain to me that if they don't toe the line they don't get funding or jobs. Heresy these days is to question whether CO₂ causes global warming or if HIV causes AIDS. Science, and now the mainstream media, label such heretics as "climate deniers" and "AIDS deniers" or even worse: conspiracy theorists. Like all previous religions, science has become another corrupted tool for mass social control.

The currency of the New World Order is also going to surprise many. It will be based on energy and productivity—not debt based, as it is now. It will be "spent" by powering our devices and lifestyles with electrical energy. It will be a type of cashless energy currency unit, but it will not be backed by hard assets such as gold or silver. Countries and states which are adopting various types of carbon tax are all doing so because it is part of the transition to the new economic order. The global CO₂ scam is merely an excuse to sell this move to the public, but the hidden agenda is that it buffers the coming economic shockwave from whatever trigger event they use to crash one system and introduce the next. Notice the international cooperation in establishing a global smart electrical grid, with smart meters and smart inverters everywhere?

So, what can we do about it all? My choice is to "build the new", rather than "fight the old". You can create the type of future you want to live in through what and how you do things in your everyday life and sphere of influence. Act with integrity and seek to be motivated by excitement rather than by fear. We are going through times of profound social, technological, economic, geophysical and spiritual change. So, as the late Bill Hicks, the American stand-up comedian, would say: "Enjoy the ride!"

Duncan

WARRANTY AND INDEMNITY

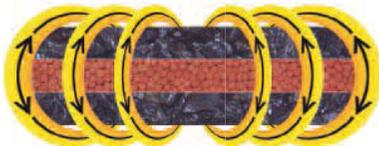
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Breakthrough Study: Water Nanostructures Support Electromagnetic 'Water Memory' Theory

Fifteen years ago Wellness defied scientific orthodoxy to claim that water had a memory and retained, like a computer disc, the 'electromagnetic frequencies' of all the contaminants it comes into contact with.

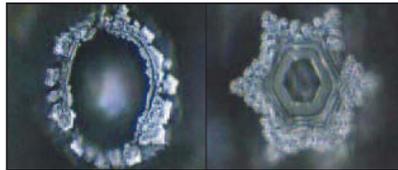
And, regardless of its purity, level of alkalinity, ionization or the method of filtration these 'memories' were still likely present.

We claimed that truly healthy water needed to be filtered both physically and 'energetically'. Pretty radical stuff.



Far-Infrared Magnetic Resonance Activation
Only Wellness technology has the key to transforming ordinary water into healthier, extraordinary water.

This is why we were the first water filtration technology to develop a powerful 'Magnetic Resonance Activation' field in our unique Volcanic Mineral water filter systems.



Tap Water Crystals Before & After Wellness
These pictures were taken by Masaru Emoto on behalf of NEC Corporation and are exclusive to Wellness.

Way back in 1996 the water crystal pictures of Masaru Emoto gave us a hint that our technology was doing something different.

Only Wellness uses this revolutionary natural energising process to naturally ionize water while improving its hydrating properties.

[Wellness] water showed 2.22 times more dissolved oil than tap water, has lower internal surface tension and acts as a surfactant.... The quality of this water is excellent and is like natural spring water."

Mr. K. Matsushita - Water Institute for Life and Natural Science Co. - Japan

SCIENCE CONFIRMS REALITY

In 2009 Nobel Laureate Prof. Luc Montagnier demonstrated that water holds the resonant frequencies of DNA. When nucleotides, the raw building blocks of all DNA, are introduced into purified water once containing the DNA remnant 'frequencies' in the water appeared to assemble the raw nucleotides into a copy of the source DNA. To find out more about this revolutionary study please visit wellness.com.au



Volcanic Mineral Drinking Water Systems



The Series 5

Our entry level drinking water filter offers superior 0.2 micron ultra-filtration performance. It can also be upgraded at anytime to a Series 5 PRO. Installation: Countertop or Undersink.



Series 5 PRO

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Whole of Home / Light Commercial



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Nano-Defender Series

Nano-Filtration combined with our exclusive water energising technology transforms every water outlet into your very own natural mountain spring.

Fukushima Fallout?

Many readers may be aware that several key minerals in the Wellness Filter originate in Japan. In 2009 we decided to purchase several years worth of raw materials. So, if you want a Wellness Filter we suggest you get one now before time runs out....



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Letters to the Editor ...

World War II Reconsidered

I found Douglas Dietrich's interview [19/04] quite fascinating, but for me it raises more questions than it answers.

If the Germans had incorporated nuclear weapons into their ordnance, why did they stop with their use at Courland? Surely if they had this kind of technology, they had the means not only to end the war but to win it. Why didn't they use it in the Ardennes against American forces or to destroy Antwerp, which was an objective for the Germans in late 1944? Why were they using V-1s and V-2s on London and Antwerp when they could have delivered a nuclear device and effectively brought the Allies to the negotiating table to work out a ceasefire (at least on the Western Front)?

Likewise, if the Japanese had this technology, why would they have stopped at using it on the Russians in Korea? If they were capable of doing that, then surely they could've destroyed an American carrier fleet with a nuclear device.

If the Germans had used a nuclear device against the Russians in Courland, wouldn't there be some other bit of corroborating evidence? Such a blast would have left fallout, radiation, etc. You can't really hide this kind of thing. Sure we had the Iron Curtain after the war, but something would surely have come out from the Russian side all these years

later. In any case, there would have been great propaganda value for the communists in highlighting how the "capitalist West had committed this heinous atrocity".

Another question. The Allies were successful in destroying heavy water facilities in Norway. They were well aware of German research and attempts in this field. Surely Allied intelligence would have been able to intercept the location of this nuclear ordnance so that it could be targeted and destroyed before any of it could be used.

These are all questions that Dietrich doesn't address (at least within the body of this article).

As usual with NEXUS, we get these interesting articles but without any opposing scholarship, arguments or articles.

Anthony, NSW, Australia

[Dear Anthony: Some of your questions could be answered if you re-read part one of the Douglas Dietrich interview, and some are addressed in this issue. Also, Douglas's testimony corroborates similar testimony of German World War II eyewitnesses who are adamant that Nazi Germany developed operational atomic bomb and antigravity technology. As for "opposing scholars", give me a break! We live in a world where the winners write/edit the history books. Take a look around you, Anthony: every single scholar who has challenged the textbook version of World War II has been vilified, denigrated, persecuted and/or treated as either mad or sinister. Ed.]

Nazi A-Bomb Factory

Douglas Dietrich is correct on the German bomb. It was captured on 26 April 1945 by the US 9th Army. My father was the prime mover for Operation *Teardrop* phase two on 8 April 1945.

My research would be of extreme interest to Douglas. His contact with sarin may possibly be from a Scud, fired at 9.07 UK time, intended for Riyadh, Saudi Arabia. It was on BBC News, which provided a live feed from CNN on the last night of the first Gulf War.

Douglas has vindicated what I have known since 1952 on the uranium bomb and nerve gas. That is when my father died—from Tabun contact in 1945 at the German atomic bomb factory, underground.

Keith S., Berkshire, UK

Uncovering Easter Island

Dear Duncan: In view of the latest discoveries on Easter Island, what is your pitch on why the statues are buried so deeply? Could they have been buried by a volcanic eruption or tsunami? How old do you think those Moai statues really are?

Sandra C., South Africa

[Dear Sandra: Yes, they are much bigger than we thought. My instincts say that the statues are far older than mainstream archaeology admits. As for why they're buried so deeply, natural disasters may play a part but some ancient monuments have become half buried over the passage of time while others have been deliberately buried. Ed.]

Vale, Archie Kalokerinos

Dear Duncan: Your readers may not know that Dr Archie Kalokerinos passed away on 1 March 2012. This good man stumbled across evidence which showed that every second Aboriginal child died back in the 1960s because of the lack of vitamin C in the body when vaccinations were given.

It is shameful that not one of the TV channels mentioned his death after all the work he'd done with the Aboriginal community.

Many thanks for your wonderful magazine.

Katrina F., Qld, Australia

Success with Enzyme Test

What a wonderful article I've just read in the current issue of NEXUS [19/04], by Dr Steven Rochlitz ("Understanding Our Crucial Cytochrome P450 Enzymes"). I found it both fascinating and personally relevant.

A cytochrome P450 test performed for my relative was the essential factor that encouraged a lowering of medications, resulting in reduced adverse effects—a vital step in alleviating her suffering.

Further down the track I purchased Dr Rochlitz's book *Porphyria*, and it summed up what was happening to my relative. I lent it to my daughter, who ended up bookmarking it throughout and working out an entire rotation diet regime for the family (also based on blood type O). My daughter, usually a very positive and happy girl,

... more Letters to the Editor

suffered from glandular fever and Cocksackie virus, and tests showed that she harboured protozoa. The effects of his dietary advice alone were astonishing, as within a week she had lost the puffiness and water retention as well as the troubling extraneous nervousness and food cravings.

Thanks, NEXUS, for publishing the articles by Dr Rochlitz.

L. C., NSW, Australia

Spreading the Truth

Hi there! In your last edition, there was a full-page ad for the Australian Sovereignty Party. Is this for real, or just another con job? Like so many others, I am just appalled by what is going on, not only in Australia but in the world. I would like to feel that I am a part of something that will make my voice heard, but I am worried that this is just another of so many other con jobs. Please advise what you know about this party.

Love your mag, and hope the truth is spreading to many others out there. God bless Julian Assange!

Thanks,
Jenny, Qld, Australia

[Dear Jenny: I spoke to the ASP before I accepted their ad. They seem to be quite well informed about all the major health and social issues that we cover in NEXUS and don't seem to be a con job. Ed.]

Treating Complex Maladies

Dear Mr Roads: I recently read an article entitled "The Crucial Cytochrome P450

Enzymes", by Steven Rochlitz, PhD, in the June–July 2012 (vol. 19, no. 4) edition of NEXUS.

Dr Rochlitz explained in detail the complex mechanisms involved in the maladies (including porphyria, chronic fatigue, fibromyalgia, allergies, toxic exposure and MCS) which are experienced by so many, yet some conditions are not recognised or understood by the medical profession or by many holistic practitioners.

Patients are often left to seek their own answers and understanding; and then all the coping, accepting, suffering and exhaustion of funds leaves many in a vulnerable state.

Thank you for printing this work on a so-little-understood cause of maladies which interact with one another throughout the entire body. It gives hope and some tools to those of us whose lives have been greatly impacted.

Sincerely,
Gretchen B., CA, USA

State-Enforced Vaccines

Dear Editor: I have been disgusted and sickened to hear recently about events at the Dublin High Court. How can this really be allowed to happen in a once great country?

An Irish woman, Claire O'Sullivan, does not want her biological son to receive a vaccine at school, which she feels is in the best interests of her son's life. The son lives with his mother. The father wants

the child to be vaccinated; his reasons for such are currently unknown. He has sought a court order for the vaccination to be carried out against the mother's wishes.

The mother has sought a High Court injunction to prevent the court order having effect. The Judge refused the application for an injunction and, as such, the child may now be forced to be vaccinated against the mother's wishes. The state has effectively taken over the role of a parent, even though the child is not at any immediate risk, and is directing forced immunisation against the mother's wishes. This is the thin end of the wedge and would set a legal precedent for this type of action.

I'd be very grateful if you could do your utmost to give this case as much publicity as possible. Spread this message far and wide to ensure people are aware of what is happening right now in 2012!

Regards,
Iain L., Scotland, UK

Mind-Control Protection

Dear NEXUS Magazine: I am writing to suggest that you research and do a story on mind control and propaganda.

The use of mind control and propaganda has reached an all-time high in the West. If you do a story on mind control, people can learn to protect themselves. I think your

readers would be very interested in a story on mind control and the secret projects of the government that cause harm, and on what people can do to protect themselves.

Sincerely,
David C., USA

[Dear David: NEXUS has published more articles on all the various types of mind control, and who uses them and how, than any other magazine on the planet. Those articles are still relevant and can be accessed at www.nexusmagazine.com. Ed.]

Is Nibiru Returning?

Hi there, Duncan: This is the first time I have written to you, although I have been reading your mag since the very first edition.

I notice on the net the overload of reports on Nibiru and the multiple sightings/photos/videos of two suns from all parts of the world. Obviously, many of these are fakes or mistakes (lens flares, etc.) but a great many appear not to be. The sheer volume of these reports would lead the average reader of your magazine to think that your interest may have been sparked.

Chris S., Qld, Australia

[Dear Chris: You're correct. I have been alerted to and sent dozens of interesting photographs that seem to have captured what looks like a second sun. However, in all these cases this "second sun" was not visible to the naked eye, yet it appears to be approximately the same size as the real Sun in each photograph. In such cases, I tend to lean towards the "lens flare" explanation. Ed.]

IONS – THE INVISIBLE ESSENTIAL

By Joshua Shaw of Bionic Products Pty Ltd

As the inventor of the world's only therapeutic ioniser, I have been asked on many occasions to explain negative ions and how ionisation can restore nature's balance within the body. I've spent 45 years researching ionisation and other alternative health therapies and I am still amazed that so much of the scientific world and mainstream media ignore or reject the possibilities for disease control that nature has provided. To appreciate the potential of ionisation, we must first delve into a little basic physics.

It's surprising that something so tiny that it exists only at a sub-atomic level is vital to your health, and the health of all living things. Unfortunately modern urban living severely depletes this essential ingredient, threatening our well-being. Have you ever wondered why taking yourself to the seaside, the mountains or a spot by a tumbling waterfall "magically" relaxes your spirit, cures the blues and imparts a general sense of well-being?

The answer is the small negative air ion, the "invisible essential" to life. These minute electrically-charged particles are inhaled from the atmosphere and flow through our bodies to restore nature's balance. You might wonder how minute changes in electrical flow could affect your health. But our bodies are not mere chemical factories. Every cell is electrically charged and brain function, in particular, relies as much on correct electrical signals as it does on chemical transfers. So the "power grid" in your body is not just an important health factor, it is vital to existence.

What are Ions?

Ion is the term for an atom or molecule that has lost or gained an electron. A positive ion has lost an electron; a negative ion has gained one. This exchange of electrons is happening around us all the time, caused by movements of air and water, ultraviolet light and normal background radiation from the earth's crust. The air we breathe should contain nature's original balance of ions – about five positive to four negative. But the air in our homes, workplaces and city streets is far from ideal. Pollution, air conditioning, electrical fields from various devices and vapours given off by synthetic materials severely deplete negative air ions, leaving an imbalance in the atmosphere.

Essential to Wellbeing

An important point to note is that ions occur in different sizes, and it's only the smallest negative ions of oxygen that can enter the bloodstream through the lungs. As long ago as the 1930s science recognised that small negative ions are essential to health. Reduce the supply, giving positive ions the upper hand, and living creatures first become agitated, then lethargic and ill, as laboratory tests over decades in many different countries have demonstrated.

In the 1950s separate research programs in the USA, Israel and the former Soviet Union demonstrated that, in an atmosphere depleted of small negative ions, bacteria flourished, laboratory animals became lethargic and developed illnesses, and

humans became irritable, argumentative and depressed. An atmosphere completely devoid of negative ions will actually result in the death of laboratory animals, as scientists in the former USSR discovered.

Serotonin Levels in the Brain

The late Dr Albert P. Krueger, Emeritus Lecturer in Medicine at Berkley University (California) conducted many years' research into ions. We later became friends due to our common interest in ions. His early studies revealed that air ions have a measurable effect on plant growth and on the respiratory function of animals. His experiments with mice injected with a flu virus showed that a lack of negative ions lowers resistance to infection, while later research on rats, rabbits and humans demonstrated that the air ion balance influences levels of the stress and mood hormone, serotonin, in the brain. The presence of small negative ions was seen to exert 'a powerful normalising influence' on serotonin levels.

When nature produces these effects we can all observe the results. Hot dry winds, such as the Sharav of Israel, the Sirocco around the Mediterranean or the Northerlies of Melbourne, make many weather-sensitive people irritable and depressed as the air becomes overloaded with positive ions. You may have noticed that just before a thunderstorm, when the air is thick with positive ions, many of us will feel tired, irritable and sick. When moisture-laden sea breezes blow or the thunderstorm has passed, the air is once again rich with small negative ions and our sense of well-being is restored.

Dr Felix Sulman of Jerusalem University conducted his ion research on adult subjects of various ages. When enclosed for an hour in an atmosphere high in positive ions, his subjects became irritable and fatigued. Confined for the same period in a room where the air was rich in negative ions, the same people registered brainwave patterns showing increased alertness and an absence of tension. When their work function and alertness were tested, all scored significantly higher during exposure to negative ions, and even for some time afterward.

Dr Sulman's work with weather sensitive volunteers showed that, when the Sharav winds blew, their bodies produced up to ten times the normal level of serotonin. He concluded that they were being poisoned by their own serotonin, causing migraines, hot flushes, irritability, chest pains, worsening of bronchial complaints and feelings of anxiety and tension. His research also showed that exposure to excess positive ions can trigger an over-production of histamine, the chemical that triggers allergic reactions.

Destroying Airborne Bacteria

Breathing in an abundance of small negative ions can do wonders for physical health – speeding up healing, promoting restful sleep, bringing great relief to sufferers of asthma, hay fever, allergies and skin complaints. In addition, negative ions actually kill airborne viruses and bacteria before they reach your body, as recently shown by engineers from the University of Leeds, England, in studies carried out at the Intensive Care unit of St James Hospital (UK). It was found that ionisers placed in the ICU significantly reduced infections, always a major problem for hospitals, by actually removing the highly resistant acinetobacter bacteria and others from the air. In addition, foreign substances such as pollen, smoke, and dust and mould spores are captured and neutralised by negative ions.

It was in the 1960s that I recognised the healing potential of small negative oxygen ions and set out to develop a machine that would produce a reliable supply of this vital air component. Previous to this, ionisers were unreliable, producing mostly large ions that clean the air but cannot be absorbed by the body. Also, the early ionisers mimicked the earth's radiation by utilising isotopes, so were banned as unsafe. To produce the elusive small negative oxygen ion by mechanical means was a challenge that at times seemed insurmountable?

The Invention of Elanra

The advances in micro processing that brought us mobile phones and home computers enabled the development of the Elanra ioniser, the world's first and only therapeutic ioniser. My company, Bionic Products, has been at the forefront of ion research and development for 45 years. The Elanra holds world-wide patents and is registered as a medical device. Its tabletop and portable models are sold internationally. Fully programmable, the tabletop Mkll offers a range of 144 different programs and the Portable has a potential 32 individual settings.

The man known worldwide as 'the father of electromedicine' was the late Dr Bob Beck, the inventor of the electronic zapper (now called the Hulda Clark zapper). This invention uses low voltage current to destroy pathogens within the body and is only one of Dr Beck's many impressive achievements. He came across Elanra ionisers at an exposition in the USA, bought one, and was so impressed with the results that he wrote to me praising my invention. He has also written articles in support of Elanra as the world's best ioniser and personally owned several units.

I have always believed that the body will strive to heal itself and our immune systems only need the right conditions in which to work properly. I sponsored research at La Trobe University in Melbourne, which demonstrated that Elanra's tiny negative ions boost the production of Immunoglobulin-A, providing the human immune system with extra power to fight off illness and infection. These results demonstrate that ionisation is not a 'magic bullet' that cures illness but is a natural effective way to stimulate the body's own defence system to function at the optimal level.

Treating Various Health Problems

A few years ago I also commissioned Dr Diana Olsberg of Osborne International to gauge the effectiveness of Elanra ionisers in the real world. She contacted all those who had purchased one or more units to treat various problems. Over 970 people responded.

Her report makes interesting reading, showing that 92% of Elanra users said their health had improved. Many told of recovery from asthma, chronic sinus congestion and allergies, while 93% noted an improvement in immunity, which had reduced the incidence of colds and flu in their household. Ninety percent of Elanra owners surveyed said their quality of sleep was much improved and the majority had noticed better concentration and less stress overall.

This formal research was conducted to support the already

overwhelming anecdotal evidence that exists to support ionisation. Our files at Bionic Products bulge with letters from satisfied Elanra owners, telling of relief from breathing and sleep problems, migraines and such diverse issues as chronic fatigue, hormonal imbalances and the side effects of chemotherapy. On a lighter note, some have even mentioned that their pets seem to enjoy the effects of ionisation, going out of their way to 'park' themselves near the ioniser when it is turned on.

Hyperactivity and Ionisation

One intriguing letter was from a schoolteacher who took special classes for children with ADD and ADHD. She took her ioniser to the classroom one day as she had a cold and didn't want to infect the students. She wrote "I had the best day ever with those kids," telling how much quieter they were and how much more readily they concentrated on their lessons. This was the first of several such letters we have received from families with hyperactive children, who have found that Elanra's ions have a positive effect on negative behaviour.

As well as inducing deeper sleep, the extra oxygen generated by an Elanra ioniser in the bedroom is good news for people with breathing problems. Only last week a Channel 7 news report told how overseas research had discovered a link between sleep apnoea and an increased risk of death from cancer, due to reduced oxygen intake. Sleep apnoea is already recognised as a risk factor for heart attack and stroke, so anything that potentially increases the body's intake of oxygen during the night must be considered a benefit.

"This product is unique. I use it all the time and can't stop raving about it. It is the ONLY device on the planet putting out negative ions of oxygen (ie good for you), AND you can use it for entraining your brainwaves to Alpha, Beta or Schumann Resonance frequencies."

(Duncan Roads, Nexus Magazine)

Ions for Travellers

I've always thought there are situations where ionisation would be beneficial but simply isn't practical and this led me to develop a portable version of the Elanra. Able to operate on mains or battery power, this machine has proved invaluable to travellers both in Australia and overseas. On board aircraft, the small negative ions of oxygen supplement the poor air quality while eliminating airborne bacteria, plus there is a definite lessening of jet lag symptoms after landing.

In a motor vehicle, the negative ions keep the atmosphere clean and fresh; reduce the effects of static electricity build-up and help drivers stay alert and focused. This has proven especially useful for long-haul truck drivers. When you arrive at your destination, the Elanra Portable can be plugged into mains power to ensure a good night's rest. I designed a complete kit so that the ioniser comes with a 9v battery and adapters to operate from any power point at any voltage in the world.

As the only genuine therapeutic ioniser on the market, able to generate a programmable stream of small negative oxygen ions, Elanra has been fully tested and certified for electrical safety internationally. Unlike other ionisers, it doesn't emit dangerous ozone or electrical fields and has even been approved for use in hospitals.

To learn more about the benefits of Elanra and ionisation in general, you can visit our website at www.negativeions.com or phone Bionic Products' toll-free line. 1-800-074-844

UK MINISTRY RELEASES MORE UFO FILES

Newly released files from the UK National Archives reveal the role of Ministry of Defence (MoD) UFO Desk officers, what they thought about possible alien visits to Earth and their ideas on using alien technology for warfare.

There are 25 files, comprising more than 6,700 pages, that include UFO policy, parliamentary questions, media issues, public correspondence and, of course, UFO sighting reports. Overall, more than 10,000 UFO reports came through the special MoD unit from 1950 to 2009.

"These are probably the most fascinating and bizarre government files ever made available to the public," said Nick Pope, who was the UFO Desk officer from 1991 to 1994.

"There's massive public interest in UFOs, and at one point the MoD was getting more Freedom of Information Act requests about UFOs than any other subject," Pope said. "The files contain the usual mixture of policy documents,



sighting reports, photos, sketches, and papers discussing how best to handle the subject with Parliament, the media and the public."

Previous batches of UFO files were released by the UK in March 2011, January 2010, October 2008, May 2008 and May 2007.

These latest UFO files are available to be viewed by the public for free for one month at <http://ufos.nationalarchives.gov.uk>.

(Source: *HuffingtonPost.com*, 12 July 2012, <http://tinyurl.com/6rv28z5>)



ROBOT AVATAR BODY CONTROLLED BY THOUGHT ALONE

For the first time, researchers have used fMRI—which detects your brain activity in real time—to allow someone to embody a robot hundreds of kilometres away using thought alone.

"The ultimate goal is to create a surrogate, like in *Avatar*, although that's a long way off yet," says Abderrahmane Kheddar, director of the CNRS-AIST Joint Robotics Laboratory at the National Institute of

Advanced Industrial Science and Technology in Tsukuba, Japan. He is part of an international team that hopes to use this kind of technology to give healthy people and those who are "locked in"—unable to move, but fully conscious—the ability to interact with the world using a surrogate body.

Tele-operated robots, those that can be controlled remotely by a human, have been around for decades. Kheddar and his colleagues are going a step further. "True embodiment goes far beyond classical telepresence, by making you feel that the thing you are embodying is part of you," says Kheddar.

(Source: *New Scientist*, 12 July 2012)

ZEN MEDITATORS TAP INTO SUBLIMINAL MESSAGES

Meditation increases our ability to tap into the hidden recesses of our brain that are usually outside the reach of our conscious awareness.

That's according to Madelijn Strick and colleagues, of Utrecht University in the Netherlands, who tested whether meditation has an effect on our ability to pick up subliminal messages.

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The brain registers subliminal messages, but we are often unable to recall them consciously. To investigate, the team recruited 34 experienced practitioners of Zen meditation and randomly assigned them to either a meditation group or a control group. The meditation group was asked to meditate for 20 minutes in a session led by a professional Zen master. The control group was asked merely to relax for 20 minutes.

The volunteers were then asked 20 questions, each with three or four correct answers—for instance, "Name one of the four seasons". Just before the subjects saw the question on a computer screen, one potential answer—such as "Spring"—flashed up for a subliminal 16 milliseconds.

The meditation group gave 6.8 answers, on average, that matched the subliminal words, whereas the control group gave just 4.9.

Strick thinks that the explanation lies in the difference between what the brain is paying attention to and what we are conscious of. Meditators are potentially accessing more of what the brain has paid attention to than non-meditators, she says.

(Source: New Scientist, 7 June 2012)

NANODEVICES BUILT USING DNA BUILDING BLOCKS

DNA is best known as a keeper of genetic information. But in an emerging field of science known as DNA nanotechnology, it is being explored for use as a material with which to build tiny programmable structures for diverse applications.

Researchers at the Wyss Institute at Harvard University have developed a method for building complex nanostructures out of short synthetic strands of DNA.

Called single-stranded tiles (SSTs), these interlocking DNA "building blocks", akin to Lego, can be programmed to assemble

themselves into precisely designed shapes, including letters and emoticons.

The research was supported by the Office of Naval Research, the National Science Foundation, the National Institutes of Health and the Wyss Institute.

(Source: ScienceDaily, 30 May 2012, <http://tinyurl.com/7xdy9le>)

UK HOSPITAL ERRORS KILL 1,000 PATIENTS A MONTH

Almost 12,000 patients are dying needlessly in National Health Service (NHS) hospitals every year because of basic errors by medical staff, according to the largest and most detailed study into hospital deaths ever performed in the United Kingdom.

The researchers, from the London School of Hygiene and Tropical Medicine, and colleagues found that something went wrong with the care of 13 per cent of the patients who died in hospitals. An error caused death in 5.2 per cent of these—equivalent to 11,859 preventable deaths in NHS hospitals.

The study was based on analysis of 1,000 deaths at 10 NHS trusts during 2009. Previous estimates suggested that up to 40,000 deaths a year are caused by errors in care, but

these were based on international studies and did not directly link the errors with the causes of death.

[Editor's Note: Deaths and injuries from adverse drug reactions, surgical mistakes, or catching a new disease or infection, etc., are not included in that study. The true picture is much worse.]

(Source: The Independent, 13 July 2012, <http://tinyurl.com/7ydzsc>)

SIXTH SENSE TECHNOLOGY COMING TO THE BATTLEFIELD

Scientists in the USA are beginning to build technologies that would give every soldier the technological equivalent of the "sixth sense".

This new military technology called Sentinel (SystEm for Notification of Threats Inspired by Neurally Enabled Learning) is being touted as the world's first "cognitive-neural" binocular threat-warning system.

These devices exploit what neuroscientists call the P300, a wave of brain activity that signifies an unconscious recognition of a visual object. The P300 can be thought of as the biological basis of the sixth sense.

(Source: BBC.com, 5 July 2012, <http://tinyurl.com/dxag76a>)



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SPY TECHNOLOGIES AND YOUR NEIGHBOURHOOD DRONE

Police enthusiasm for military weaponry (and a drone industry salivating over a new market) is driving a rapid spread of domestic law enforcement drones, which are already being used by border agents. AlterNet has assembled an incomplete list of spy technologies and surveillance programs, military and civilian, that can take to the air on drones. Here are eight things that potentially could be strapped to the UAV [unmanned aerial vehicle] that may be flying over your head in the next few years.

1. Wi-Fi and phone hacking. The Wireless Aerial Surveillance Platform (WASP) can break into Wi-Fi networks and hack cellphones, according to *Forbes*. Jerry-rigged from an old army drone by two former military network security analysts, the spy plane comes with a Linux system and dictionary to help generate password-cracking words. Its antennas mimic cellphone towers, allowing the machine to tap into cellphone conversations and access text messages.

2. Sensor that sees through clothes. The New York Police Department (NYPD), which is not known for its cautious approach to

the use of surveillance, announced recently that it was perfecting a sensor that uses radiation to reveal weapons hidden under a person's clothes. Right now, the sensor can "see" metal objects from a few metres away, and the department is trying to expand its reach to 25 metres, according to NYPD spokesman Paul Browne in an interview in the *New York Times*.

3. Biometrics. Advances in facial recognition, iris scans and other identifying biometric markers are speeding along, with police departments and federal agencies juicing up the biometrics industry by offering a welcoming market for its wares. This includes the MORIS device, spreading through police departments all over the country, which lets police capture iris scans and run image algorithms that can recognise a person from the geometry of his or her face.

4. Video analytics. The video analytics industry seeks to develop systems that can analyse and interpret data. So instead of a stream of raw footage, the camera itself can perform searches for people and objects of interest. One example is readers that can read licence [registration] plates and run them against a database, helping

match identity and track location. Those are already in use all over the world, and more sophisticated forms of video analytics have also started to creep into metropolitan areas.

The US Defense Advanced Research Projects Agency (DARPA) has one of the more ambitious projects in play.

The Mind's Eye project would power cameras with artificial intelligence that lets them decide what to monitor—visual intelligence that lets them pick out "operationally significant activity and report on that activity so warfighters can focus on important events in a timely manner".

5. Sense-through-the-wall (STTW) technology. For about a decade, various branches of the military have been working to create sensors that can penetrate walls. DARPA's Visibuilding project is working on "new surveillance capabilities to detect personnel within buildings, to determine building layouts, and to locate weapons caches and shielded enclosures within buildings", according to the DARPA site.

The US Army's Communications-Electronics Research, Development and Engineering Center (CERDEC) has also developed technology that can sense behind walls.

6. ARGUS-IS. The military's ARGUS-IS (Autonomous Real-time Ground Ubiquitous Surveillance-Imaging System) endows the A160 Hummingbird, one of the military's newest, fanciest drones, with the power to stake out 36 miles [~58 km] of land from one spot. The sensors can absorb 80 years' worth of footage in a single day, using 65 video screens capable of tracking different locations, according to *Wired*. DARPA's site states: "Each video window is electronically steerable independent of the others, and can either provide continuous imagery of a fixed area on the ground or be designated to



Is this the shape of drones to come?

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Mel automatically keep a specified target (dismount or vehicle) in the window." ARGUS-IR adds infrared vision to the set-up.

7. Gorgon Stare. The Gorgon Stare is similar to ARGUS-IS, except that it's named after a monster that can turn people to stone, rather than merely a giant with 100 all-seeing eyes. Hitched to a Reaper drone, Gorgon Stare is supposed to collect information from an entire small town or city and send data to troops in the field and to ground stations for deeper analysis.

"Gorgon Stare will be looking at a whole city, so there will be no way for the adversary to know what we're looking at, and we can see everything," a US Air Force general told the *Washington Post*.

8. Wide Area Aerial Surveillance System (WAASS). ARGUS-IS and Gorgon Stare are planned for Afghanistan, but, as *Wired* reported in January, the Department of Homeland Security has enquired about a similar system that can scan large swathes of land in the US. The agency has solicited industry feedback on the possibility of a surveillance system that does this:

"The primary objective of WAASS is to provide persistent, long-term surveillance over urban and rural terrain at least the size of 16 km². The surveillance system shall have an electro-optical capability for daylight missions but can have an infrared capability for day or night operations. The sensor shall integrate with an airborne platform for data gathering. The imagery data shall be displayed at a DHS operations center and have the capability for forensic analysis within 36 hours of the flight."

As *Wired's* Spencer Ackerman points out: "If it's starting to sound reminiscent of the spy tools the military has used in Iraq and Afghanistan, it should."

(Source: *AlterNet*, 13 March, 10 July 2012, <http://www.alternet.org/story/154534>)

BIG BROTHER AUSTRALIA IS LOOKING TO MONITOR FULL-SPECTRUM COMMUNICATIONS

The most expansive set of surveillance powers since the attacks of 2001 are set to be rolled out in Australia unless there is overwhelming public resistance. Dylan Welch, national security correspondent for the *Age*, reports: "Revealed in a discussion paper released by the Attorney-General's Department, the more than 40 proposals form a massive ambit claim from the intelligence agencies. If passed, they would be the most significant expansion of the Australian intelligence community's powers since the Howard-era reforms following the terrorist attacks of 2011."

In tandem with data collection and storage, Australia's intelligence community wants more access to social media in a sweeping overhaul to current restrictions that is reminiscent of America's move under its own comprehensive media-monitoring initiative.

There are currently at least 10 locations around the world that have proposed data collection and retention initiatives, while Germany, Italy, Denmark, UK, Slovakia and Serbia have officially implemented programs which include but are not limited to:

- tracing and identifying the source, destination and duration of communication
- identifying the type of communication
- identifying the communication device
- identifying the location of mobile communication equipment
- retaining collected data for six months to two years
- voluntary retention by ISPs, landline and mobile phone providers
- storing subscriber details
- storing customer account numbers
- recording content
- identifying location of a mobile phone
- remotely activating built-in microphone systems
- retaining email data and web activity
- retaining physical mail, including online tracking of postal items, even special delivery items
- retaining banking data for an extended period of time
- recording vehicle movement data with licence-plate recognition cameras.

According to the Melbourne *Age*: "Also among the proposals are changes to some of the most fundamental divisions between agencies. For six decades ASIO has been the only Australian intelligence agency authorised to routinely collect intelligence on Australians. However, under a proposed change, officers from Australia's foreign intelligence services, ASIS and DSD [Defence Signals Directorate], would be allowed to monitor Australian citizens overseas if an ASIO officer was not available." As *Crikey's* Bernard Keane reports, the proposed dramatic changes include:

- keeping all Australians' telecomms and internet data for two years
- wiretapping Twitter, Facebook and other social media
- allowing ASIO to plant material on people's computers, and destroy material, and go through a third party's computer to do so
- criminalising refusal to cooperate with government decryption attempts, so you could go to gaol for refusing to surrender your password
- freeing up ASIO agents to break the law if it helps them stay undercover
- enabling non-ASIO intelligence agencies to work with ASIO to spy on Australians.

(Sources: *The Age*, 12 July 2012; *Crikey.com.au*, 13 July 2012; *Activist Post*, 13 July 2012, <http://tinyurl.com/7cm8khh>)

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THE BIGGEST FINANCIAL SCANDAL IN HISTORY?

We always knew that the financial markets were rigged, but this is getting ridiculous. It is now being alleged that 20 major banks have been systematically fixing global interest rates for years. Barclays has already been fined hundreds of millions of dollars for manipulating LIBOR, the London Interbank Offered Rate. But Barclays says that a whole bunch of other banks were doing this, too.

This is shaping up to be the biggest financial scandal in history, and criminal investigations have been launched on both sides of the Atlantic. What those investigations are likely to uncover could shake the financial markets to their very core. In the end, this scandal could absolutely devastate confidence in the global financial system and it could potentially bring down a number of major global banks. We have never seen anything quite like this before.

According to the *Washington Post* [5 July 2012]: "In the simplest terms, LIBOR is the average interest rate which banks in London are charging each other for borrowing. It's

calculated by Thomson Reuters—the parent company of the Reuters news agency—for the British Banking Association (BBA), a trade association of banks and financial services companies."

If you have a mortgage, a car loan or a credit card, then there is a very good chance that LIBOR has affected your personal finances. LIBOR has been a factor in the pricing of hundreds of trillions of dollars of loans, securities and assets. The following is from an article by Maureen Farrell [The Buzz, 4 July 2012]: "These traders influenced the pricing of the London Interbank Offered Rate or LIBOR, a benchmark that dictates the pricing of up to \$800 trillion of securities..."

Most American consumers do not even know what LIBOR is, but it actually plays a key role in the US economy, as the *Washington Post* also explained: "In the United States, the two biggest indices for adjustable rate mortgages and other consumer debt are the prime rate (that is, the rate banks charge favored or 'prime' consumers) and LIBOR, with the latter particularly popular for subprime loans. A study from Mark Schweitzer and Guhan Venkatu at

the Cleveland Fed looked at survey data in Ohio and found that by 2008, almost 60 percent of prime adjustable rate mortgages, and nearly 100 percent of subprime ones, were indexed to LIBOR."

According to the *Daily Mail* [28 June 2012]: "Hundreds of bankers across three continents are embroiled in the interest-rate fixing scandal that has left Barclays chief executive Bob Diamond fighting to save his job. [He resigned on 2–3 July. Ed.]

"As pressure intensified on Britain's highest paid banking boss to quit, MPs heard a string of other financial institutions across the world were under investigation.

"At least 20 banks are believed to be under suspicion, with growing demands for a criminal investigation."

This scandal is making the global financial system look really, really bad. Confidence in global financial markets has already been declining, and these new revelations are not going to help at all. In addition, we are undoubtedly going to see a huge wave of lawsuits come out of this scandal. Those lawsuits alone will gum up the financial system for a decade or more. So, needless to say, this is a very big deal.

Before this is all over, we are probably going to find out that most of the major global banks were involved. At a time when the global financial system is already on the verge of a major implosion, this is not welcome news.

This financial scandal is just another reason to be deeply concerned about the second half of 2012. The house of cards is starting to look really shaky, and nobody knows exactly when it will fall, but anyone with half a brain can see that things are progressively getting worse.

(Source: Michael Snyder, *The Economic Collapse* blog, 6 July 2012, <http://tinyurl.com/dgackm8>)



"A rolled subscription copy of a printed newspaper, completely unread and still in its original clingwrap."

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NEW MOLECULAR SCANNERS WILL INVADE PRIVACY

Within the next year or two, the US Department of Homeland Security will instantly know everything about your body, clothes and luggage with a new, hidden, laser-based molecular scanner fired from 164 feet (50 metres) away.

From traces of drugs or gunpowder on your clothes and what you had for breakfast to the adrenaline level in your body, agents will be able to get any information they want without even touching you—and without your knowing it.

The technology is so incredibly effective that, in November 2011, its inventors were subcontracted by the company In-Q-Tel to work with the Department of Homeland Security. In-Q-Tel was founded "in February 1999 by a group of private citizens at the request of the Director of the CIA and with the support of Congress".

According to In-Q-Tel, it is the bridge between the Agency and new technology companies.

In-Q-Tel's plan is to install this molecular-level scanning in airports and border crossings all across the United States. The officially stated goal of this arrangement is to be able to identify explosives, dangerous chemicals or bioweapons quickly at a distance.

The machine is 10 million times faster—and one million times more sensitive—than any currently available system. This means that it can be used systematically on everyone passing through airport security, not just on suspect or randomly sampled people.

The machine can sniff out a lot more than just explosives, chemicals and bioweapons. Genia Photonics, the company which invented it, says that its laser scanner technology is able to "penetrate clothing and many

other organic materials and offers spectroscopic information, especially for materials that impact safety such as explosives and pharmacological substances".

Formed in Montreal in 2009 by PhDs with specialties in lasers and fibre optics, Genia Photonics has 30 patents on this technology, claiming incredible biomedical and industrial applications—from identifying individual cancer cells in a real-time scan of a patient, to detecting trace amounts of harmful chemicals in sensitive manufacturing processes.

So not only will the authorities be able to scan everyone, they will be able to do it everywhere: on the subway, at traffic lights, at sports events. The potential level of personal invasion of this technology goes far beyond that of body scans, wiretaps and GPS tracking.

(Source: Gizmodo, 10 July 2012, <http://tinyurl.com/6tqowgs>)



FREE book offer (valued at \$24.95) to Nexus readers Have you noticed that you feel better when you walk barefoot on the Earth?

Recent research has explained why this happens. Our immune systems function optimally when our bodies have an adequate supply of electrons which are easily and naturally obtained by barefoot contact with the Earth. Electrons from the Earth have anti-oxidant effects that can protect the body from inflammation and its many well-documented health consequences.

In situations where barefoot contact with the Earth is impractical, one can use various conductive systems that have been developed for the purpose of reconnecting people to the Earth. For example, an Earthing sheet on a bed or an Earthing mat placed under the bare feet or wrists while using a computer.

When Earthing is restored, many people report major improvements in a wide range of ailments, including chronic fatigue and inflammatory conditions. These changes often occur within 30 minutes. We do not describe Earthing as a "treatment" or a "cure" for any disease or disorder. Instead, it can be said without any equivocation that the human body evolved in contact with the Earth and needs to maintain this natural contact in order to function properly.

How to receive your FREE book

To receive your FREE copy of "Earthing: The Most Important Health Discovery Ever" (RRP \$24.95) visit www.EarthingOz.com.au, go to "Books" and order "Earthing". At the checkout enter the discount code `earthing100free`. We are offering the book for free for the first 50 Nexus readers to order. Our regular \$10 postage and handling fee applies.

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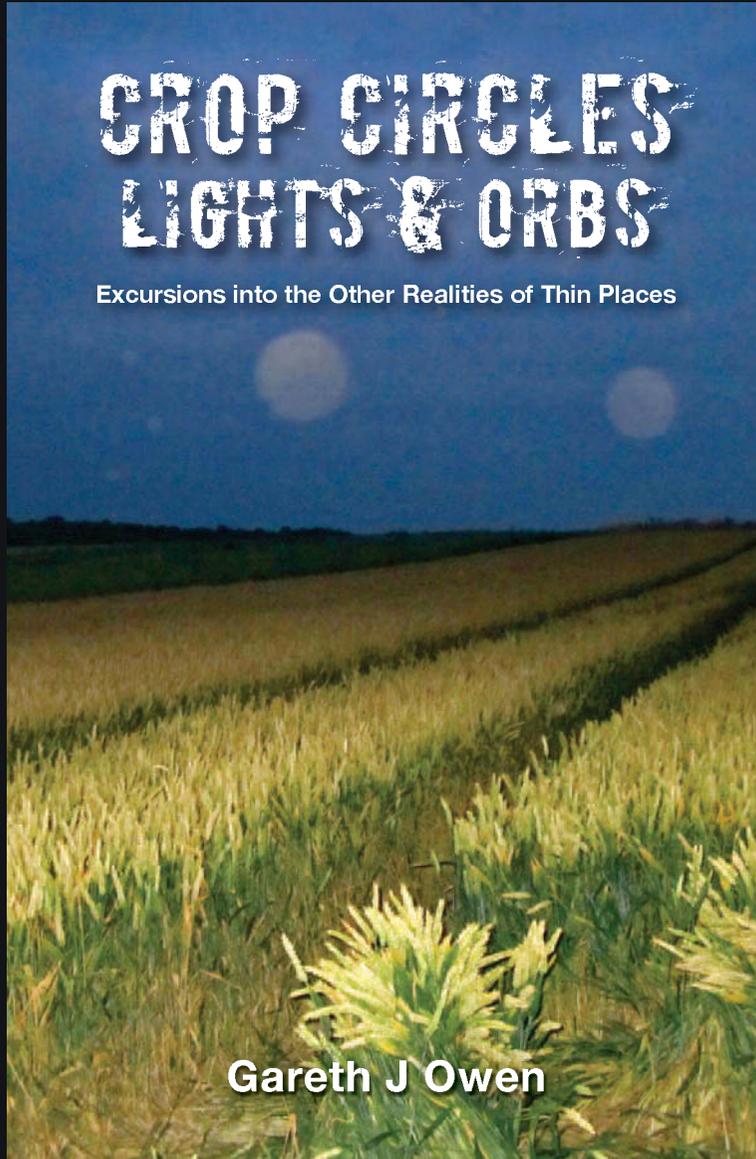
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Part 2

An Interview with
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© 29 April 2012

by **Thomas Kirschner**
Publisher of the German edition
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The Truth about the Little Boy Bomb

Douglas Dietrich (DD): When Harry S. Truman took over, his first act as President was to recall the aviator Charles Lindbergh from the Pacific immediately and send him to Europe. Charles Augustus Lindbergh spoke German, and had been awarded a very-high-level civilian medal by Adolf Hitler for his sympathy with Germany before and during World War II. Truman sent Lindbergh to Europe to deal with as many Nazi scientists and technicians as he could, to bring back the atomic bomb from the Germans.

Thomas Kirschner (TK): Oh, he sent him over as a spy, so to speak?

DD: No; as what they would call a "goodwill ambassador". During the time before Roosevelt died, his insane proclamation of unconditional surrender said: "We declare that the Emperor Hirohito and the Nazi government are war criminals. These are people whom we will not contend with. We will not deal with them in any way, shape or form. We simply want them dead." That is the result of Roosevelt's saying that the war could never end. That is why Eisenhower, in the field, was so desperate that he actually brought in a musician—Glenn Miller, who spoke German and was famous in Germany—to conduct peace negotiations secretly with the Third Reich. That is how desperate the Americans were. Since they couldn't communicate with the Third Reich government, all they could do was to take ceasefires in the field. Even the entire end of the war was signed by General Alfred Jodl and Grand Admiral Karl Dönitz as a surrender of military forces, a ceasefire.

TK: A surrender of the Allied forces to the Germans?

DD: Well, no. The German forces in the field surrendered to the Allies, but the government was not spoken to and was simply allowed to leave. The people who were in the dock at the Nuremberg Trials were all military men. Even Albert Speer was considered military because he was in charge of military production.

TK: So, to where did the government leave?

DD: The government reasserted itself in many, many places: mainly in Argentina, but also in Antarctica and eventually in Unterland. But just to finish off with Charles Lindbergh, the Little Boy bomb was never tested by the Americans. Remember *Trinity*: it was the test of the Fat Man-type bomb, the plutonium bomb. The Americans had plutonium, but the Germans and the Japanese had no plutonium. What they had was uranium, so all the German and Japanese bombs had a standardised Axis shell meant to fit into the fuselage of a medium-range bomber. That was a uranium bomb that the Americans called Little Boy. By producing a number of these, the Germans and Japanese could threaten the Americans with medium-range delivery—a medium-range interballistic missile delivery system, or a rocket system launched from a U-boat or, in the Japanese case, by a kamikaze plane. Because of this, they were able to force multiple concessions from the Americans.

When Charles Lindbergh went to continental Europe, he could do what Glenn Miller didn't do. Glenn Miller died very mysteriously and the Americans organised this entire cover story that he was killed in an aircraft crash. That is not what happened. But Charles Lindbergh was able to succeed in talking the German scientists into giving over the Little Boy bomb as part of the concessions that they were dealing with in terms of the Third Reich's government. When this Little Boy bomb was delivered to the United States, it was never tested because the Americans already knew that it worked. They already knew that the Germans had deployed it.

The Extraterrestrial Propaganda Victory

DD: Why would the Americans have separate bomb development systems, one uranium and one plutonium? It did not make any sense, but everybody accepted it after the war as part of the propaganda. That was one of the ways that the Germans were able to get concessions.

Another was through the Reich's Propaganda Minister, Dr Paul Joseph Göbbels [Goebbels]. He conducted a brilliant propaganda operation in which he claimed that the Third Reich had made contact with extraterrestrials and that they recognised the Third Reich as the legitimate government of planet Earth. The extraterrestrials could only recognise one government over the planet; and because the Third Reich was the first one to make contact, they were the ones that were recognised.

At the end of the war, the Third Reich was an example of a polycracy, a government of different internal departmental empires. Göbbels had his empire, Himmler had his, Speer had his, Göring had his. To give you an example of how powerful these empires could be, the SS had its own army, its own panzer units and its own paratroops. It also had its own air force. What was the SS air force? It was the Hitler-Jugend, the Hitler Youth, who had been trained to fly what were basically ramrockets that could go up into the sky vertically and fire off a number of shells very close to American bombers, and then they would parachute out of them. The Luftwaffe had its own paratroops, all the anti-aircraft batteries, 20 field divisions and an armoured unit, all controlled by *Reichsmarschall* Herman Göring.

Then there were what the Germans called the *Feuerballs*—the fireballs. These fell under the control of the Reich's Propaganda Ministry, under Göbbels. These were highly manoeuvrable, radio-remote-controlled magnesium flares with super-elongated coils to provide extensive duration of the flare's burning. It was the

aerial equivalent of a nautical mine, with all the spikes sticking out in every direction in flight.

The Germans claimed that because they were the first government to use television broadcasting of ceremonial events, they were able to have these signals intercepted by the extraterrestrials that had been flying in the vicinity of our solar system, which got them recognised as the government. That is why, at the end of the war, suddenly these fireballs appeared and they were buzzing bombers everywhere in Europe.

TK: The Germans used these "foo fighters" in connection with their claim that they had made contact with the alien races?

DD: Absolutely, and it was through this that the Reich's Propaganda Minister, Dr Göbbels, was able to force the British and the Americans into standing back. The American records I was looking at claimed that the British were more susceptible to this propaganda

because of their nervous strain from years of warfare. The Americans claimed that they were much more sceptical. Personally, I think that the Americans were just trying to push it off onto the British, but they were just as afraid. Nobody had seen *Feuerballs* before, and they were very afraid that these were actual extraterrestrial craft. It was a propaganda victory of enormous proportions. Dr

Göbbels was able to convince the western Allies that aliens were on the Nazis' side and recognised their government, and therefore the Allies had to allow the entire important elements of the Third Reich government to escape, except for cases of suicide. Now, *Reichsleiter* Martin Bormann escaped. I can guarantee through the records that I have dealt with that Dr Paul Joseph Göbbels escaped.

The Third Reich Relocates

TK: So Göbbels escaped, Hitler escaped, Bormann escaped. Who else do you think from the leadership?

DD: Certainly SS officer Hans Kammler, as well as many other important technicians vital to the Third Reich. This became known as the Thousand Year Reich, and as a result it was dealt with as a third force in the Cold War.

TK: Did they all escape to the same place, or did they spread into different locations?

DD: Very different locations. There were secret bases that were still maintained in Norway, Greenland, the Canary Islands, Antarctica, South America, but mostly it was Argentina, and then Antarctica, and then Unterland.

TK: Where is Unterland?

DD: Unterland requires some explaining. This is

“Dr Göbbels was able to convince the western Allies that aliens were on the Nazis' side and recognised their government...”

something that most of the world is unfamiliar with. During the last year when I worked as a Department of Defense research librarian, in 1992, that was when Alan B. Thompson, a geophysicist, had an article published entitled "Water in the Earth's Upper Mantle" [*Nature* 1992 Jul 23; 358:295-302]. He said that the mantle of the Earth, the deep layers of the rock structures, contain lodes of water, like mineral lodes, that dwarf the existing oceans. In other words, there is more water underneath the lower mantle of planet Earth than there is in all the Earth's oceans—and all of world's oceans are 75 per cent of our planetary surface. Then, two American scientists found evidence using seismic waves of an entire ocean in the porous rocks deep beneath Beijing [*New Scientist*, no. 2594, 10 March 2007].

The reason I bring this up is because the military knew all this years and years ago. The Nazi government knew of it well before them. Churchill used to get a big laugh out of the Third Reich's sending mountain divisions, or mountain hunters, who would normally operate in the Caucasus Mountains, to Tibet. At that time Churchill did not understand it, but entries were found into this part of the Earth that had been bored out by these massive flows of water.

Water is corrosive, and given millennia or millions of years it carves huge holes and caverns through solid rock. All of this underwater liquid had bored massive tunnels all over, beneath the Earth's surface. Underneath our Earth's surface, there is not a hollow Earth but an *inner* Earth. There are caverns a mile high that have their own weather, because at that height the water begins to condense and this produces rain, so they have a sunless environment of oceans and rivers that circulate throughout the inner Earth from Antarctica to the North Pole. This began to be referred to as Unterland.

TK: Do these caverns have dry enough spaces in which to live?

DD: Yes, because they're like the Grand Canyon. In that sense, there are caverns where the water has dried up, but mostly there are caverns that still have a body of water going through them. The fertile sediment that has settled in the cavern terraces above the water system is exploited for agriculture.

TK: So the Nazis found these caverns during wartime and they went there and hid there?

DD: Most certainly. As a matter of fact, they were

found well before the active period of hostilities in the war. People might ask, for instance, who was the one person who was so important, so critical to this. Almost nobody knows about him. He was Martin Bormann. Everybody knows that Göbbels was in charge of the propaganda, Himmler was in charge of the SS, and basically people are familiar with everyone's position in the Third Reich, but almost nobody knows about Martin Bormann and what he was doing. Nobody asks what he was responsible for.

Computer Power and Nazi War Strategy

TK: I thought that Bormann was responsible for the money.

DD: That is an excellent point. Now, how did he work with the money? He basically used the most important weapon that the Third Reich had: the computer. In 1935, the first practical working computer was developed for the Third Reich by a German engineer named Konrad Zuse. With his computer, what he had created was a way to make the trains run on time.

German statistician Friedrich Zahn, an SS member since 1933, convinced SS *Reichsführer* Heinrich Himmler to establish a covert Reich Tabulation Bureau that would integrate Zuse's technology with IBM systems developed by American statistician Herman Hollerith, who had created the punch-card data tabulator. One of the major German companies, IG Farben, developed magnetic tape in 1935, which made the Zuse-Hollerith information processing system even more powerful. Magnetic tape was actually more useful than punch

cards, which were much more expensive. With the use of magnetic tape, these computers did the work of 300 clerks, with only 15 specialists, in a week instead of six months. Because of this, there were many major applications—one of which was gaming out the war. They could feed in equations and examples of warfare that would help them figure out how the war would play out to the end.

One of the things that they figured out with these computers was that the Allies outnumbered the Axis by 10 to one. Pitted against Japan, Germany and Italy, the Allies had seven times the tanks, five times the heavy artillery, three times the combat aircraft, five times the trucks, seven times the machine guns. The United States alone had 27 million men that it could mobilise

“Underneath our Earth’s surface, there is not a hollow Earth but an *inner* Earth. There are caverns a mile high that have their own weather, because at that height the water begins to condense and this produces rain...”

in uniform. The Third Reich realised that the entire war was going to have to be a holding action to delay the advances of the enemy until it could relocate the government.

Among the first things relocated were the major computer systems. Because these computers were so valuable and were processing so much information, Adolf Hitler asked Martin Bormann, "Where can we relocate them?" Bormann said, "Neuschwabenland"—basically because it had been colonised since the 1930s. It was Germany's Area 51 without the tourists. They began to move concept weapons and the computers to the Antarctic, hollowing out vast caverns to fit them.

This is one of the reasons why they faced invasion by the British SAS during the war. In 1944, during Operation *Tabarin*, the SAS attacked but failed to dislodge the Third Reich from the Antarctic. This has been written about in NEXUS magazine [see James Robert, "Britain's Secret War in Antarctica", 12/05-06, 13/01].

Hitler was looking for an area in which to keep the computers in sterile, cool conditions because they overheated easily. Bormann's computers were beginning to become the central focus of the science of the Third Reich, which was based on what Hitler and Himmler considered to be Aryan physics.

TK: But didn't they also need enormous amounts of power? The Third Reich would have had to have moved a whole infrastructure there, of generators and diesel back-up and people and what not.

DD: They found ways to generate geothermal and hydroelectric power in the Antarctic regions that were very similar to Iceland. They used these energy sources to power their computers and infrastructure underground.

There are areas of Antarctica, which is an enormous continent, from which American patrols never returned. I will tell you something about Antarctica in terms of its population. The largest concentration of scientists in the world is in Antarctica.

TK: At present?

DD: Yes. I am trying to put this into perspective. There is nothing else to do in Antarctica other than scientific investigation, and, as a result, many countries established bases there: the Soviet Union/Russia, South Africa, France, Norway, Japan, China, the US, the UK, Australia and New Zealand among them. Argentina and Chile actually colonised families down there.

TK: Wow. Could a civilian go there, or is it off limits?

DD: The Antarctic Treaty was signed in December 1959, after the atomic "tests" that took place down there—Operation *Argus*, which I will go into later. After that, the area was pretty much declared off limits by the Soviet Union and the United States.

So it has only been recently, after the collapse of the Soviet Union, that they began to experiment with some ecological or environmental awareness tourism. That has been extremely recent and was pretty much after the Nazi presence disappeared off Antarctica, which was around 1997, when probably the last vestiges of it retreated into Unterland completely.

Entrances to the Inner Earth

TK: And Unterland: where would that be located? Is it under Antarctica, or is it completely elsewhere?

DD: There are multiple entrances to Unterland, literally all over the globe. There are some in Tibet, there are some in Antarctica, there are some that are located in other areas of the world, including one in Switzerland—a major entrance—as well as one within the Alpenfestung, or Alpine Fortress, encompassing a huge area across the northern Italian and Austrian Alps...

TK: In Germany, too, probably.

DD: Yes.

TK: I know that Hitler had a very important hideaway in a town called Berchtesgaden, which is in the German Alps. Would that be an entrance to the Unterland?

DD: Conceivably. I never saw any records concerning that. The Americans misinterpreted the Reich's concept of Alpenfestung. They thought that it functioned as a kind of Salò Republic for the

Third Reich, as the Italian Salò Republic served Mussolini's fascist state. The reality is that the Alpenfestung was essentially securing that entrance into Unterland from the European continent, but there are other entrances in other parts of the world. I am certain that there are many more that have never been discovered, but the major entrances spoken of in the records I've dealt with are in Tibet and in Antarctica.

TK: Is there a whole area where all these entrances are interconnected?

DD: They are interconnected because so much water has eroded Grand Canyon-type caverns throughout the planet, many miles below. It is a very hot environment; a very steamy environment, like a tropical environment without the Sun. It has a lot of room—plenty of room

“There are multiple entrances to Unterland, literally all over the globe. There are some in Tibet, there are some in Antarctica, there are some that are located in other areas of the world, including one in Switzerland...”

for the establishment and expansion of civilisation.

TK: And this is all being kept from the public?

DD: Absolutely. Take a look at what happens in Antarctica. The biggest problem that they have in Antarctica is with all of those scientists. The overwhelming majority are Caucasian—Russian, European, Australian, New Zealander, American, all of them Caucasian except for those from Japan and China. There are very few ethnic minorities on the Antarctic continent. Generally, the only minorities that you would find would be in the American military.

There is an enormous American military presence down in Antarctica, but there is no threat of a war starting in Antarctica between the United States and Russia or China or any surface nation. So, why are they there? The reason why is for one of the same major reasons that Marines are on a ship: not only to act as the infantry arm of the navy, but also to prevent mutiny among the sailors. That's why there's military presence in Antarctica: to prevent defection. The biggest problem that they have with scientists in the Antarctic is defection to the Third Reich.

TK: So are you implying that the Third Reich is still there?

DD: Not in the Antarctic *per se*, but in Unterland, and they tend to reach it through the entrances in the Antarctic continent.

TK: What are they doing there?

DD: The scientists?

TK: No, the Third Reich in Unterland.

DD: Well, nobody knows, because all contact broke off in 1997, during the Clinton administration. That was a few years after I left working with the Department of Defense. What happened was that after the war, the Americans failed in Operation *Highjump* and various other operations but only succeeded in 1958, with Operation *Argus*, in preventing a Third Reich domination of near space. I am more than happy to explain this because it has to do with the physics I was about to discuss.

Third Reich Physics and Computing

DD: This much I do know about the physics. I approach it as an historical librarian, as opposed to a physicist, but basically, in 1935, the same year that Konrad Zuse developed the original working computer, a man named Dr Subrahmanyan Chandrasekhar—a Hindu national from India, which at that time was under the command of the British Raj—approached the British Royal Astronomical Society with his astrophysics equations. He had proven that stars within a certain level of mass, about 1.4 times the mass of our Sun, at

the end of their lives will collapse infinitely. He was able to ascertain mathematically the existence of black holes. Some of the cliquish British scientists laughed at him and even went so far as to call him a "yellow nigger", but the Germans and the Japanese viewed his science to be Aryan science.

The Japanese viewed themselves as Aryan people descended from northern India through maritime migration. The Germans viewed themselves under the Nazi ideology as Aryans descended from northern India and Iran through land migrations into northern Europe. Both Japan and Germany had a racial ideology that united them in the Axis that was centred on Asian India.

The Germans in particular, using computer technology, were able to take Chandrasekhar's equations and put them into their computer systems. They calculated them to the logical conclusion, and they concluded that our entire galaxy and indeed the centre of every galaxy is

held together by a supermassive black hole—the mother of all black suns. This may sound very obtuse.

People may ask, "Why would theoretical physics have such an impact on the war effort?" It is because the Third Reich was able to take a half-century leap in physics, thanks to taking the Chandrasekhar equations to their logical conclusion using computer technology. This is how they got into the concept of

antigravitation and the higher-level physics. The problem was that this was still in a developmental stage.

However, the Third Reich's conflict simulations demonstrated that the war could not be won in a conventional sense. The entire Second World War in the Atlantic and continental Europe was considered to be one massive series of holding actions until relocation of the Thousand Year Reich could take place. This is why so many German people disappeared. Before the Second World War, the population of Germanic peoples in Switzerland, Liechtenstein, Austria, Germany and the German diaspora throughout Europe was 180 million—close to 200 million people when you count those in various places in Russia and the Americas. Today, there are around 80 million Germans in United Germany.

TK: So 120 million Germans disappeared in Neuschwabenland?

DD: No, I am not saying that. Germans disappeared, but I *am* saying that out of most of those Germans who disappeared there were thousands who were relocated. Himmler was obsessed with this.

Many people do not understand the purpose of the SS. The Wehrmacht fought for the nation, for Germany, and the SS fought for the Aryan race. The purpose of the SS was not only to fight for the continuity of the Aryan race;

“That’s why there’s military presence in Antarctica... The biggest problem that they have with scientists in the Antarctic is defection to the Third Reich.”

it was also a multinational army. It inspired the model for both Warsaw Pact forces and NATO forces in terms of supranational command.

Himmler was intent on relocating what he considered to be genetically pure Nordic Aryans to Neuschwabenland, but he realised that he needed enough genetic diversity to prevent morbid inbreeding in what would begin as a limited population base.

As an aside, Himmler made a point of emphasising that his SS troops had perfect teeth. Allied intelligence interpreted this as some mania for aesthetics. The reality was that he needed men who could operate in the sub-zero conditions of Antarctica, where metal dental fillings would contract to excruciating effect.

Antarctic Operations

DD: To put it into perspective about the military operations that took place in Antarctica, as I explained with Operation *Seawolf* and Courland, World War II was a nuclear war. The Axis powers were using nuclear weapons just as much as the Americans were, but at a more effective level because they were using them operationally as line breakers.

In January and February 1939, there were several expeditions to Antarctica, where the Germans had already established a base by World War I. There was a Kaiser Wilhelm II Land that you can find on maps produced before the Second World War.

Then what happened was that between 1943 and 1945, the British Royal Navy, commanded by Keith Allen John Pitt, had various ships deployed down there, and there was a secret wartime operation codenamed *Tabarin*—a failed occupation attempt in the winter of 1944. Men from an SAS regiment were involved, and they went to war not only with the Germans but the Argentinians.

To explain, in January and February 1942, Comandante Alberto Oddera aboard the *Primero de Mayo* had landed at Deception Island in the South Shetlands and fought off the British. This is why Argentina never joined the Allied war effort. If you ever see the Allied zone of patrols that stretches all across the western hemisphere on the map, it stops at the northern quarter of Argentina. The British never forgave the Argentinians.

The 1946–47 US invasion became a massacre for the Americans due to the German *Flügelrad* rotary disc units. The rotary blades were built around the body of the craft, as opposed to being over the airframe. They were like the Third Reich's version of the SR-71 *Blackbird* in that they were meant for reconnaissance in depth of enemy territory as opposed to speed through enemy airspace. The *Flügelrad* was meant for aerial photography, and

could operate at a greater speed than a helicopter because of its aerodynamic frame, *sans* the durability. Because the *Flügelrads* could be mounted with rockets, they were able to wipe out the American invasion force during Operation *Highjump*.

TK: Operation *Highjump* is an historical fact, is it?

DD: Absolutely. In the southern summer of 1946–47, the US Navy operation was led by Rear Admiral Richard Evelyn Byrd, Jr. It was actually organised by men who were above him, but he became the scapegoat who was blamed for its failure. It was an *ad hoc* force, hastily put together by Fleet Admiral Chester Nimitz.

On 26 August 1946, basically what happened was that they had 3,500 Marines and all of them died, but nobody speaks of it. They talk about the naval part of the operation because most people survived that. This concerned the aircraft carrier USS *Philippine Sea*, with 100 aircraft, and it was not assigned to any of the groups because it was the fighter-base flagship—an Essex-class

carrier, 900 feet long, 3,500 men as crew, and six ski-fitted Douglas C-47 Skytrain transport planes equipped with JATO [jet-assisted take-off] "bottle rockets". There were also foreign vessels participating.

TK: So there must have been around 10,000 men?

DD: Yes. There were 4,700 men in Task Force 68; 3,500 Marines were flown in from New Zealand. Its primary mission was to establish an American

base to counteract the Nazi base in Antarctica.

Now, it doesn't matter whether or not you or I believe, or whether or not any American or United German believes, that the Nazis had established a government in exile in Antarctica. All that matters is that the United States government was convinced that the Third Reich had re-established itself in Antarctica. This is why the Americans got together Task Force 68.

It was enormous, and had at least 13 American ships—a central battle group commanded by Rear Admiral Byrd. The USS *Mount Olympus* was his flagship, not the aircraft carrier because that had crewmen as well as squadrons of fighters, torpedo planes and *Helldiver* dive bombers, and these craft were all crowded onto the deck. None of these things could take off from that carrier. This is how hastily they were put together, and these aircraft were going to be disembarked onto landing strips created on the Antarctic ice and then be used to fight an air war from these artificial landing strips on the ice. That is why they brought so many icebreakers, all kinds of submarines, and seaplane tenders for all those seaplanes that I have spoken about. They didn't even need a landing strip. They could deploy troops on the ground by taking off from the water.

“Because the *Flügelrads* could be mounted with rockets, they were able to wipe out the American invasion force during Operation *Highjump*.”

TK: And just a fraction of that task force came back?

DD: Certainly all the Marines that were flown in on the transport planes died on the Antarctic ice. They were massacred by the rockets launched by the *Flügelrads*. A few of the planes were shot down with the naval element, but, after what happened to the Marines, their operation had to end and they pulled out.

Rear Admiral Byrd was so disgraced that when he gave a goodbye speech to a newspaper at the time, it was published only in Chile and never in the United States. Byrd had warned of an imminent attack on the United States and the necessity to maintain a state of alert, to take defensive precautions against the possibility of an invasion by hostile aircraft proceeding from the polar regions. He said: "I don't want to scare anybody, but the bitter reality is that, in the event of a new war, the United States would be attacked by aircraft flying in from one or both of the poles."

Byrd was suddenly recalled, and so was the entire expeditionary force. One of the last things he said, one of the most important observations he made, was about the existing situation: "I can do no more than warn my countrymen that the time has passed when we could take refuge in complete isolation and rest in confidence in the guarantee of security which distance, the oceans and the poles provided." He finished by stating: "We are abandoning the region."

No official explanation was ever disseminated. Byrd was hospitalised, and that is how it ended. That is how badly that expedition turned out.

At that point, everything that Byrd had warned about came true. Between 1951 and 1956, there took place what the American documents that I was dealing with called "a massacre of the skies", or "the disc war". This was after Operation *Highjump*.

Basically, the Third Reich retaliated and the *Flügelrads* and the other planes that they'd developed, which were concept aircraft that they'd brought down to Antarctica, attacked and shot down many US fighter aircraft.

The end result was Operation *Argus*, in which the Americans deployed nuclear weapons in 1958 after a decade of failed Antarctic invasions following Operation *Highjump*. The *New York Times* reported that there were 204 destroyed or missing fighter aircraft in that period. By the 1950s, what was known as "the aerospace war" was finally accounted for in the documents that I had been ordered to incinerate, and it was calculated that

2,000 pilots had died from between the mid-1940s and the mid-1950s in the disc war.

Think about what I am saying. It is for this reason that the Allies were still at war with the Third Reich, that Churchill was brought back into office in 1951.

Stalin's International Communist Agenda

DD: People don't realise how advantageous it was for the Third Reich at the end of the war. President Roosevelt had died mysteriously, and essentially, by the documents I was dealing with, it was suggested very strongly that he had been assassinated by Axis agents. Truman took over in April 1945, and then, in July, Churchill was voted out of office.

The reality is that in 1945, Stalin, who had enormous influence on both the United States and the United Kingdom, gave the order to the Labour Party union bosses to oust Churchill. In the US, we would refer to the Labourites as what Britain called "communists". These were hard-core unionists.

To show you the kind of influence that Stalin had, I will give you an example. When Stalin invaded Finland in 1939, that was one of the things that started World War II, and the Swedish Nazi Party sent air force pilots to fight the Soviets in Finland. There were Swedish Nazi Party

volunteers who flew the swastika in Finland. The Germans sent units, and it was an international war to fight the Soviet Bolshevik invasion. One of the most effective weapons was the Brewster *Buffalo*, a US-built aircraft which the Finns purchased from the Americans. The Brewster *Buffalo* took down so many Soviet planes that Stalin gave the order to the US unions, which were very sympathetic to

the Soviet communist cause, to sabotage all the Brewster *Buffalos* on the assembly line. Over a year after Stalin had given this order, the Japanese attacked Pearl Harbor in 1941 and then went on to attack Hong Kong, Singapore and the Philippines. Everywhere the Japanese attacked, the American Brewster *Buffalos* were falling out of the sky because they had been sabotaged back home on their own assembly lines. That is how much influence Stalin had on other nations because of this international communist insurgency.

At the end of the pro-active hostilities on the continental mainland in 1945, Stalin gave the order to the Labourites in Britain: "I don't need Churchill in power any more and I consider him a threat." He was

"President Roosevelt had died mysteriously, and essentially, by the documents I was dealing with, it was suggested very strongly that he had been assassinated by Axis agents."

convinced that Churchill had poisoned Roosevelt, and the end result was that he said: "Get Churchill out of office."

Churchill was voted out of office by an overwhelming majority, a landslide. This was following the general European ceasefire in May 1945, just as Britain was turning its resources towards invading Hong Kong and Singapore.

America's Unwinnable World War

DD: At that time, the Japanese were advancing on the mainland with such success that the British actually buried a bunch of British Spitfires, entire air squadrons, in Thailand and Burma. They just buried them to prevent the Japanese from capturing them. That is how desperate the situation was in 1945. People don't understand the perspective of this.

Put this into perspective for how bad it was for the Americans. They were so racist, they had concentrated most of their resources against the Germans because they said: "Oh, they are white. They are a bigger threat." The Americans allocated only 15 per cent of all their resources during the war to fighting the Japanese in the Pacific.

TK: And by that they totally underestimated them.

DD: Yes, the Japanese had invaded the Alaskan islands to prevent the Americans from bombing Japan from Alaska. Of that 15 per cent resource total, the Americans were forced to dedicate one-third to trying to remove the Japanese from Alaskan territory.

Not only was over 90 per cent of the Imperial Japanese Army in China at the time of the Hiroshima bombing on 6 August 1945, but on that very day a special war department analysis of the new Japanese divisions being mobilised reached US Army Chief of Staff George Catlett Marshall—the same Marshall who was forced to instigate the Marshall Plan as reparations for the reconstruction of Europe.

It was revealed to Marshall that, from 1937 to 1943, the Imperial Japanese Army had mobilised an average of eight divisions a year, but in 1944 alone it had formed 30 to secure the Chinese mainland. In the first seven months of 1945, the Japanese activated at least 42—of these, 23 inside Japan itself—and had the manpower to generate even more: as many as 65 infantry and five armoured divisions by October 1945—the intended beginning of Operation *Downfall*, the scheduled American invasion of the Japanese home islands.

Japan had only just begun to fight, and this

monumental mass mobilisation was the very reason why so few, if any, able-bodied Japanese men ever died in strategic bombing, either conventional or nuclear, during the entire war. They were all in the field.

At this point, the Americans realised that they had lost the war. It did not matter that they could mobilise all this manpower. The vast majority of their personnel were across the sea in the Atlantic; and if they were to bring them all over to the Pacific to fight the Japanese, they would probably leave Europe open to re-conquest by Nazi insurgents.

So they either faced a series of something like the Napoleonic Wars where they had battles continuing again and again, or they could sue for peace. The Americans chose to sue for peace because Roosevelt was dead and Churchill was gone.

TK: They sued for peace? Towards whom?

DD: Towards the Axis, both Germany and Japan.

TK: And that was in '45?

DD: In 1945.

TK: The public never learned about that.

Editor's Note:

Part three in our next issue covers Nazi rocket scientists and advanced technologies, the Suez crisis, nuclear detonations over Antarctica, space weapons, the Third Reich's alleged Moon bases, and much more.

**“At this point,
the Americans realised
that they had lost the war.
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About the Interviewee:

Douglas Dietrich is the son of a decorated US Navy sailor. He worked for 10 years as a US Department of Defense military librarian at the Presidio military base in San Francisco, where one of his major duties was document destruction. He was responsible for incinerating highly classified materials on critical historical topics. Each night, he made entries from memory in a personal notebook of all of the top-secret documents he had destroyed.

Dietrich experienced the Kuwaiti campaigns of operations *Desert Shield* (1990) and *Desert Storm* (1991) as a US Marine, during which time he was exposed to cyclosarin nerve gas which resulted in collapsed lungs and radical experimental surgery. After mustering out of the USMC in late 1991, he began a career as a private security agent which continued until he became a full-time carer for his dying parents. He now channels his energies into media production, conference presentations and radio interviews covering a wide range of hidden history topics. His DVD *Roswell and the Rising Sun* was reviewed in NEXUS 19/04.

For more information, visit Douglas Dietrich's website <http://www.douglasdietrich.com>.

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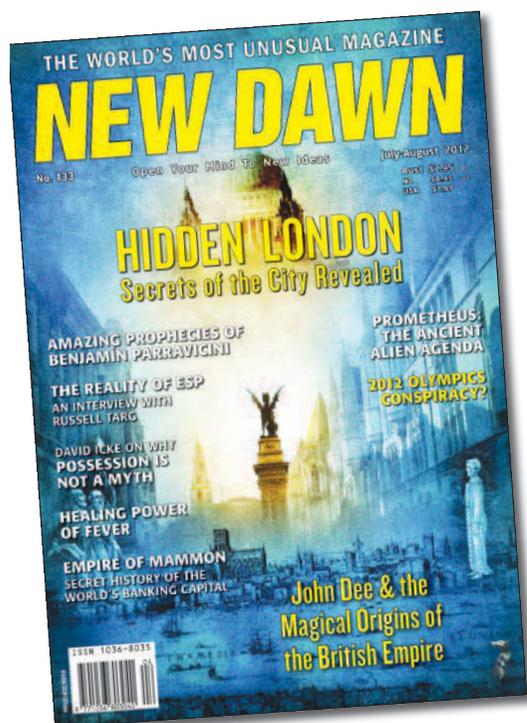
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HIDDEN LONDON: SECRETS OF THE CITY REVEALED



***New Dawn* No. 133 (July-August 2012)**

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London paranormal investigator Andrew Gough goes in search of the ancient city's most intriguing and little-known mysteries, and looks at the peculiar anomalies surrounding the London 2012 Olympics that some people believe point to a wider conspiracy. There's also Adrian Salbuchi on The Amazing Prophecies of Benjamin Parravicini; Possession is Not a Myth by David Icke; Robert Buratti explores Occult Art in Australia; Dr. K.R. Bolton uncovers The Secret History of the World's Financial Capital; Dr. Glyn Parry examines John Dee & the Magical Origins of the British Empire; plus much more...

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TRIGGER POINT THERAPY

STOPPING PAIN MAY SAVE YOUR LIFE

Muscle knots, or trigger points, can initiate or play a key role in serious and systemic illnesses, including heart and lung conditions, and can be integral to inflammatory diseases. Fortunately, they can be released via injection or by using manual techniques.

by Steven Rochlitz, PhD © 2012

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The human body contains many mysterious and fascinating clues for fixing it when things go awry and illness occurs. The body and all its cells can be likened to a matrix of nodes or points that interact with each other. Deciphering what the body may be trying to tell us may not only stop the often-horrendous signal that we call pain, but may save our lives as well.

The body's energy flows include the blood, the lymph, the nervous system, the meridians and possibly others, and these are interrelated. For example, some have speculated that the acupuncture channels are part of the lymph system. Related to this is that the body has hundreds of special points that interact with the above flows and/or with our internal organs. Some of these points can also be understood to act as fuses that need to be reset, else the related energy flow will be suboptimal and serious illness can simultaneously occur.

Many people nowadays know that the body has hundreds of acupuncture points. My previous articles have cited other point systems on the body, known as Chapman neurolymphatics and Bennett neurovasculars (see NEXUS 18/06, 19/02). When specific neurolymphatic points throughout the body are rubbed hard, they can cause an increase in lymph flow—from related parts of the lymph system—into their associated organs. Likewise the neurovascular points, when held lightly, can increase capillary blood flow into their associated organs. Another beneficial and simple system of points is foot reflexology. It is not yet known whether the nervous system, the meridian system or something else is the channel for the energy flow in reflexology. It is not necessary to know this for it to be a valid scientific phenomenon, only that it is reproducible.

Now, the body has the capacity to create a matrix of what are called *trigger points*. (A trigger point is abbreviated as "TrP".) This set of points or potential points can interact with themselves *and with our visceral organs*. Presumably their initial energy flow is the nervous system, with a possible subsequent effect on blood flow, but they may also act through, or interact with, lymph and meridian energy flow. These points often signal their existence via pain, but this is not always the case. They can also cause numbness and swelling, or they can be acting silently. They can initiate serious and systemic illnesses because *they can reflex back to our most crucial organs, including our hearts and lungs*. Trigger points can be an integral part of some chronic and/or environmental illnesses. I was probably the first to propose this regarding porphyria. The role of TrPs in fibromyalgia, myalgic encephalomyelitis (ME) and arthritic diseases is likely, and I presume has already been hypothesised.

Here I expound on the role of TrPs in asthma, heart attacks, hypertension, angina, gastric complaints and other symptoms. Ascertaining and correcting these points may be an essential part of overcoming those life-threatening conditions.

A trigger point is often in the centre of a *taut band of muscle*. It may feel like a little, hard rubber band. It may commonly be termed a *muscle knot*. Pressing into the centre of it may yield its pain syndrome region—sometimes containing the TrP, and *sometimes quite distant from it*. Lightly running a finger across the taut band in perpendicular fashion may cause the muscle to twitch. Always remember that in a distant region, pain, numbness, swelling or possibly all or none of these may be emanating from a distant TrP. Books, wall charts and websites depict known TrPs and their projected pain regions. Of course, my main purpose here is to detail that serious organ dysfunction and inflammatory disease may be intertwined with some TrPs, and to facilitate your learning how to find and correct the most crucial of these TrPs. This can save your life, if and when the time comes, or help with chronic problems now.

Trigger point therapy has its own jargon concerning the interactions of different TrPs. An *active trigger point* is one that refers pain either locally or to a more distant region, along a nerve. A *latent trigger point* is one that does not refer pain actively, but may do so when pressure or strain is applied to the muscle containing the trigger point. A *key trigger point* has a pain referral pattern along a nerve pathway that activates, or creates, a latent trigger point on that pathway. A *satellite trigger point* is activated by a key trigger point. Correcting the key trigger point will often correct the satellite TrP. A *primary trigger point* can activate a *secondary trigger point* in another muscle. Treating the primary trigger point does *not* treat the secondary trigger point.

It does not take long to learn to gauge the presence of trigger points in those taut bands of muscle or to learn how to correct some of them. However, some TrPs may be in deep tissue or otherwise may be inaccessible (such as in "private parts") and thus are not easy to correct, except perhaps by medical means. Advanced kinesiology techniques can be employed to ask the body to indicate which TrPs should be worked on first—the key TrPs.

A Brief History of Trigger Point and Neural Therapies

First let me go over a distinction. Trigger point therapy involves injection into skeletal muscle tissue. Neural therapy can include this, but also entails injection into scars and ganglia, which are nerve masses.

Injections of local anaesthetic go back to the late 19th century, when both Pavlov and Freud used cocaine for this purpose. In 1906, the German surgeon Spiess found that wounds and inflammatory processes healed more quickly after local injections of procaine. Unlike cocaine, procaine is not supposed to be addictive. In 1925, the

French surgeon Leriche performed the first nerve block into the stellate ganglion and alleviated intractable arm pain. That same year, the German brothers Drs Ferdinand and Walter Huneke cured their sister's migraines with an intravenous (IV) injection of procaine. In 1940, Ferdinand Huneke cured a patient's *shoulder pain* and limited range of motion by *injecting into a scar in one of her legs*. Neural therapy has been relatively commonplace in Germany since then, and is far more prevalent in Europe and South America than elsewhere.

Before having injections in the ganglia, it might be wise to see first if the adjacent vertebrae can be beneficially treated via chiropractic or osteopathic adjustments. Shiatsu, acupuncture, deep tissue work or yoga elbowing might also loosen up these areas adjacent to the spine.

In the USA, the "mother" of musculoskeletal trigger point therapy is considered to be Janet Travell, MD. Circa 1940, she began her clinical work with and research into TrP therapy. She would publish many papers detailing

various TrPs and their associated pain scenarios. She was also later known as President Kennedy's White House physician. Kennedy first met Dr Travell in 1955. The young, emaciated, sickly Kennedy hobbled in on crutches and was in much pain. Kennedy's medical history included football injuries (back pain), wartime injuries, and near death from adrenal failure (Addison's disease). It is said

that his life was saved by his taking the newly created cortisone drug, back in the early 1950s. After several treatments of anaesthetic injection into his TrPs, Kennedy no longer needed the crutches and was soon in robust health. Indeed, it is possible that his severe pain—and/or the associated trigger points—caused his adrenal failure, as he only fully regained his health after seeing Dr Travell. She also designed his famous White House rocking chair. Travell's two-volume set of books on TrP therapy, written with David G. Simons, MD, and Lois S. Simons,¹ is considered the masterpiece of this field, although English-speaking people may not know of the great works in German.

TrP injection therapy involves the following. A small amount of an anaesthetic may be injected just under the skin, above a TrP. After a short interval for its numbing action to take effect, a larger amount of anaesthetic is injected deeper into the muscle TrP. Procaine is often used. Some physicians may use lidocaine, some may use anaesthetic with a corticosteroid added, and others may use botulinum toxin. The injectables may have allergenic preservatives such as sodium metabisulphite. Sulphites are known to cause asthma, anaphylaxis or other reactions. Likewise, corticosteroids can also cause

Advanced kinesiology techniques can be employed to ask the body to indicate which TrPs should be worked on first—the key TrPs.

allergic or porphyric reactions. Some pain-treating physicians consider pure procaine as almost inert or incapable of causing adverse reactions. I must illustrate that this is far from the case.

Dr Harry Philibert² firmly believed that four injections into the TrPs in the infraspinatus muscle were sufficient to cure asthma permanently in 92 per cent of people. He claimed that this was the figure he found from decades of doing this. I saw a local physician who worked with Dr Philibert's methods, and I received some temporary benefit with the first two procaine treatments. On the third treatment on this point, the physician also wanted to treat many other points. He wanted to inject my tonsillectomy scar and I allowed this, but I had a retching, gagging reaction. He wanted to inject deep into my prostate for urinary frequency, but I took a pass on that. He also wanted to give me an IV injection of pure procaine, and I refused. On the drive home I experienced asthma, which was likely a reaction to the procaine—despite having the appropriate TrP injected. Perhaps if I had allowed the procaine IV, it would have overloaded my body's defences and it might have "cured all my allergies *permanently*"—if you catch my drift. So while the anaesthetic injections may have the greatest potential for long-lasting TrP relief, manual or other methods may be far safer for people who are very reactive. I never had a fourth injection into that TrP, but I do work on it as needed or I have others do this. You can buy a curved body tool that is used to work on points on your back. This will not be as good as having a true myofascial release expert working on it, but it is readily available once you have it.

Travell delineated her findings on factors that can be causative in creating TrPs. These include injury, incorrect posture, nutritional deficiencies, underlying medical illnesses, parasitosis, obesity and other factors. In NEXUS 19/02, I stated a new factor. As mast cells surround blood vessels, (hidden) mast cell disease (MCD), which can trigger both vasoconstriction and vasodilation, may create TrPs. MCD can be activated by monosodium glutamate (MSG), heat, cold, stress and individual allergy-like reactions. Earlier I hypothesised that porphyria's known pain symptoms may also be TrP related. I also think that sleep apnoea can be caused by TrPs and can cause them as well. Sleeping on a memory foam mattress or overlay, after it has outgassed, may be a good idea. Faulty sleeping, sitting, standing and walking

positions need to be ascertained and changed. Another factor that may predispose to creating TrPs is systemic acidity. Eating too much meat and/or grain should be halted, and eating more fruits and vegetables and possibly their juices should be considered. Excess salt may also help create TrPs.

Travell also created her "spray and stretch" methodology to yield longer-lasting relief and to try to keep TrPs from recurring. Ice or a vapocoolant spray is first applied to the muscle, which is then stretched in a precise way. Fluoromethane was first used as the spray, and may still be, but newer sprays may now be used because fluoromethane is a chlorofluorocarbon.

So while the anaesthetic injections may have the greatest potential for long-lasting TrP relief, manual or other methods may be far safer for people who are very reactive.

Manual Trigger Point Therapy

If the "mother" of injectable trigger point therapy is Janet Travell, then the "mother" of *manual* trigger point therapy may be Bonnie Prudden. Prudden learned about TrP therapy from going to Dr Travell for her pain and injuries from falls during rock and mountain climbing in the 1950s. Prudden sought to find ways of manually releasing TrPs without using drugs, and in which people could treat themselves. Perhaps the importance of TrP therapy can be gathered from the longevity of these two *grandes dames* of TrP therapy. Travell was 95 when she passed in 1997, and Prudden was 97 when she passed in 2011.

Prudden called her system of manual release of TrPs Myotherapy®, and taught seminars on her methods and wrote books as well. I took a course on Prudden's methods in Tucson, Arizona, in 2003, which was primarily taught by her

certified graduates. Though 89, she briefly attended and went around and greeted everyone. She was still as sharp as a tack. I was a bit startled when, after speaking with me for but a few seconds, she took my copy of her book and inscribed it: "To Steve, who wants to know everything and will probably succeed." While I treasure this, I know of course that this is impossible on both practical and theoretical (epistemological) grounds. I do recommend trying to ascertain the earliest cause of a health problem and learning all possible paths to a cure or improvement.

Prudden's myotherapy involves specific techniques to release the TrP.³ A steady deep pressure is held on the TrP, which is usually in the centre of the taut band of muscle. It is not massaging or rubbing. Press into the point deeply and hold for 20 seconds or so. Then, for

about 10–20 seconds each, press in and simultaneously towards the north, east, south and west. So a single point will be worked on for a minute or so. This may be painful. Do not hold your breath. Breathe out especially slowly and deeply. Other therapists may have different or newer manual methods to release TrPs. The usual massage methods do not afford TrP release, or not for any appreciable period of time. Many people may claim to reset TrPs, but do not do so.

In addition to using anaesthetic injections and manual release methods, it *may* be possible to release myofascial TrPs via acupuncture (or dry needling), laser, Scenar, percussion massager, ultrasound or other means. TrPs may—or may not—be released via applied kinesiology methods including the spindle cell technique and the Golgi tendon technique as well as reactive muscles. I've also found that *sometimes* the Rochlitz Heart Integration or Meta-Integration Exercises can release numerous TrPs at once (see NEXUS 18/03, 18/06).

Philibert's Heart and Lung Reflexes

Harry H. Philibert, MD, was a lifelong New Orleans area resident and pain management physician. While he did not find the huge number of TrPs that Travell did, the two that he is somewhat famous for can be life-saving for common illnesses, and so I describe them here. These two TrPs are his Infraspinus Respiratory Reflex and his Coronary Reflex points.

The Philibert infraspinus respiratory reflex can be worked on for asthma, chronic obstructive pulmonary disease (COPD), emphysema, pneumonia or other respiratory distress. The infraspinus muscle is on the back of the shoulder blade. I have seen this active in more people on their right sides.

A related matter is that gall bladder problems and intolerance to fats are known to cause right shoulder pain. Any and all TrPs in this muscle should be worked on, but the main one is near the centre of the muscle and is also near the small intestine 11 (SI 11) acupuncture point. Online sources or charts should readily enable you to find this point—or, again, just have your partner find and work on all TrPs in the infraspinus muscle on the shoulder blade.

I have written that hiatal hernia and vagus nerve imbalance are an integral part of causing asthma, so do not forget that. Matters of allergy, dehydration, breathing techniques and sometimes porphyria and the patent

foramen ovale may be involved in asthma. However, knowing and using this point can save your life, or that of a loved one, as an asthma attack can sometimes progress rapidly. Any relief from COPD or emphysema will be greatly appreciated by those sufferers. I have certainly seen asthma attacks resolve almost instantly after working on this reflex, but "permanence" may be a concept to dispense with in the chronically ill.

The Philibert coronary reflex can be related to hypertension, hypotension, angina, myocardial infarction (heart attack), arrhythmia and other problems. Obviously, if this set of TrPs is related to those problems, working on them can save or prolong lives.

There are six potential TrPs here, but any TrP found in the pectoralis major sternal (chest) muscles can be related and should be worked on. These six potential TrPs are on both sides and are where the tendon ends of the muscle meet the sternum. They can be alleviated by hard, deep rubbing adjacent to the sternum and between the second to third ribs, the third to fourth ribs and the fourth to fifth ribs. They may hurt a lot when pressed in and held for 10–30 seconds each.

Be careful if you are working on a senior citizen or anyone else who might have fragile bones. Working on these points should not be a substitute for calling an ambulance if you think the chest pain is signalling a heart attack—but it could be the next thing you do *after* calling an ambulance under those circumstances.

Dr Philibert astutely found these points clinically while treating heart attack patients in hospital. He wisely deduced that their chest pains were an integral part of the heart attack or of

coronary artery spasms. After injecting these TrPs, recovery was often rapid and total, and the injection sometimes also stopped and prevented many symptoms if worked on early. He also then saw how beneficial this could be for angina and hypertension. He stated that he could completely cure angina with several injections into these TrPs.⁴

Let us now look at angina from several other directions. Philibert wrote that injecting his coronary TrPs can cure this condition. He also wrote how the panic from chest pain can itself contribute to having a heart attack or a worse heart attack. I interpret this to mean that the hypocapnia (low CO₂) associated with panic is involved here. Thus, either Buteyko breathing or long, shallow breathing to counter the tendency to hyperventilate

Working on these points should not be a substitute for calling an ambulance if you think the chest pain is signalling a heart attack—but it could be the next thing you do *after* calling an ambulance...

should perhaps be done while experiencing these chest pains.

However, there may be some proof of how a dietary factor can cause the TrPs of angina in the first place. Caldwell Esselstyn, MD, found that a 100 per cent vegetarian diet, which was also *devoid of all fats and oils*, cured all his patients' angina.⁵ It started to alleviate pain in as little as 10 days. The complete cessation of anginal pain can take several months. So-called good oils, like olive or flaxseed, must also be halted for this to work. So I would assert that, logically, the meat or fat or oil is involved in creating the neurovascular condition that creates the coronary TrPs in the first place.

I further cite my research on hiatal hernia here (see NEXUS 18/04). It was found that *oil or fat can cause the longitudinal muscle of the oesophagus to contract and pull the stomach up*, initiating the whole hiatal hernia syndrome! So we see that all these aspects are related, and all should be looked into for angina and for other cardiac problems.

The possibility of dietary factors causing the creation of TrPs can be crucial. In addition to the fats and oils cited above, I have found nightshades (tomato and potato especially, but eggplant, peppers and tobacco should be avoided as well) and wheat to be causative here. Likewise, any nutritional deficiency should be corrected.

I found it fascinating how Dr Travell singled out infection with the protozoan *Entamoeba histolytica* as causing the creation of many TrPs. I have found, after working on people with parasitosis and candidiasis, etc. for 32 years, that the endotoxins from this "critter" are often the harshest on people. Hint: these potent toxins are also likely to induce porphyria.

For cardiac arrhythmia the above TrPs from Philibert, or a different TrP that Travell found, can be used. The Travell cardiac arrhythmia trigger point is below the right fifth rib on the pectoralis major muscle, midway between the nipple line and the sternum.

Let us now examine one common cardiac arrhythmia: atrial fibrillation, also called "afib". Five per cent of people over 65 are now estimated to have this arrhythmia. Orthodox medicine attempts to correct it with expensive and invasive methods, including electrically burning away a small electrical centre in the heart. Many people subsequently report that they still have afib. Why not have ER physicians and cardiologists learn the two different sets of cardiac TrPs—and other methods to reset the vagus nerve and the hiatal hernia—so as to treat this either manually or via anaesthetic injection before trying expensive, dangerous methods which often do not work? NEXUS readers will know why

not. Patentable, profitable and potentially dangerous methods, which often don't work, are preferred. For completeness, I again note that everyone I saw who said they had afib or supraventricular tachycardia (SVT) also had hiatal hernia. Travell is also known for her "belch button" TrP which can cause uncontrolled belching when active. It is indeterminate (individualistic), but is in the back below the lowest ribs. Again, I think that the diaphragm, vagus nerve and hiatal hernia may be involved here.

A similar scenario could involve the metabolic disorder, gout. While faulty diet—excess meat, fat, sugar, etc.—may be involved in causing the pain in the big toes and other symptoms, TrPs may also be involved as follows. Pain in the big toes can be due to the referred pain pattern emanating from TrPs in the upper thighs. But *perhaps, again, faulty diet is involved in creating this TrP*. So the

understanding presented here appears to be consistent. Be aware that the withdrawal from fats and oils can last five days to a month or so. Then, feeling sated will no longer involve fat ingestion. Maybe your TrPs, pain and numerous health problems will also be gone.

Finally, the possible role of TrPs in the increasingly prevalent congestive heart failure should be examined. We have already seen that when the

So I would assert that, logically, the meat or fat or oil is involved in creating the neurovascular condition that creates the coronary TrPs in the first place.

Philibert coronary reflex is active, hypertension can result—and hypertension can degrade the heart. The same is true of the "dyslexic heart" condition that I identified, which can be treated with the Heart Integration Exercise I created. Faulty diet—often including excess monoamine-containing foods like cheeses or anything aged or fermented—can also cause hypertension, as can meat, excess salt and any individual food reactions.

However, specifically here, one scenario is that if a person has swollen feet or hands and goes to a cardiologist who then finds some cardiac anomalies, the cardiologist will tell the patient that his degenerating heart is causing the swelling. But what if, to some extent, it is the other way around? A trigger point in the upper legs from faulty sitting or other cause directly leads to swelling in the feet. The heart then has to work harder all the time to try to clear this. The end result is that this ages the heart and eventually can lead to heart failure. Untreated sleep apnoea—itsself partially caused by TrPs and hiatal hernia—also continues to weaken the heart via hypoxic episodes.

So while we have seen how some TrPs are related to immediately life-threatening asthma or angina or heart attack, other TrPs can be slow and insidious in compromising our health and longevity.

Prolotherapy and Hyaluronic Acid for Repairing Joints

Prolotherapy (proliferation therapy) involves the injection of an irritant solution into a tendon, ligament or joint. It is used to repair connective tissue weakened or damaged from injury or strain. The injected solution may be dextrose, glycerine, lidocaine, phenol or cod liver oil extract. Needless to say, there can be reactions to these substances, but some people have resolved pain and improved joint function after several treatments. Dextrose is the least likely solution to cause a serious adverse reaction.

Injection of a rooster comb solution, which contains naturally occurring hyaluronic acid, directly into joints has been performed for several decades now. I have spoken with people who said that X-rays proved that a "bone-on-bone" condition existed. After several injections, they recovered function of the joint. The injection is given into joints or into tendons where they connect to bone. Online I have seen some say that it did not work or it made them worse, or that the joint injections were very painful. Of course, anyone allergic to chicken or eggs should not undergo this treatment—and some people do not know they are allergic to these foods. Recently, non-bird sources for hyaluronic acid have been made available.

If one has a severe joint problem—say, of the hip, knee or shoulder—and wants options other than joint replacement, then prolotherapy or rooster comb/ hyaluronic acid injections should be investigated. Several injections are needed to know if this will work and obviate the need for an artificial joint.

Good Health At Your Fingertips

Injectable or manual trigger point or neural therapies can alleviate chronic pain including from arthritis, fibromyalgia, ME, sciatica, carpal tunnel syndrome, reflex sympathetic dystrophy and other conditions. Manually or via injections of anaesthetic, serious and life-threatening heart and lung crises may be rapidly corrected or partially alleviated with the points and methods described in this article. These crises include asthma attack, angina, cardiac arrhythmia, hypertension and heart attack. Many inflammatory or degenerative illnesses may have a TrP or neural therapy component.

Crucial TrPs found by Drs Philibert and Travell have been described here. Dr Philibert passed on recently, and I believe that his book is no longer in print; but I have included illustrations of these two crucial TrPs in several books I have written,⁶ as well as in one of my books also depicting the Travell arrhythmia trigger point.⁷ Again, these are not a substitute for immediate medical help if a

medical crisis might be occurring, but they can possibly help while waiting. Related diet and lifestyle factors that may create the TrPs should be dealt with to prevent them from recurring. Minimising or eliminating meats, fats, oils, nightshades, wheat and individual reactions has been cited. Stretching methods should be learned and practised to help keep TrPs from recurring. Prolotherapy and rooster comb or hyaluronic acid injection therapies may eliminate the need for problematic joint replacement surgeries.

Almost anyone can learn to find trigger points on their bodies or those of their friends or partners. Almost everyone can then learn simple methods that can rapidly release these trigger points. *Your health may literally be at your fingertips.* ∞

About the Author:

Steven Rochlitz, PhD, is a former professor of physics and is also a nutritionist and kinesiologist. For the past 32 years he

has researched chronic and environmental illnesses and taught his seminars across the world. His unique system incorporates breakthroughs in energy kinesiology, nutrition and human ecology. Dr Rochlitz is the author of 10 books (see reviews in NEXUS 19/04, 19/02, 18/02). The new edition of his book *The Hole in the Heart, Which 1 out of 3 of Us Has, and Blood-Brain Barrier Permeability In Chronic & Environmental Illness*, is reviewed in

this edition. Dr Rochlitz's article is his seventh contribution to NEXUS; his previous article, on the cytochrome P450 enzymes, was published in 19/04. Further research is at <http://www.wellatlast.com>. Dr Rochlitz can be emailed at info@wellatlast.com.

If one has a severe joint problem...prolotherapy or rooster comb/hyaluronic acid injections should be investigated.

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WHY STOMACH ACID IS ESSENTIAL FOR OUR HEALTH

A lack of stomach acid can cause indigestion, malabsorption, bloating and ultimately degenerative diseases, acute and chronic infections and even cancer. This deficiency can be overcome with a simple hydrochloric acid treatment.

by Elaine Hollingsworth
© 2000–2012

Extracted and edited from
chapter 3 of her book
*Take Control of Your Health and
Escape the Sickness Industry*

Website:
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Forget The Clever Ads: It's Acid You Need, Not An Antacid!

The health enthusiasts have been saying it for decades: "You are what you eat." The problem is that they are *wrong*! You are not what you eat; you are what you *absorb*, and the best diet on Earth will not sustain health if an important ingredient is missing: stomach acid. That's right, acid. In this case, it's hydrochloric acid. You cannot absorb nutrients that are vital for health if this essential part of your digestive system is destroyed by antacids, or if you were born with a tendency to low stomach acid, or if your stomach has been damaged by junk food, alcohol, tobacco, stress and drugs.

If you fall for the propaganda of the drug companies, you are being conned into believing that "excess acid" must be neutralised. This is a blatant, self-serving lie! A seven-billion-US-dollar lie, to be exact: that is the amount the drug companies earn every year selling their profoundly damaging antacids and acid-suppressing drugs. Each year the profits soar; drugs for stomach and upper digestive system problems are the largest-selling medicines in the United States.

The professional journal *Orthopedic Surgeon* said this: "Antacids, drugs which so many people take frequently, are so dangerous that they would have been removed from the market if the drug cartels were not so strong. It has been known for decades that they deplete the bones of between 130 and 300 mg of calcium each time they are consumed. They contain aluminum, and also contribute to Alzheimer's disease."

Nature didn't put acid into our stomachs so the drug companies could earn billions suppressing it. Nature put it there for a compelling reason: it is absolutely necessary for health. Our stomach acid is so strong that it can reduce the toughest steak into meat soup in about an hour. Imagine what happens to that steak when it hits an acid-deficient stomach: indigestion, malabsorption, and sometimes unpleasant and antisocial symptoms such as bloating, burning, gas and belching—not because of too much acid, but because of *too little*. Because there are few warning symptoms, malabsorption can occur over many years, leading to slow starvation. This results in crumbling bones, degenerative diseases, acute and chronic infections caused by germs that are easily killed by normal stomach acid, and cancer.

Yes, even cancer, and it's logical when you think about it. When your stomach has a normal acid level, it is able to kill invading micro-organisms and break down dangerous food additives; but, if your stomach lacks this vital element, additives can turn into cancer-causing nitrosamines.

Hypochlorhydria: Low Stomach Acid

My first encounter with stomach acid taught me a lesson I shall never forget. During the 1960s I lived in Europe, and after six months of injudicious pasta-gorging in Italy I became exhausted. The doctor I

consulted had no idea what to do, so I drove myself to London and collapsed. Friends brought in a doctor who took my pulse and told me it was a dangerously low *ten!* Then he asked who my next of kin was, and I knew I was in deep trouble. Tests were done, and the diagnosis was pernicious anaemia. Then I had to take B-complex vitamins, have iron injections and eat lots of red meat for two months—and I saw zero improvement.

Finally, presumably because he was afraid I'd die on him, my doctor drove me to a Harley Street specialist. (I was too weak to get there on my own, but can you imagine a doctor doing that today?) The first thing this old-school physician said was, "Have you tried hydrochloric acid?"

I had not exhibited the classic symptoms of hypochlorhydria, though I do remember asking my doctor when I was 16 why my fingernails peeled, why I squinted badly in sunlight and why I had night blindness. He would have known if he had taken the time to crack a basic medical text. He didn't, though, and merely suggested that I learn to live with it. These and other health problems I had were clear signs of the need for additional acid, and this man could have saved me years of problems which culminated in a close encounter with death. Virtually all physicians are making the same mistake today.

The Harley Street specialist understood immediately. He prescribed a potent form of hydrochloric acid drops. These had to be diluted and sipped through a glass straw to avoid tooth enamel damage. The potion had to be drunk prior to each meal, and after two weeks I was fighting fit. I have taken hydrochloric acid (fortunately in capsules now) ever since.

In 1970, a progressive doctor friend in Los Angeles told me that hydrochloric acid in the stomach is so valuable that every antacid preparation should be prohibited by law. He also told me something that has proved extremely valuable to the people I've advised during the many intervening years: doctors in those days often wouldn't prescribe hydrochloric acid without first inserting a tube through the nose and then down into the stomach to test the acid there. When I expressed horror, he laughed and said that this procedure was not necessary; that the easiest way to determine if supplementation is needed is by taking a tablet with a meal. If you don't need hydrochloric acid, there will be a slight burning in the stomach, which is easily neutralised by drinking plenty of water.

There are now other tests. A hair mineral analysis, which measures macro and trace minerals, is an option. If five or more minerals are deficient, particularly those

known to be poorly absorbed in low acid states (e.g., calcium, zinc and iron), low stomach acid is indicated. Another test consists of a chemical analysis of the stool, with a search for undigested proteins. A well-trained iridologist can also diagnose lack of stomach acid.

Note that the pH system is a scale for measuring the acidity or alkalinity of a given environment (in this case, your stomach). The scale goes from zero to 14.0; 7.0 is neutral; below 7.0 is acid; above 7.0 is alkaline. Normally, the acid level in your stomach is about pH 2.0 or 3.0.

The Heidelberg capsule is recommended by some physicians. This is a tiny pH sensor and a radio transmitter compressed into the size of a large vitamin capsule. It is swallowed, tethered to a long thread, and removed from the stomach once the results have been relayed by radio signal to a receiver. This is expensive and unappealing, and does not take into consideration the hourly changes in the pH of the stomach. But Big

Medicine and Big Pharma love it because it is "scientific" and profitable.

Then there is the "try-it-and-if-you-don't-burn-you-need-it" method. It's quick, it's cheap, and the result is immediate. It is not, however, scientific, although (as noted earlier) a physician told me it was accurate and safe.

Warning: this test must not be attempted by anyone who has a peptic ulcer or is using

any kind of anti-inflammatory medication. This includes aspirin, ibuprofen (e.g., Advil, Motrin), corticosteroids, (e.g., prednisone), Indocin, Butazolidin, or any other NSAIDs (non-steroidal anti-inflammatory drugs). Wise people shun NSAIDs anyway, considering that, as Dr Joseph Mercola reported on his website Mercola.com, "[i]n 1993, of 140,000 hospital admissions for osteoarthritis, 25,000 deaths were directly attributed to high dosage or prolonged use of NSAIDs".

If you are taking any drugs, check with your physician before experimenting with hydrochloric acid. There are so many dangerous drugs being prescribed and heavily marketed, with new ones coming along frequently, and I may have omitted some that interact badly with hydrochloric acid. Please remember that any anti-inflammatory medications can cause stomach bleeding and ulcers. Combining them with hydrochloric acid increases this risk. People on cortisone, even in sub-replacement doses, need to approach hydrochloric acid cautiously, with professional advice. If supplementation proves necessary, it is safer to take hydrochloric acid well separated from cortisone.

In all the years that I have been involved with natural health, I have not encountered anyone who didn't

The Harley Street specialist understood immediately. He prescribed a potent form of hydrochloric acid drops.

benefit from taking supplemental acid. So many things trigger this lack: the unrelenting stress that most of us live with; junk food; antibiotics; smoking, or exposure to second-hand smoke; heavy consumption of grains; vegetarianism; age; extremely alkaline diets; etc. Yet, most people are unaware of stomach acid, except when television commercials blare out Big Pharma-inspired warnings about "excess acid".

Monitoring dosage of hydrochloric acid can be tricky. Results, of course, are a good guide. If bloating, gas, etc. have been problems, these should abate quickly. If you have longitudinal lines on pale, soft fingernails, with supplementation the lines should slowly fade and the nails should strengthen and become pink. Lifeless hair and skin problems should also improve over time, as should a general sense of wellbeing.

In cases of long-term underproduction of stomach acid, regaining health is not as simple as popping a few pills. A knowledgeable naturopath is needed for detective work: he/she can order a hair mineral analysis, which is extremely useful. Your iron level could be badly depleted, leading to exhaustion. It is important, though depressing, to see if your dentist has poisoned you with mercury. Are your B vitamins and/or your enzymes hopelessly depleted? Once the truth is known, measures to correct imbalances can be taken.

For decades, I have felt like a voice in the wilderness. But two prominent American doctors, Jonathan V. Wright, MD, and Lane Lenard, PhD, have written a superb book, *Why Stomach Acid Is Good For You* [M. Evans & Co., 2001], which should be on the desk of every health professional who cares about his or her patients. I highly recommend it for those of you who think you may have "acid indigestion" and have been taking drugs to suppress it. It outlines, in careful detail, exactly what to do in order to heal your stomach from the damage these dreadful drugs have done to it. Once healed, you can take what you need—hydrochloric acid—to ensure that you will regain your health and start absorbing the nutrients you desperately need.

The Apple Cider Vinegar Remedy

Many people are born with low stomach acid, or they develop it in childhood. Of course, in a perfect world, children would have an abundant supply of hydrochloric acid—but observe the average supermarket trolley

stuffed with appalling junk, dangerous soy products and the worst kind of oils. Small wonder that our kids have malabsorption due to lack of stomach acid, plus all the other illnesses caused by the amazingly unhealthy junk that their poor little bodies have to metabolise! Small wonder that they have diabetes, asthma, recurring infections of all kinds, anaemia, parasites, coeliac (celiac) disease and miserable skin conditions. Drs Wright and Lenard explain in their book how the children who are brought to their Tahoma Clinic in Kent, Washington, get over these dreadful afflictions by improving their diets and supplementing their hydrochloric acid.

A distraught mother told me that her four-year-old son had had diarrhoea since he was born and had never had a normal bowel movement. The many doctors who examined the boy, and gave him drugs, were of no use and she was eventually advised to see a specialist to have a camera inserted into the child's anus. This examination would be followed, no doubt, by a painful, damaging and unnecessary operation.

When I enquired about his other symptoms, the mother told me that he was anaemic and had *Giardia*. I knew immediately what the problem was: lack of hydrochloric acid.

It's hard to comprehend how the doctors could have missed what every first-year med student should know! The first suspect when anaemia is diagnosed should be the stomach acid level, and the first thing to look for when parasites are suspected is, you guessed it, hydrochloric acid.

Because I'm not a doctor and can't take the responsibility of prescribing, I suggested an old-fashioned, safe remedy: a spoonful of apple cider vinegar in

a glass of water, taken half an hour prior to meals. It worked, and the boy is now normal for the first time in his life. But for a little apple cider vinegar, this defenceless child might have been irreparably damaged by unnecessary medical procedures. When the mother told the doctor that her boy was now well because of this remedy, he said, "Oh, don't be ridiculous!"

Warning: do not give a hydrochloric acid pill to a child who could get it caught in his/her throat, or who is too young to tell you if his or her tummy gets warm from it.

In another instance, a miner from Western Australia rang to thank me for this remedy, which he read about in the fifth edition of my book. He said that for 20 years he had complained about symptoms after eating, and

The first suspect when anaemia is diagnosed should be the stomach acid level, and the first thing to look for when parasites are suspected is, you guessed it, hydrochloric acid.

none of the doctors had given him the slightest help. The last one told him that he should be glad he was still alive! Because he was in the outback, he couldn't get to a store, but he tried the vinegar and for the first time in 20 years his symptoms were gone!

These are commonplace stories, and the help I can offer people is not because I'm a genius but because establishment doctors are taught about drugs, not nature and common sense.

As mentioned above, when hydrochloric acid supplementation is not feasible, a tablespoon of apple cider vinegar in a glass of water, taken 30 minutes before meals, will often relieve some, or even all, symptoms. As Drs Wright and Lenard say in their book: "This is supported by the common practise in some cultures of treating gastric discomfort with lemon juice or vinegar. But this is not ideal. Unfortunately, even though symptoms may be improved, actual nutrient digestion and assimilation are not improved nearly as much as with hydrochloric acid replacement."

Trying vinegar first is an excellent way to decide whether or not you need to take hydrochloric acid. Be cautious with lemon juice, as it can erode tooth enamel. Further, both lemon juice and vinegar can exacerbate *Candida albicans*.

Drs Wright and Lenard recommend starting with one capsule of betaine hydrochloric acid after the first few bites of food. If no problems are noted, increase the dose to two capsules in the early part of the meal. Then, provided there is no burning in the stomach, increase again after a few more days, spreading the additional capsules throughout the meal.

Amounts of hydrochloric acid in tablets vary from country to country. Judicious experimentation is necessary before finding your dose. If, for example, it takes five capsules to achieve the warming, drop back to four capsules with each meal of the same size. Eventually, once the stomach has "righted" itself, fewer will be needed. We have found that most people do well eventually on one or two capsules with each substantial meal. For those who are subject to urinary tract infections (UTI), be aware that overdosing with hydrochloric acid can irritate the bladder.

Dangers of Acid-Suppressing Drugs

Has your heart specialist warned you, as Drs Wright and Lenard say, that "[l]ow production of hydrochloric

acid and pepsin in the stomach is associated with hardened arteries, high cholesterol, high triglycerides, high blood pressure, and even obesity—which can spell trouble for your heart"? Probably not; he and his colleagues are too busy handing out statin drug prescriptions and performing bypasses to think of such simple, noninvasive and inexpensive remedies.

What about your internist? Has he mentioned that the western world's near epidemic of parasites is due, in large part, to acid-suppressing drugs? If not, educate yourself by heeding what Drs Wright and Lenard say in their excellent book, that low stomach acid leaves us prey to "salmonella, cholera, dysentery, typhoid and tuberculosis, not to mention garden-variety heartburn, diarrhea, constipation, bloating, flatulence and parasites".

I lived for three years in Haiti, where people were plagued by parasites and where "cures" that didn't work often dominated dinner party conversations. I didn't know then that the hydrochloric acid I had brought with me, and took religiously, was the only reason I'd escaped this unpleasant fate. Later, during the years I lived in Africa, India and Sri Lanka, I was able to spread the word around and help lots of sufferers.

More from *Why Stomach Acid Is Good*

For You: "...there is no doubt that acid suppression promotes bacterial overgrowth and that bacterial overgrowth promotes production of carcinogenic nitrosamine compounds. There is also no doubt that acid-suppressing drugs increase the progression and severity of atrophic gastritis in people with *H. pylori* infection, and that atrophic gastritis is a major risk factor for gastric carcinoma."

That's cancer.

What about those who say, "Yes, but I've got reflux and/or GERD and have to take acid-suppressing drugs"? I say, "Wrong!" Even though the acid-suppressing drugs may reduce symptoms, they are like throwing petrol on a fire, and will eventually create severe diseases.

Reflux (where acid flows back into the oesophagus) and/or the more serious gastro-oesophageal (or esophageal) reflux disease (GORD, or GERD) are not caused by *too much* acid, but by *too little*. If you have GORD/GERD, don't call it "acid indigestion". Better, call it "lack of acid indigestion". This is how it works. When you eat, if your hydrochloric acid is low, your stomach will hold food longer and whatever hydrochloric acid is present will mix in with the food. Your stomach will

...when hydrochloric acid supplementation is not feasible, a tablespoon of apple cider vinegar in a glass of water, taken 30 minutes before meals, will often relieve some, or even all, symptoms.

churn, but, because it doesn't have enough acid, instead of emptying its contents into your small intestine it causes some of the food to regurgitate into your oesophagus. Then, because your throat is not protected against acid with the same mucosal barrier as your stomach, your throat will burn. Thus the term "heartburn". If you treat this burning with antacids, the burning will stop but you will perpetuate the problem until you are a candidate for an operation. To avoid this fate, provide your stomach with what it desperately needs: hydrochloric acid with pepsin as well as acidophilus and digestive enzymes. However, don't do this unless you carefully acquaint yourself with the contraindications (e.g., don't take it if you have ulcers or take NSAIDS). Give some thought to cutting out sugar and grains, which probably caused the problem originally.

If your physician has prescribed any of the proton pump inhibitors or H₂ blockers such as Prilosec, Prevacid, Zantac, Pepcid and Tagamet, these probably won't kill you outright but please bear in mind that Propulsid did just that until it was forced off the market.

If your physician has taken the acid-suppression option instead of telling you how to heal your stomach naturally, you need to find a physician who has not been hopelessly indoctrinated by Big Pharma. He or she should have warned you that these are some of the most deadly drugs you can take.

Prilosec, for example, virtually eliminates acid in the stomach around the clock. This means that necessary assimilation does not take place, and you will slowly starve.

If you have been advised to have surgery for this easily corrected condition, ponder what Dr Joseph Mercola had to say in *Men's Journal*, December 2002: "A surgical solution should have no role in the management of this purely physiological problem, and future generations will realize how foolish our current medical model has been by trying to treat a primarily biochemical problem with surgery."

We observed amazing recoveries from this condition at Hippocrates Health Centre, merely with our detoxifying diet. There is no question that *poor diet* creates this condition. It is, therefore, *good diet* that cures it. It is as simple as that, but this self-evident truth has not trickled down into the average doctor's surgery. Here is what you can do to alleviate this condition yourself: quit poisoning your body with junk food; shun sugar; eliminate all grains until healed, and possibly permanently; take acidophilus and digestive enzymes; obtain vitamin D from the sun, food or

supplements; and drink plenty of pure water. Once your stomach is healed, start taking hydrochloric acid as directed above.

Be aware, however, that self-diagnosis is unwise. When in doubt, consult Wright and Lenard's *Why Stomach Acid Is Good For You*. It is a superb guide to getting well.

For those who wonder how it can be possible that physicians do not appear to know about this simple remedy, consider this. Big Pharma:

- earns more than US\$7 billion per year selling antacids and acid-blocking drugs;
- finances and controls the medical schools;
- has a stranglehold on regulatory agencies such as the US Food and Drug Administration (FDA) and Australia's Therapeutic Goods Administration (TGA);
- donates huge amounts of money to politicians;
- spends billions "romancing" doctors.

Need I say more?

There is no question that *poor diet* creates this condition. It is, therefore, *good diet* that cures it. It is as simple as that...

Detecting Nerve Blockage

During the many years that my book has been widely circulated, I have received hundreds of comments from people whose digestive and other health problems have been significantly helped by taking hydrochloric acid.

However, some have reported that they have been unable to get the diagnostic "burn signal" in the stomach, no matter how many hydrochloric acid

capsules they take. In this instance, hydrochloric acid should be discontinued until the problem has been diagnosed and rectified, and it is usually caused by nerve blockage in the spine.

There is a simple test to discover if such a blockage exists. Get a bottle of nicotinic acid (not niacin or niacinimide) from your health food store. You may have to send away for it, as this "flushing" version is not always available in Australia and other countries (email New Zealand Nutritionals at enquiries@vita-fit.nz). Then, play it safe and start with one-half tablet before breakfast. This will produce a "niacin flush" if it is your appropriate dose. If it does not, you will need to take a bit more the next morning. Once the flush starts, observe to see if the red flush extends to your toes and fingertips. If it does not, it is an indication that you have spinal nerve blockage and you will need to see a qualified chiropractor or osteopath. Dr John Whitman Ray, of Body Electronics fame, advised me that the first cervical vertebra should be adjusted first. Then, once your spinal column is properly adjusted, hydrochloric

Continued on page 80

EGYPT TOUR

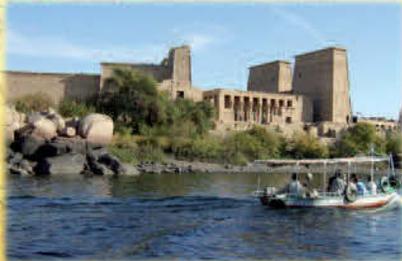
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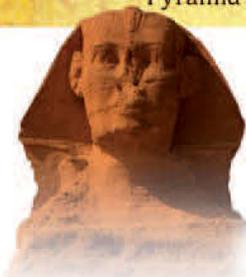
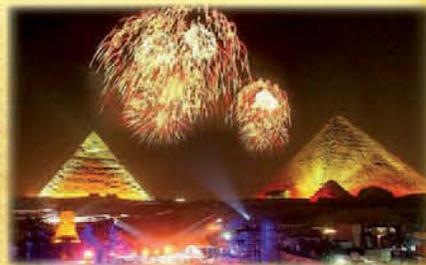
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JUNK DNA: DOORWAY TO TRANSFORMATION

Far from being non-coding and useless, so-called "junk" DNA can interact with zero-point energy and the morphic field, affecting our consciousness and also responding to changes in our states of mind. It is even responsible for the emergence of language.

by Brendan D. Murphy
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Website:
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Something that is not particularly widely known about the mind-body connection today is that, since the early 1940s, a genuine microbiological framework for understanding the power of suggestion, intention and belief has been developing. In this short essay based on my forthcoming book series *The Grand Illusion: A Synthesis of Science and Spirituality* (volumes 1 and 2), we will look at some of this work as it relates to previously unexplainable "spontaneous" alterations to the genomes of living people—and the physiological and psychospiritual transformations that often accompany them.

If We Don't Understand It, Then It's "Junk"

As most NEXUS readers would know, the vast majority of our DNA "text" is not used in the coding of proteins and enzymes—it is non-coding—and scientists generally don't have any idea what its purpose is. Thus, in their infinite wisdom, they initially dubbed it "junk DNA". How much of our DNA is junk? About 95–98 per cent—rather a lot of waste for Nature to hang onto, I think you will agree (some scientific estimates go as high as 99 per cent). Since it is not responsible for constructing our basic physical form, its purpose remains mysterious to conventional mindsets. A large portion of our "junk" DNA is made up of mobile genetic elements (transposons and retrotransposons) or "jumping DNA", which can rewrite and activate—or deactivate—certain genetic codes. Jumping DNA reportedly makes up as much as *half* of the total DNA nucleotides.¹

Another major portion of the non-protein-coding regions of the genome is comprised of variable-number, tandemly repeating sequences known as "satellite DNA". Microbiologist William Brown believes that through specific conformational arrangements, satellite DNA interfaces with the so-called "morphic field"; various conformations have specific resonances with the morphic field and can therefore tune into different information programs. Since satellite DNA is very specific to each person, each of us tunes into a distinct and unique morphogenetic pattern.² It seems likely that both jumping DNA *and* satellite DNA interface with the morphic field, thus responding to alterations in one's state of consciousness. Satellite DNA's ability to expand the number of repeating sequences means an increase in the information-carrying capacity of DNA. As a fractal antenna, DNA interacts with the vacuum/aether/zero-point field, transducing the zero-point energy which interacts with our consciousness. A greater interaction between our DNA and the torsion and/or scalar forces in the vacuum might equate to expanded consciousness, while a lesser interactivity would result in a contracted awareness. Thus, "certain modular arrangements of DNA would be more conducive to conscious awareness".³

In the 1990s, a team of Russian linguists led by Dr Peter Gariaev discovered that the genetic code in "junk" DNA follows uniform grammar and

usage rules virtually identical to those of human language. It turns out that the "junk" was laden with the intimations of intelligence, purpose and meaning (a perspective forbidden by fundamentalist Darwinism).

This ground-breaking research followed Dr Jeff Delrow's discovery in 1990 that the four nucleotides (A, T, G and C) of DNA inherently form fractal structures closely related to human speech patterns.⁴ Within non-coding DNA segments, scientists have found large numbers of "endlessly repeated sequences with no apparent meaning, and even palindromes, which are words or sentences which can be read in either direction".⁵ Thus, human language seems to have emerged from the grammatical and syntactical structures within our very own DNA—the massive "junk" portion, no less!—hence why there is no substance to the notion that there was some kind of linear progression from the primitive form of pre-linguistic communication in the animal kingdom to human language.⁶ It was a "quantum leap" right out of the aether/vacuum (or what we will also call "time-space" here).

The Gariaev group's pioneering DNA research accounts for the power of hypnosis (and potentially most other psi phenomena, or "hypercommunication"). One of the basic assumptions made by the Gariaev team is that "the genome has a capacity for quasi-consciousness so that DNA 'words' produce and help in the recognition of semantically meaningful phrases".⁷

Because the structures of DNA base pairs and of language are so similar, we can alter our own genetics by simply using words and sentences, as has been experimentally proven. Live DNA "...will always react to language-modulated laser rays and even to radio waves, if the proper frequencies are being used. This finally and scientifically explains why affirmations, autogenous training, hypnosis and the like can have such strong effects on humans and their bodies."⁸

One of the more famous cases of hypnotically induced genetic alteration was documented c. 1951 at the Queen Victoria Hospital in West Sussex, England. It involved the cure of Brocq's disease in a teenage boy. His skin was dry, hardened and reptile-like, and it cracked and bled easily. Using hypnotic suggestion, anaesthetist and hypnotist Dr Albert A. Mason remedied the condition in a matter of weeks—a miracle at the time, since Brocq's disease is a genetic condition, so eliciting a cure meant that Mason had effectively reprogrammed the boy's genes (which scientists of the time "knew" was impossible). The boy's hardened skin fell away, exposing soft, healthy flesh which remained so thereafter.

Today we know that by using correct light and sound frequencies—as well as words—we can activate some of our mobile DNA to re-code certain portions of the genome, thus effecting a physical transformation at the most fundamental biological level.

DNA, Wormholes and Torsion Fields

During 1984–85, Gariaev made a startling discovery. He found that an *in vitro* DNA sample in a test tube had the ability to attract and harness coherent laser light, causing it to spiral along the DNA helix. This alone was an unexpected (and paradigm-shifting) discovery, but it wasn't all. After the DNA sample and all the apparatus were removed, *the photons continued to spiral as if the DNA was still there*. This was dubbed the "DNA phantom effect", and it signified that some "new" scalar/torsion field structure had been excited from the vacuum/aether and was entraining the light even in the absence of the DNA! This effect has been observed to last for up to a

month, showing that this new field structure possesses remarkable persistence and stability. Even after blowing the phantom away with gaseous nitrogen, it returns within 5–8 minutes (torsion fields are famously stable and persistent). Gariaev *et al.* also remark that "sound waves radiated by the DNA molecules were registered in these experiments",⁹ showing that DNA not only absorbs and emits light (as is well

established) but radio frequencies and phonons as well.

Our DNA harnesses both sound and light in its moment-by-moment operations, but, more than this, it "punches holes" in space-time, opening a window to time-space/the time domain. To put it another way, our DNA creates "magnetised wormholes" in the fabric of space—"...tunnel connections between entirely different areas in the universe through which information can be transmitted outside of space and time. The DNA attracts these bits of information and passes them on to our consciousness."¹⁰ Most of us know this process as intuition or psychic insight. Ordinary human memory would also operate on similar principles, since available evidence indicates that our memories are stored not in our brains but in field structures that envelop our bodies, and ultimately in the vacuum/aether itself.

Various researchers have theorised that the energy occupying time-space/aether which is responsible for these phenomena is twisting/spiralling torsion energy. The "magnetised wormholes" mentioned above could also be described as "torsion fields" or "vortices". A torsion field is a self-sustaining vortex in the aether/vacuum/time-space which is non-

...human language seems to have emerged from the grammatical and syntactical structures within our very own DNA—the massive "junk" portion, no less!...

electromagnetic—though it can produce EM effects such as light.¹¹ By spinning, a vortex can excite photons or virtual photons out of the fabric of space/aether—and static torsion fields can harness and store light within them (as we see with the DNA phantom effect).

Sol Luckman, developer of the Regenetics healing method, considers *qi/prana/orgone* to be the light-based effect of torsion fields. In *Conscious Healing*, he describes torsion energy thus: "...universal creative consciousness or subspace energy (Aether) experiencing itself in time... Torsion Energy in the form of a 'life-wave'...interfacing with and modifying Potential DNA's Transposons is the driving force behind the evolution of human consciousness and physiology."¹²

The first research generally credited with the discovery of this "fifth force"—torsion—is that done in the late 1800s by Russian professor N. P. Myshkin.¹³ Einstein's colleague Dr Elie Cartan first coined the term "torsion" in 1913 in reference to this force's twisting movement through the fabric of space-time—but his important work was virtually buried by the rampant success and notoriety of Einstein's theories. In the 1950s—the same decade in which Dr James Watson and Francis Crick discovered the helical structure of DNA—pioneering Russian scientist Dr Nikolai A. Kozyrev (1908–1983) conclusively proved the existence of this energy, demonstrating that, like time (and not dissimilarly to DNA), it flows in a sacred geometric spiral,¹⁴ as I detail in *The Grand Illusion* vol. 1 (TGI 1). Russian scientists are reported to have written thousands of papers on the subject in the 1990s alone, and, more recently, award-winning physicist Nassim Hamein, along with his colleague Dr Elizabeth A. Rauscher, has re-worked Einstein's field equations with the inclusion of torque and coriolis effects.

Torsion Fields, Mental Intention and Healing

If your "soul" is in fact a torsion field or vortex in the fabric of space (or a structure of multiple vortices, as described by seers and occultists), then your consciousness, by definition, must survive the demise of your physical body: it existed in the aether/vacuum before you ever obtained a body.

Interestingly, the work of scientists Gennady Shipov and Burkhard Heim "established that torsion generators allow us not only to replicate all 'phenomena' demonstrated by so called 'psychics', but they also are

able to demonstrate effects that were never demonstrated by any 'psychic'".¹⁵

This "transcendent" force that is intrinsically unrestricted by the bounds of our space-time (and which, in the form of torsion waves, operates billions of times beyond the speed of light) can account for the well-documented remote-healing phenomenon demonstrated in many studies, as well as more localised, short-range psychokinetic effects. (For a much more comprehensive exposition on such mind-matter interactions, see TGI 1.)

Cell biologist Dr Glen Rein discovered experimentally that anger, fear and similar emotions have the power to contract a DNA molecule, compressing it. On the other hand, emotions such as joy, gratitude and love unwind or decompress DNA exposed to them. This effect could be created on samples up to half a mile away from the "sender" of the emotion.¹⁶ Years earlier in Russia, remote-influence experiments with human targets presaged Rein's results and proved that remote human intention could be used to effect physiological and conscious processes in a distant human target as well as to send telepathic messages.¹⁷

Pertinently, in another series of Rein's experiments, those with coherent electrocardiograms could wind or unwind DNA samples at will, while those with incoherent heart energy could not. Furthermore, in these experiments, simply *feeling* love-based emotions was not enough to affect the DNA samples: *the intent to alter them had to be present*.¹⁸ Thus, Rein's research links torsion energy to life-affirming emotions—in particular to unconditional love, which propels both our individual and

collective evolution. "Only the love-based emotions stimulate DNA to decompress so that messenger RNA can access codes for healing." Negative emotional states compress the DNA helix, "severely limiting access to genetic information necessary for healing as well as evolution".¹⁹

Sounds Like DNA Activation

We have recently entered into what Larry Dossey, MD, has dubbed "Era III" medicine. Era III medicine is concerned with the primacy of bioenergetic consciousness in the sound domain (time-space/aether) in healing and transformation, whereas "Era II" epigenetics was primarily restricted to the light domain

If your "soul" is in fact a torsion field or vortex in the fabric of space...then your consciousness, by definition, must survive the demise of your physical body: it existed in the aether/vacuum before you ever obtained a body.

of our space-time, and "Era I" was myopically based solely on physico-chemical considerations—a boon for Big Pharma.²⁰

As the Gariaev group has shown, sound and light can be utilised to rewrite the genetic code. The group even went so far as to be able to turn frog embryos into salamander embryos by electronically recording one species' DNA informational patterns and then re-transmitting them to the other species.²¹ The resulting salamanders could even mate and produce baby salamanders.

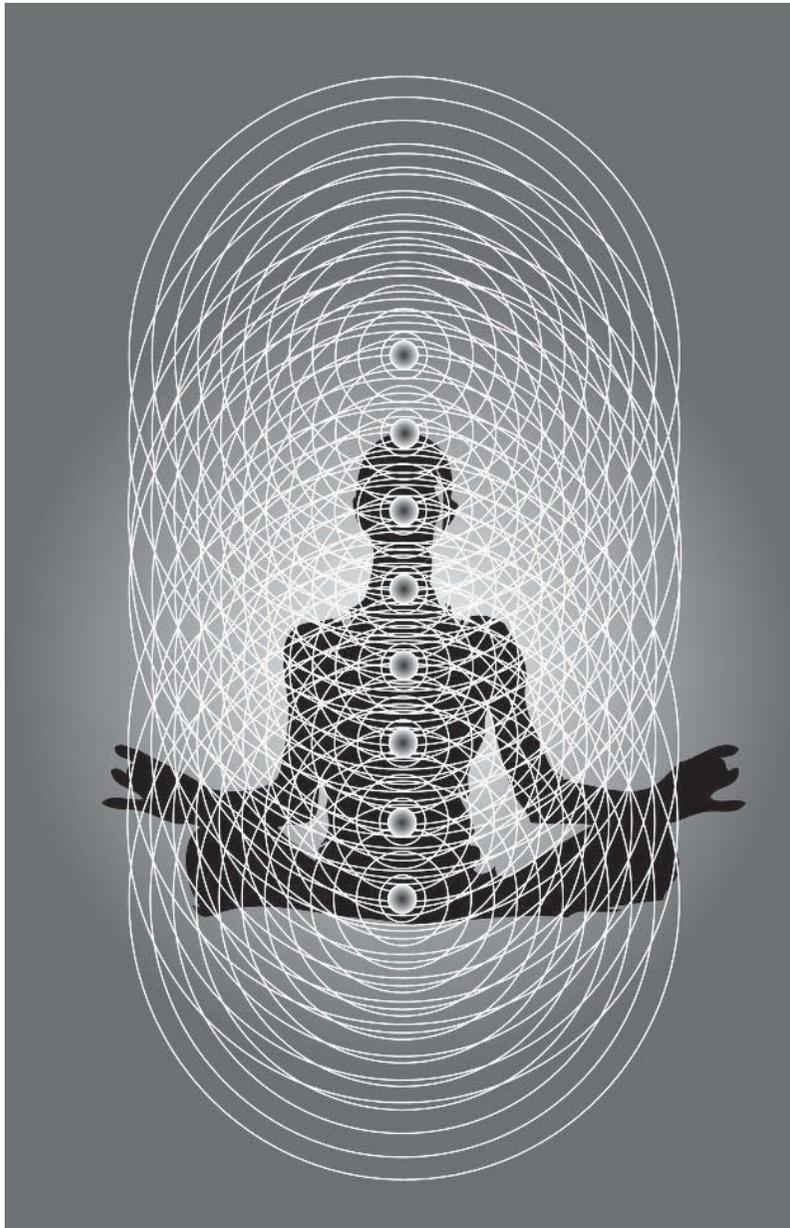


Figure 1. The transformed octave-based human bioenergy blueprint five months after Potentiation. According to this model, at this stage a ninth out-of-place vortex above the eighth vortex/chakra above the head has descended and “sealed” an energy drain in the second centre, referred to esoterically as the “fragmentary body”. The result is a balanced octave of eight vortices/chakras. (Image credit: Sol Luckman, *Conscious Healing*, 2006, 1st edition, p. 61)

Specific sound frequencies: herein lies the power of Luckman's DNA activation method. Some of you may be aware that our mathematically structured DNA is “tuned” to the ancient solfeggio scale; it is resonant with it. According to mathematicians Marko Rodin and Victor Showell, this scale constructs the entire universe. Len Horowitz, DMD, comments that the “creationistic dynamics of matter have their source in pure acoustic spirit”,²² which is vividly demonstrated (analogically) by the work of the late Dr Hans Jenny. By vibrating a mass of solid particles on a metal plate at certain frequencies,

Jenny caused those particles to arrange spontaneously into specific geometric forms. Alternatively, the vibration of these loose particles suspended in a fluid could be seen to create *nested geometric figures*—the Platonic solids, in point of fact.²³ Hence Horowitz's point about matter being created by “sonic” frequencies in the “spiritual” domain. Because reality is a fundamental ground that is holographic, it assembles the manifest universe fractally in a self-referencing manner in which geometric forms can be nested within one another.

By utilising just a 528 Hertz solfeggio tuning fork and the correct vowel chanting techniques (as detailed in Luckman's book *Potentiate Your DNA*), some of your mobile genetic elements can be activated to harness greater amounts of torsion energy in time-space/aether. (With the Regenetics method, the activation of potential DNA occurs incrementally as one goes through the different stages of Potentiation, Articulation, Elucidation and Transcension.) Potentiation—the first phase of the Regenetics technique—specifically employs the “mi” note of 528 Hz, which has been used by molecular biologists to repair genetic defects²⁴ and is also known simply as “Love Hertz”. The result of this total process (the Regenetics Method)—which unfolds over a minimum of 27 months—is a gentle and progressive kundalini awakening and healing of the physical, mental, emotional and spiritual bodies/layers of the psyche (see figure 1). Allergies disappear, old injuries repair, serious diseases vanish, the body detoxifies, emotional baggage is purged, and a sense of peace and wellbeing develop. Some people can even begin to sense their fundamental interconnectedness with creation.

For my part, immediately following my own Potentiation,²⁵ I noticed my damaged rotator cuffs felt subtly different. Within a few weeks, they had improved very significantly. Seven

months later, I experienced virtually no pain in them and could comfortably lie on my side to sleep at night—something I had not been able to do for about 12 years previously, no matter how positive I tried to be or how determined I was to heal them myself. I am convinced that this is not a placebo effect. Before doing my own Potentiation, even swinging my arms back and forth across my chest caused sharp, stabbing pains in my shoulders—but no more. As I type, I am experiencing a detox process (primarily through my sinuses), and my food allergies show signs of eventually disappearing.

With the DNA acting like a tuning fork and resonating with the solfeggio frequency, the "errors" in the sonic torsion field blueprints (in time-space) for our biology are corrected. At the biological level, the jumping DNA shift to rewrite the gene code for the better, as previously dormant codons are switched on to improve healing mechanisms and so on.

Consciousness researcher Stephen Linsteadt has reported that, at this 528 Hz frequency, "the clustered water molecules that surround and support the DNA structure form a perfect six-sided hexagon"²⁶—meaning that you are apparently generating your own internal cymatic effect as you perform your own Potentiation!

"In theory," writes Horowitz, "phase-locking your body to [the] 528 Hz frequency sends the most powerful healing energy in the universe to your DNA". DNA's amino acid sequence, which vibrates in a glycoprotein matrix of structured water, depends heavily on the 528 Hz frequency not just for its physical structure but also for its bioelectrical and bioacoustic functions.²⁷

A New Kind of Human?

Microbiologist Dr Colm Kelleher has studied "junk" DNA for years. He states that transposons are known to be engines of evolution, explaining that the most plausible mechanism for initiating a rapid, large-scale change in physical structure—even the emergence of a new species—is a "simultaneous transposition burst". He speculates that similar mechanisms might also be involved in a *kundalini* experience.²⁸

Kundalini—a real physical energy, as I show in TGI 1—has always been held in high esteem by mystics and seers because of its ability to awaken higher consciousness and vivify and restore the physical body. It upgrades the bioenergy system. The principal function of kundalini in occult development is reputedly to pass through the etheric chakras and vivify them so that they bring astral experiences through into the physical consciousness.²⁹ An enhancement of the

chakras at the etheric level will naturally have positive physical side-effects, as the etheric body is an energetic duplicate of the physical and in fact is considered to be of the "physical" density in its own right (unlike the astral/mental/spiritual energies).

Physicist Dr Amit Goswami states in *Physics of the Soul* that the raising of the kundalini seems to unleash the dormant capacities of consciousness for making new representations of the vital (etheric) body onto the physical body. "There is evidence. People in whom kundalini has risen and been properly integrated undergo extraordinary bodily changes (for example, the development of nodules on the body that [form] the figure of a serpent)."³⁰ Kundalini experiencers also often describe an incredible white light enveloping their consciousness—as the plasma-like kundalini rises up the spine and explodes into the head and the crown chakra. The result in the moment is often a state of expansive bliss.

...there are similar elements in the aftermath of DNA and kundalini activation as compared to the near-death experience (NDE).

One salient point to any researcher of these topics has to be that there are similar elements in the aftermath of DNA and kundalini activation as compared to the near-death experience (NDE). Aside from biophysical alterations (an effect shared by all groups), many near-death experiencers (NDEers) have reported that they experience a deeper sense of connectedness with all things, higher levels of

empathy, decreased competitiveness and egotism, elimination of the fear of death, and a greater sense of peace and contentment.

The spontaneous resolution or disappearance of serious diseases and allergies falls under the category of biophysical transformation, which is correlated with kundalini awakening as well as DNA activation. Near-death experiencer Mellen-Thomas Benedict, for example, had an inoperable brain tumour prior to his 90-minute NDE. Post-NDE, his cancer was simply gone: it had vanished.³¹

NDEers also find quite often that their psychic faculties are put into overdrive post-NDE—whether they like it or not! In *Transformed by the Light*,³² Dr Cherie Sutherland offers the case studies of 50 Australian NDEers, at least one of whom reported that post-NDE they had become so telepathic that they were picking up on the internal monologues of people around them—*totally unintentionally*.

Dr Kenneth Ring actually hypothesised in the 1990s that NDEers *do* undergo a kundalini awakening, and he marshalled some impressive evidence in support of the notion in *The Omega Project*.³³ (I expand on these themes in detail in TGI 2.)

We might speculate whether the NDE can also spontaneously precipitate the sealing of the "fragmentary body" (the energy defect in the second chakra) by revealing to people their true nature as immortal "spirit" or infinite consciousness and an integral part of the cosmos, thus remedying their "separation consciousness"—as well as other personal issues around self-loathing, guilt and so forth. Certainly, the experience of contacting a force of cosmic love, compassion and total, unconditional acceptance is powerfully healing for many NDEers. Perhaps not surprisingly, many find that they spontaneously develop powerful healing faculties—even to the extent that they give up their careers to become energy healers! This suggests the activation of previously dormant sections of DNA (codons) involved in the transmission and mediation of electromagnetic energy and torsion forces.

In 1996, Kelleher cloned a stretch of human DNA from activated human T-cells and found it to consist of a tandem array of transposon sequences "arranged like beads on a string". It was the perfect structure that he had envisioned for accomplishing "a large-scale speciation-type change". Kelleher predicts that people who have undergone NDEs or have meditated for long periods "should have a higher transcriptional level of this transposon cassette".³⁴ Available NDE case studies seem to support his contention.

Many NDEers appear to represent a new kind of human being: one not just infinitely more metaphysically aware than the "average" person but one who is also more "switched on", genetically and psychically speaking. Overall, NDEers seem to show an unusually high level of intuitive activation, not unlike kundalini-awakened individuals.

Conclusions

Thanks to the innovative work of researchers in fields as diverse as NDE research, psychiatry, molecular biology, hypnosis, kinesiology, occultism and more, we may have identified four major ways to activate our latent jumping DNA to effect dramatic personal transformation: hypnosis, DNA activation with Solfeggio frequencies, kundalini awakening, and NDEs.

With the extinction of bottom-up Darwinian "DNA primacy", we can and must relinquish the moribund notion that our genetic inheritance is a done deal which we can no more change than the Earth's orbital pathway around the Sun.

The lines of research discussed herein reveal that in using sound and language deliberately to change our genetic expression in a controlled fashion, we can also

change our consciousness—and vice versa. We can change our consciousness and, in turn, alter genetic expression (permanently, it seems). No longer can a human be conceived of as a powerless little Darwinian "meat computer" at the mercy of "natural selection".

Thank goodness for the "junk" that Nature didn't throw away! ∞

About the Author:

Brendan D. Murphy is the rising Australian author of the forthcoming science-meets-metaphysics non-fiction epic *The Grand Illusion: A Synthesis of Science and Spirituality* (volumes 1 and 2), and a contributing writer for several popular alternative magazines and websites. While <http://www.brendandmurphy.com> is under construction, NEXUS readers are warmly invited to visit The Grand Illusion (TGI) fan page on Facebook for more articles, information and free book excerpts (as well as updates on Brendan's obscure musical proclivities). Go to <http://www.facebook.com/The.Grand.Illusion.Books>.

Overall, NDEers seem to show an unusually high level of intuitive activation, not unlike kundalini-awakened individuals.

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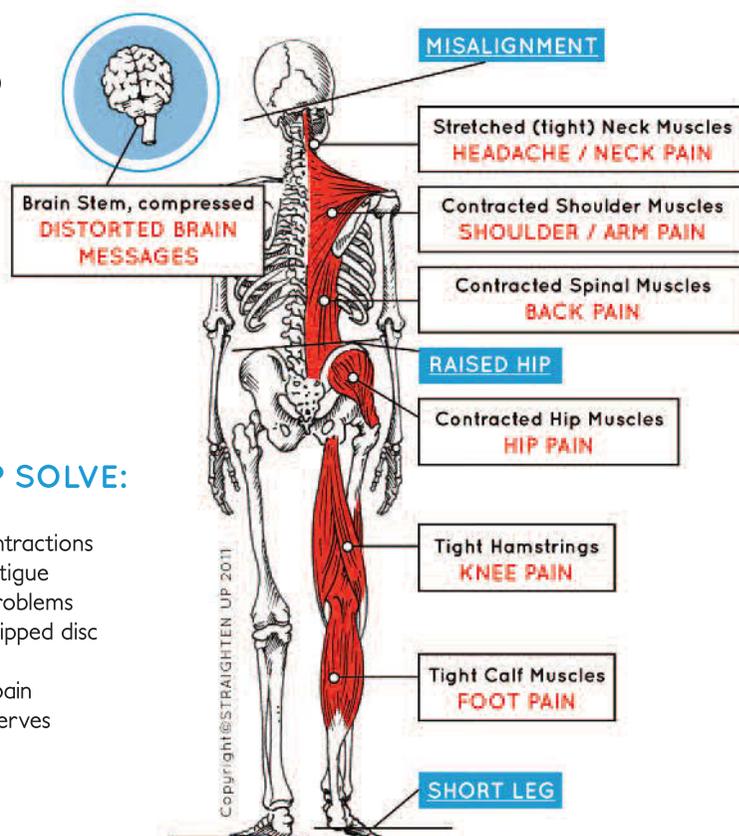
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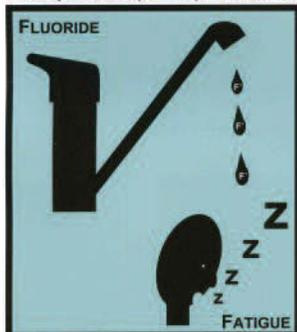
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THE MAYAN CALENDAR AND THE 2012 END DATE

The end of the fifth Great Cycle of the Mayan Long Count calendar coincides with the solstice of 21 December 2012 at 11:11 am Universal Time and with the end point of philosopher Terence McKenna's Timewave Zero. Is humanity on the verge of a new evolutionary cycle?

Arise, all arise, not one nor two groups be left behind; together we will see once again the place from where we have come.

– Mayan prophecy

Type "Mayan calendar" into an Internet search engine and you'll find millions of references to this ancient device. It has been the subject of countless media reports, a Hollywood blockbuster and much conjecture. So, why all the attention? This article explores the history of the calendar, the significance of its 2012 end date, and its connection to the 11:11 phenomenon and the Chinese "I Ching".

The End of the World or A New Beginning?

The ancient Maya people dominated Mesoamerica, the narrow landmass that lies between North and South America, from around 2000 BC to 900 AD. It was during their classic period, from 250 AD to 900 AD, that they constructed an extensive empire of cities. They built impressive palaces, religious temples and stepped pyramids. The Maya created magnificent carvings and ceramics as well as sophisticated mathematical systems, and they devised the only known fully developed written language of the pre-Columbian Americas.

The Maya people were also keen astronomers. They were particularly interested in the planet Venus. Without the use of telescopes and with only the naked eye to guide them, the Maya were able to measure the lunar month, predict eclipses and determine the revolutions of Venus. They made incredibly accurate records of the stars and Sun, and they aligned many of their ceremonial pyramids accordingly. Even today, thousands of people gather at El Castillo pyramid at Chichen Itza on the days of the spring and autumn equinoxes to watch the Sun cast a shadow over the edge of the pyramid. For a few moments, the shadow creates the illusion of a snake slithering down to Earth. It was the ancient Mayan fascination with astronomy that also led to the development of their now-famous calendars.

While the Gregorian solar calendar that we use today was primarily created for agricultural purposes, the calendars of the Maya were based on a very different set of principles. The Maya believed that the solar system cycles are connected to our collective consciousness, and they included spiritual elements in many of their calendars.

The most important Mayan calendar is the sacred Tzolk'in (or "count of days"), a 260-day calendar that combines a cycle of 20 day-names with a cycle of 13 numbers to create 260 days, each with its own set of characteristics. It was said that an individual's personality could be predetermined according to the Tzolk'in day on which they were born.

The Maya then combined two cycles of the Tzolk'in calendar with a third cycle, known as the Haab', to produce a longer cycle of time. Each Haab' cycle is made up of 365 days and consists of 18 months of 20 days each as well as

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one "unlucky" month of five days. When combined with the Tzolk'in calendar, one full cycle or calendar round would take 52 years or 18,980 days.

However, the Maya needed more than 52 years to record historical events and so they invented the Long Count calendar. It is the Long Count system that has gained notoriety in recent times and has come to be known simply as the "Mayan calendar". The Maya developed their Long Count calendar around 355 BC; however, the calendar's 0.0.0.0 starting date did not begin in 355 BC. For reasons unknown, the Maya backdated their Long Count by more than 3,000 years. Maya researchers generally agree that its start date corresponds with the Gregorian date of 11 August 3114 BC. The Long Count Mayan calendar is made up of the following units:

1 day	=	1 k'in
20 days (20 k'ins)	=	1 uinal
360 days (18 uinals)	=	1 tun
7,200 days (20 tuns)	=	1 k'atun
144,000 days (20 k'atuns)	=	1 b'ak'tun
13 b'ak'tuns	=	1 Great Cycle

The duration of each Great Cycle (or 13 b'ak'tuns) is approximately 5,126 years. Maya experts have calculated that the current Great Cycle, which began at 0.0.0.0 or 11 August 3114 BC, will end on 13.0.0.0 or 21 December 2012 AD.

Australian science expert Dr Karl S. Kruszelnicki has said that to read the 0.0.0.0 scholarly notation for the Long Count calendar, you need look no further than your car's odometer. As you drive, the extreme right slot of the odometer rolls over from 0 to 9 kilometres; that slot then rolls back over to 0 when it reaches 10 and the number 1 rolls into the slot next to it to represent 10 kilometres. Dates recorded by the Long Count calendar are read in a similar fashion.¹

The calendar counts through the days (or k'ins), and when it reaches 19 (0.0.0.19) it then rolls over to 0, and the slot to the left (the uinal) rolls over to 1 (0.0.1.0). When the uinal slot reaches 17 (0.0.17.0), it then rolls over to 0 because 18 uinals = 1 tun (0.0.1.0.0). So, 1 January 2009 would therefore be represented as 12.19.15.17.10—that is, 12 b'ak'tuns, 19 k'atuns, 15 tuns, 17 uinals and 10 k'ins. On 21 December 2012, the date according to the Mayan Long Count calendar will read 13.0.0.0—that is, 13 b'ak'tuns.

What does it all mean? On 21 December 2012, the current cycle of the Mayan calendar "ends". What the ending of the calendar means for modern-day humanity is unclear. On 31 December each year, when our Gregorian calendar ends, we simply roll over to 1 January and begin a new year. Other than a few million hangovers the world over, the ending of the Gregorian calendar does not equate to anything special.

However, the Mayan calendar is different. According to

the Popol Vuh, the creation story of the Maya, the completion of each Great Cycle is said to correspond with a cycle of creation and transformation on Earth.

The Popol Vuh tells of four previous ages on Earth and suggests that we are currently living in the fifth. The K'iche' Maya predicted that the end of the fifth Great Cycle would involve movement, vibration and earthquakes, while the Tz'utujil Maya warned that man would need to undergo a conscious evolution if another creation, or sixth cycle, were to follow. According to the Institute of Maya Studies in Florida, USA, the Zuni and Navajo peoples also believe that we are living in the fifth era and that the sixth is drawing near.

The Mayan calendar's end date is also significant because it coincides with a solstice. On 21 December 2012, the northern hemisphere experiences its winter solstice and the southern hemisphere experiences its summer solstice. This is the day when the Sun is in its most southerly position—the shortest day of the year in the northern hemisphere and the longest day of the year in the southern hemisphere. The December solstice of 2012 is scheduled to occur at 11:11 am UTC (Coordinated Universal Time) on 21 December. The actual day and time will vary, depending on where you are in the world, as per the following time conversion chart:

Location	Date	UTC 11.11 am
Los Angeles	Friday 21 Dec	3:11 am
Guatemala	Friday 21 Dec	5:11 am
New York	Friday 21 Dec	6:11 am
London	Friday 21 Dec	11:11 am
Paris	Friday 21 Dec	12:11 pm
Moscow	Friday 21 Dec	3:11 pm
Perth	Friday 21 Dec	7:11 pm
Tokyo	Friday 21 Dec	8:11 pm
Sydney	Friday 21 Dec	10:11 pm
Auckland	Saturday 22 Dec	12:11 am

Independent researcher John Major Jenkins has dedicated much of his life to the study of the ancient Maya, their cosmology and philosophy. He has written numerous books, including "Galactic Alignment and Maya Cosmogenesis 2012". According to Jenkins, the December solstice Sun in 2012 will conjunct with the galactic equator and the ecliptic in Sagittarius. This would place the Sun at the centre of the Milky Way, a phenomenon that he refers to as the Galactic Alignment. Jenkins also believes that the December solstice Sun of 2012 could reach the area of the Milky Way that astronomers refer to as the "nuclear bulge". It is the area of the Milky Way's dark rift, which the K'iche' Maya referred to as the *Xibalba be*—the road to the Underworld or the place of fear. In 2002, John Major Jenkins was a guest speaker at The Time of Global Shift seminar in Louisville, Kentucky, USA. He told those present:

"Many of the Mayan monuments describe mundane

historical events, but some of the Long Count monuments are dated with the date 13.0.0.0. These are called the Creation monuments, and they are talking about the beginning of time and the end of time, because time is considered cyclic. That date in the Long Count calendar applies to the beginning date [in 3114 BC], but it also applies to the end date [the cycle ending in 2012].

"And what the hieroglyphs say is something like, 'On this date, the image is made to appear'. So then you have to look on the hieroglyphs for the image, and it's basically this term *halaj koh*. This is a complex sort of thing that we would have to go into much deeper to really understand, but, in short, it has to do with the Sun being in the middle of the cross that manifests at the end of time."²

John Major Jenkins has long believed that the Maya were specifically pointing to the alignment of the Sun with the galactic equator when they developed their Long Count calendar. He has surmised that the Maya must have been aware of what is known in astronomy circles as the "precession of the equinoxes", as it is the precession that causes the alignment to occur. The Earth's slow wobble on its axis causes the precession of the equinoxes. The wobble moves the position of the equinoxes and solstices one degree every 71.5 years, and on 21 December 2012 it will result in the Sun's alignment with the central region of the Milky Way.

The effect that this event will have on our planet is unknown. Lawrence E. Joseph, author of "Apocalypse 2012", has reported that "whatever energy typically streams to Earth from the centerpoint of the Milky Way will indeed be disrupted on 12/21/12, at 11:11 Universal Time, for the first time in 26,000 years".³

A Shift in Consciousness?

It should be noted that not all of those who have studied the Mayan calendar believe that it points to the precession of the equinoxes. Swedish researcher Carl Johan Calleman has been studying the Mayan calendar for more than 25 years. Calleman's research has been focused primarily on the spiritual aspects of the calendar, and his findings have been published in numerous articles and books including "The Mayan Calendar and the Transformation of Consciousness" (2004).

Calleman believes that the Mayan calendar is associated with nine creation cycles, which represent nine levels of consciousness or "Underworlds". He has

concluded that the nine-storey Mayan pyramids—including the Temple of the Inscriptions in Palenque, the Pyramid of the Jaguar in Tikal and the Pyramid of Kukulcan in Chichen Itza—show how each level of consciousness is built on the foundation of the previous level. It is also his belief that the duration of each Underworld is 20 times shorter than the previous one, and this might explain why time on Earth appears to be speeding up.

According to Calleman, the nine levels of consciousness began with the Big Bang and the creation of cell structures 16.4 billion years ago. The second cycle saw the evolution of animal life. This was followed by the third cycle that was characterised by the evolution of primates and the use of tools. During the fourth Underworld, tribal organisation began, while the fifth Underworld was marked by the emergence of spoken language. The sixth Underworld coincided with the start of the current Great Cycle almost 5,126 years ago and began with the development of written language, patriarchal civilisation and law. The seventh level began in 1755 AD, around the time of the Industrial Age, while the eighth Underworld began towards the end of 1999 AD and was characterised by the development of the Internet and a global communications infrastructure. Calleman believes that the final universal level of consciousness began early in 2011 AD and could signal the end of the world—as we know it.

According to Calleman, there currently exists a conscious evolution towards enlightenment, and with it could come the attainment of what he calls a "nondual cosmic consciousness"; that is, the divides of "rich and poor", "east and west" and "me and you" will no longer exist, and a new age of understanding on Earth could soon begin. To quote Calleman:

"When we talk about the Mayan Calendar something profoundly different is meant than just a system to mark off the passage of time. The Mayan Calendar is above all a prophetic calendar that may help us understand the past and foresee the future. It is a calendar of the Ages that describes how the progression of Heavens and Underworlds condition[s] the human consciousness and thus the framework for our thinking and acting within a given Age. The Mayan Calendar provides an exact schedule for the Cosmic Plan and the unfolding of all things that come into existence. There is now ample

John Major Jenkins has long believed that the Maya were specifically pointing to the alignment of the Sun with the galactic equator when they developed their Long Count calendar.

empirical evidence for this, something that shines new light on the age old questions of mankind. Things do exist for a reason. The reason is that they fit into the divine cosmic plan. For those that seriously engage in a study of the Mayan Calendar this soon becomes evident and the former materialist world view loses all relevance."⁴

Messages from the Modern Maya

Although the ancient Maya thrived for more than 2,000 years, mystery still surrounds the collapse of this once great civilisation. In 800 AD, up to 20 million people made up the Mayan population; however, in 900 AD the southern Maya began to abandon their cities and the northern Maya followed soon afterwards. No one knows for sure what caused the exodus and subsequent collapse of the Mayan civilisation. Some scholars have suggested that the population was subjected to a 200-year drought, while others have theorised that disease, overpopulation and foreign invasion were responsible for their demise.

Today, an estimated six million Mayan descendants reside in Central America. Don Alejandro Cirilo Pérez Oxlaj is one such descendant. He is a 13th-generation K'iche' Mayan High Priest and a direct descendant of the ancient Mayan priesthood. His Mayan name is Wakatel Utiw, or Wandering Wolf. Don Alejandro is the leader of the National Mayan Council of Elders of Guatemala and a founder and Grand Elder of the Continental Council of Elders and Spiritual Guides of the Americas. He has spent many years travelling the world, delivering two simple

messages: that we need to take care of our planet, and that we urgently need to change the way in which we live. Don Alejandro has predicted that December 2012 could coincide with a planetary transformation:

"We are at the doorsteps of the ending of another period of the Sun, a period that lasts 5,200 years and ends with several hours of darkness. After this period of darkness there comes a new period of the Sun; it will be the sixth one. In each period of the Sun there is an adjustment for the planet and it brings changes in the weather conditions and in social and political life as well.

"The world is transformed and we enter a period of understanding and harmonious coexistence where there is social justice and equality for all. It is a new way of life. With a new social order there comes a time of freedom where we can move like the clouds, without limitations,

without borders. We will travel like the birds, without the need for passports. We will travel like the rivers, all heading towards the same point...the same objective. The Mayan prophecies are announcing a time of change. The Pop Wuj [Popul Vuh], the Book of the Counsel, tells us, 'It is time for dawn; let the dawn come, for the task to be finished'. "⁵

Professor Gaspar Pedro González is a Mayan novelist, poet and painter from the Q'anjob'al region of Guatemala. Concerning 2012, Prof. González has stated:

"From the perspective of contemporary Maya, 2012 constitutes a very important point in the history of humanity since time is a variable that greatly influences the life of the planet and everything that exists on it. Human beings do not exist by coincidence or by a work of chance. They are part of a plan to carry out a mission in this part of the universe. The world is still not totally finished in its creation and perfection; this human creature has a role to play in the world and its preservation. One could say that the life of the planet depends on human beings and what they do in their existence."⁶

The 11:11 Connection

Although there have been some discrepancies about the ending of the Mayan calendar, the majority of analysts believe that the Mayan Long Count calendar ends on 21 December 2012 and that it points to the December solstice on that date. Every year, the time of the December solstice changes, and astronomers have forecast that on 21 December 2012 it will occur at 11:11 am UTC.

Over the past century, a growing number of people have reported

feeling a strong connection to the 11:11 time code. Millions now believe that it is a time of great significance, and, as 2012 draws near, an increasing number suspect that it may somehow be connected to the Great Cycle of the Mayan Long Count calendar.

So, what exactly is the 11:11 phenomenon? According to George Barnard, therapist and author of the book "The Search for 11:11", there exists a group of planetary helpers known as "midwayers". There are exactly 1,111 of these so-called midwayers, and the 11:11 prompt is their way of tapping into our innate ability for pattern recognition to let us know that they are here. Barnard says that millions of people have begun responding to the 11:11 prompts; they see the numbers and feel some sort of deep connection. It is only upon further investigation that they discover they are not alone, that

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an entire network of 11:11ers exists. Barnard writes:⁷

"A new age of 'Spiritual Uplift' has begun on our planet. There are now literally billions of Celestial beings here, all of whom have been especially trained to assist with changing the course of this planet. Many more of these delightful Spirit Guardians are now ready to assist whoever will ask for their help. As a tribute to the centuries-long tenure of the original 1,111 Celestial Helpers, they have retained the customary 11:11 prompts. We are told that almost 100 million folks are being given these 11:11 prompts, and a glance around the web will tell you something big is happening."

George Barnard claims that he has been communicating with midwayers for more than 60 years:

"...they live in a realm between us and the next level that we go to after death. They are the closest spiritual entity to us. They are actually material creatures, but of a material invisible to most of us. It was not supposed to be like that; we were supposed to be able to see them, and on 'normal' worlds that is the way it is."

Information about the existence of midwayers can also be found in *The Urantia Book*, which was first published in 1955. Urantia is the name given to planet Earth by the author of the book, only no one actually knows the name of that author. It is said that in the early 1900s an American physician by the name of William S. Sadler was asked to treat a neighbour. The neighbour was found to be in a trance-like state and began communicating information that was said to be coming from spiritual beings. At first the information was transmitted verbally, and later as a series of "papers". It is those 196 papers that were eventually published as *The Urantia Book*. The papers contained within *The Urantia Book* deal with creation, the universe, the history of our planet, and the life and teachings of Jesus. It is written in Paper 77 (8.10, 8.11):

"Midwayers vary greatly in their abilities to make contact with the seraphim above and with their human cousins below. It is exceedingly difficult, for instance, for the primary midwayers to make direct contact with material agencies. They are considerably nearer the angelic type of being and are therefore usually assigned to working with, and ministering to, the spiritual forces resident on the planet. They act as companions and guides for celestial visitors and student sojourners, whereas the secondary creatures are almost exclusively attached to the ministry of the material beings of the realm.

"The 1,111 loyal secondary midwayers are engaged in important missions on earth. As compared with their primary associates, they are decidedly material. They

exist just outside the range of mortal vision and possess sufficient latitude of adaptation to make, at will, physical contact with what humans call 'material things'. These unique creatures have certain definite powers over the things of time and space, not excepting the beasts of the realm."⁸

Uri Geller, one of the world's most celebrated mystifiers, is another believer in the 11:11 phenomenon. Geller started experiencing unusual coincidences with 11:11 around the age of 40, and he has spent a great deal of time over the past 20 years investigating the meaning behind 11:11. He has even dedicated an entire section to it on his website (<http://www.urigeller.com>). This is what Uri Geller has to say about 11:11:

"11:11 is a pre-encoded trigger placed into our cellular memory banks prior to our descent into matter which, when activated, signifies that our time of completion is near. This refers to the completion of duality. When the

11:11 appears to you, it is your wake-up call. A direct channel opens up between you and the invisible. When this happens, it is time to reflect on whatever you are doing for a moment and Look Larger. A transfer is in position. You can enter the Greater Reality if you wish, pray or meditate and seed your future and, also, you can be seeded by the Invisible. You can ask for help in some specific area of your life or simply listen

quietly and receive a revelation. The appearance of 11:11 is an always beneficial act of Divine Intervention telling you that it is time to take a good look around you and see what is really happening. It's time to pierce the veils of illusion that keep us bound to an unreal world. You have been chosen, because you are ready, to step into the Greater Reality. To lead the way for others into a new way of living, into a Greater Love. To ascend from duality into Oneness.

"The 11.11 is the bridge to our vitality and oneness. It is our pathway into the positive unknown and beyond."⁹

If 11:11 is indeed some kind of pre-encoded trigger hidden within our subconscious mind, we might gain a better understanding of its significance when the Long Count Mayan calendar ends at 11:11 UTC on 21 December 2012. A growing number of 11:11 followers certainly believe that it could be tied to the December solstice and the ending of the Mayan Great Cycle. We'll just have to wait and see.

The "I Ching" Connection

The ancient Chinese text the "I Ching" is often referred to as the "Book of Changes". The text outlines a number of concepts, including the inevitability of change, the evolution of events as a process, and the dynamic

A growing number of 11:11 followers certainly believe that it could be tied to the December solstice and the ending of the Mayan Great Cycle.

balance that exists between opposites—the *yin* and *yang* of Chinese cosmology.

The "I Ching" is believed to have originated around 5,000 years ago. It is made up of a series of predictions represented by a set of 64 line arrangements called hexagrams. Today, it is widely used in the western world as a tool of divination: three coins are thrown six times to produce one of the 64 hexagrams, which is then interpreted according to the "I Ching".

Many scholars, including the famous Swiss psychologist Carl Jung, have been fascinated by the contents of the "I Ching". The "I Ching" played a significant role in the development of Jung's theory of synchronicity, which explains the meaningful coincidences that occur in life: thinking of someone and suddenly receiving a phone call from them, having financial problems but somehow finding the money to pay for the basics, or humming a song and then turning on the radio to discover that it's being broadcast.

Timewave Zero?

The Chinese "Book of Changes" also featured prominently in the work of writer and philosopher Terence McKenna, who put forth the notion that the "I Ching" originally may have been devised as a calendar. McKenna noticed a correlation between the numerical sequences within the "I Ching" and various astronomical cycles. For example, the number 6 (the number of lines in each hexagram) multiplied by 64 (the total number of hexagrams) equals 384, the number of days in 13 lunar months.

Through his interpretations of the "I Ching", Terence McKenna created what is known as novelty theory ("novelty" in this context referring to something novel or new). McKenna devised a time wave to calculate the ebb and flow of novelty in the history of the universe and predicted that a period of maximum novelty, or "newness", would be realised in the year 2012.

In May 1997, Terence McKenna was interviewed on Art Bell's American talkback radio show "Coast to Coast AM". Here is an excerpt from the transcript of that interview:

"Art Bell (AB): When you project toward 2012, what is the magnitude of the spike or the difference there? If you can give us an idea of the magnitudes along the way...

Terence McKenna (TM): There is only one point in the entire cycle where the level of habit drops to zero; effectively then novelty becomes infinite. And that point occurs on this solstice date in 2012. Now it's very interesting...there are some people on the net called singularists, and they're hard-headed engineering types,

and they take rates of energy release and rates of data storage, this sort of thing, and draw all their curves out, and they can see that some time between 2008 and 2020 everything will produce infinite amounts of energy...we pack infinite amounts of data into infinitely small spaces; in other words, the same sort of things where, because of the acceleration built into the unfolding of this novelty process, we're gonna cross more territory between here and 2012 than we have crossed between the Big Bang and getting to here.

It kind of explains what is happening, that it isn't the old-style religion, that it isn't the sterile steady-state of science, it's that the universe is actually evolving some kind of process of self-metamorphosis, and human beings indicate that we have crossed some boundary into some new era, a new epoch of ever greater acceleration into this process of self-revelation. This is what religions are raving about, this is what every prophet on the street corner is trying to articulate, and I think it's real. I think we're getting a lot of static because people can only deal with it through images that they know...you know,

Marshall McLuhan said we drive into the future using only our rear view mirror, and that's sort of what it is. But I call this thing 'the transcendental object at the end of time', and I think, in a sense, religion, Christian revelation, it will all be fulfilled in a way none of us ever suspected, because nature has this appetite for novelty and acceleration into novelty.

AB: So then again I ask, at this moment that we speak of, 2012, what do you actually think will occur?

TM: Well, I've thought about this a good deal, and there are hard and soft scenarios, but I've noticed that what the time wave seems most coherently able to track is technology. Somehow technology is very important; it's the transformation of the human relationship to the world through tools. And so what I'm thinking would fulfill this entire scenario without requiring God Almighty to put in an appearance is time travel. I think that we are moving toward...you know if you look at biology over huge scales of time...hundreds of millions of years...it is a kind of conquest of dimensionality..."¹⁰

In mid-1999, Terence McKenna was diagnosed with an aggressive form of brain cancer and passed away in April 2000. In the late 1990s, software was developed to explore and evaluate McKenna's Timewave Zero theory. In October 2008, a dramatic drop of the time wave coincided with the freefall of the world's stock exchanges and the beginning of what would become the global financial crisis (GFC). If the time wave is accurate,

McKenna noticed a correlation between the numerical sequences within the "I Ching" and various astronomical cycles.

Continued on page 82



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

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

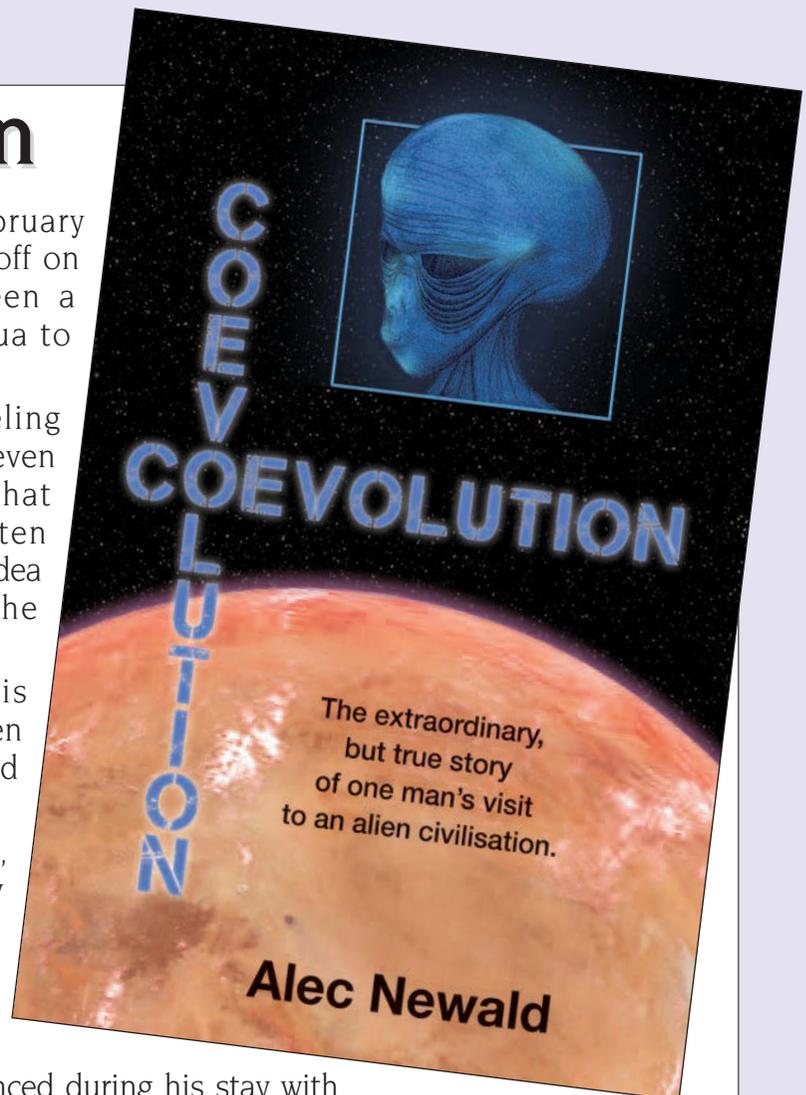
When Alec did retrieve his memories of those missing ten days, he realised his life had changed forever.

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

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

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

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



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TEN COMMANDMENTS FOR EXOTIC ENERGY INVENTORS

by Hank Mills with

Sterling D. Allan © 2011

Pure Energy Systems News (PESN)

Inventors of alternative energy technologies often make critical mistakes as they try to develop and proliferate their ideas. Here are 10 commandments or suggestions for energy pioneers that may help them avoid many common pitfalls.

We want to see exotic energy technologies hit the marketplace, and our hope is that sharing this list might help a few inventors avoid making critical mistakes that could delay or even prevent the commercialisation of their technology.

1) If you build a working prototype, leave it alone; don't make changes.

If you are able to build a prototype of your invention that seems to be working successfully, do not alter it in any way whatsoever! Do not yield to temptation and change a variable to see if you can increase the output, reduce the input, run it more smoothly or make it work even better. By making changes (even small ones), you may not be able to get the prototype to function the way it originally did.

Build a second prototype. This shows that the phenomenon can be replicated, and you can play with variables on that one. You should always have one working prototype ready to demonstrate.

2) When building a second prototype, change only one variable at a time.

Inventors have a tendency to change lots of variables every time they run a new test or build a new

prototype. By doing so, they are not going to be able to determine which variables are having what effect. It is important to *change only one single variable at a time*. That's right, one variable—not two, three, five or ten!

By changing only one variable, you will have a better chance of being able to tell the exact result of changing that variable. Then, depending on if changing that variable helped or not, you can determine the next variable that you should adjust in the next test.

3) Document and record every test you make.

Note-taking is crucial in developing new breakthrough technologies. When you start getting good results, document every aspect of your set-up. For example, record the exact measurements of all the parts used, the configuration and tolerances, the speed the device is operating at, the voltage/current utilised, the angles of the magnets, and every little tiny detail. Then record the results obtained, good or bad. Be sure to record the time and date.

By recording every detail of every significant test you perform, you will have a record that you can go back to for reference. Most importantly, don't think you can keep it all in your head because, unless you have a truly photographic memory, you cannot. Keep a copy on your computer, another on a USB thumb drive, and have a printed copy in a secure location. It might even be good to keep a copy in a safety deposit box.

4) Make sure you are measuring the power correctly.

It's easy to measure incorrectly the

input power going into the device or the output power coming from the device. This is the most common mistake. This is especially true if you are utilising AC power (which can be extremely tricky to measure). Don't think that because you bought the most expensive power meter, its readings will be accurate. It can be accurate in certain circumstances, but very often it can give false readings. If your gains of energy are electrical, try to obtain an oscilloscope and appropriate probes. Then learn how to use it in a proper manner. Power meters and cheap multimeters are often not capable of making accurate measurements when certain frequencies, waveforms or types of power are being used.

If you're not using electricity to measure input, make sure you're measuring the mechanical input as accurately as possible. Don't make guesses or estimates, but find a way to measure exactly the power going into and coming from the device. If you're not sure about the input, it will be difficult to determine if you are producing an over-unity gain of energy—unless the output is simply massive.

5) Be able to articulate fully your discovery in an easy-to-understand way.

Many inventors try to explain their inventions to others, but many other people cannot understand the concept. It is important that inventors make sure their explanations are easy to understand. If people do not understand your concept, they cannot help you! If you are not good at such communication, then you should have an associate speak on your behalf.

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Also, before you go online and post the explanation of how your device works, do your homework and make sure your explanation is the best one you can come up with. There are usually a lot of reasons why something can be happening. Don't just assume that your first idea is the most accurate one.

6) Try to use standard terminology.

Some inventors use their own made-up terms for measurement units, for types of force, and for different things that are taking place in their devices. Some of this cannot be helped when dealing with breakthrough devices that may not abide exactly by the known laws of physics. However, some of this can be helped, and quite often the inventor needs to have a better understanding of standard physics and the terms used.

7) Don't exaggerate or make false claims, ever!

Many inventors work on a shoestring budget, have to perform their work in the equivalent of a

closet, and have countless obstacles to overcome. The stress can become overwhelming. This has made some inventors temporarily go to the "dark side" and make exaggerations or false claims. Once these lies have been told, the inventors get caught in a string of additional lies to support the previous ones.

To avoid getting caught up in a web of deceit, be honest about your testing and results. Don't make your results sound any worse than they are, or any better. Be honest and truthful at all times, even if you think that telling a "white lie" might temporarily benefit you. In the long term, those white lies are likely to come back to haunt you. It is best to under-promise and over-deliver than to over-promise and under-deliver.

8) If someone points out a flaw in your thinking or measurements, appreciate it; don't get angry.

It's easy to make mistakes when it comes to formulating theories, taking measurements or working with new technologies. This is normal and common.

When someone points out a flaw or error you've made (as long as they're not being overtly hostile), try not to get angry and lash out at them. Instead of getting mad, consider what they had to say and re-check your theory, maths or measurements. If they were correct, admit your flaw, thank them and continue to ask for their help. If they were wrong, point out how you are correct, but be willing to listen to their response.

9) Don't think everyone is out to get you.

There are forces in the world that try to suppress alternative energy concepts and technologies. This is the absolute truth, and there are many examples of it. However, some inventors have one or two bad experiences and then think everyone is the enemy. In their minds, everyone wants to steal their technology, shut them down or, at worst, do them actual harm.

The simple truth is that it is not difficult to succumb to paranoia after bad experiences, but not everyone is a bad guy. There are lots of good people out there, too, who sincerely want to help inventors develop their technologies.

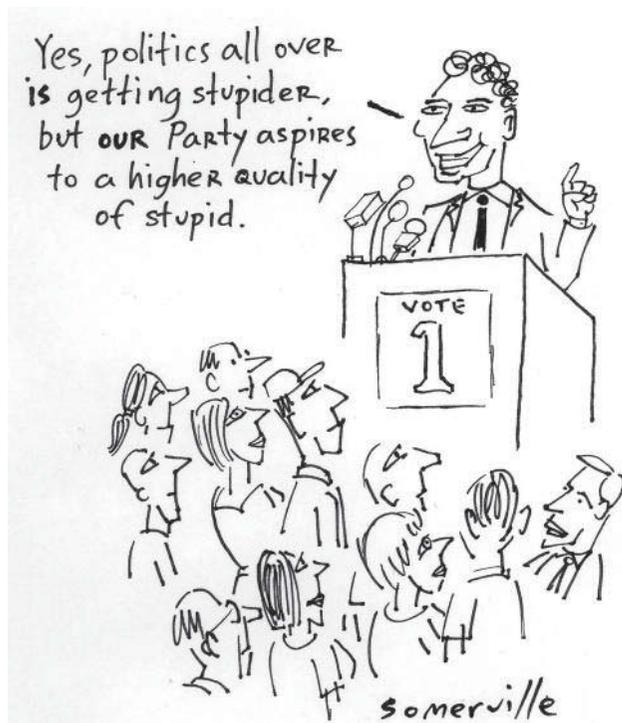
10) Be careful from whom you accept financial support.

When an inventor is having financial difficulties and can barely afford to perform research on their invention (usually the case), it is tempting for them to make lopsided deals with investors to get desperately needed financial support. This is not always a good thing. It can cause an inventor to lose control of their technology and eventually get caught up in legal troubles.

Making alliances and working with others can be a very good thing, but an inventor should never accept money from another person unless they are exactly sure what they are getting themselves into. Money usually comes with strings attached that are not always visible when it is initially handed over.

You should become familiar with the various financial options and recommendations for inventors to avoid some common traps, as well as realise that giving up some control is a reasonable proposition when others come along to help. ∞

(Source: Pure Energy Systems News (PESN), 11 December 2011, website <http://www.peswiki.com>)



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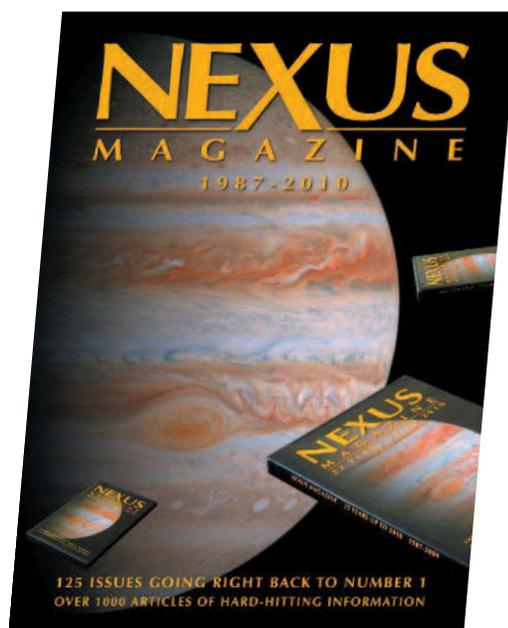


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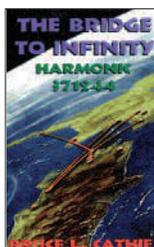
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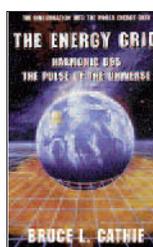
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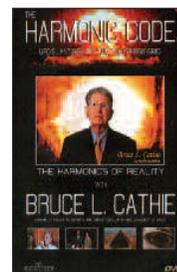
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VITRIFIED STONework OF THE ANCIENT WORLD

Glazing found on vitrified forts in the northern hemisphere and on stonework in Peru and Bolivia is evidence that the ancients utilised an unknown technology able to melt mineral compounds directly onto rock surfaces.

by Jan Peter de Jong and
Christopher Jordan
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Ancient Mysteries Explained
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Websites:

<http://www.ancient-mysteries-explained.com>

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Vitrified stones are simply stones that have been melted to a point where they form a glass or glaze. There is much debate in archaeological circles over the ancient examples under study for two reasons: few cases are known to have been tested; and even if they have, there are many questions over how the stones were vitrified.

Glassy rocks form naturally under conditions of high temperatures and pressures found in and around volcanoes. Glass and glazes are traditionally created using a furnace. Furnace or kiln examples are found on everyday objects such as glassware and ceramics. The ceramics glazes are created by pasting certain finely crushed stones, sometimes with tinctures, onto fired pots and plates. The objects are then fired to temperatures usually in excess of 1,000 degrees Celsius.

The difficulty with many of the curious, ancient, vitrified examples is that the vitrification is found on objects so large that they couldn't have been placed in a furnace. The vitrification process itself is quite a mystery. A team of chemists on *Arthur C. Clarke's Mysterious World* subjected rock samples from 11 vitrified forts to rigorous chemical analysis. They concluded that the temperatures needed to produce the vitrification were up to 1,100°C. Simply burning the walls with wood interlaced with stone could not achieve such temperatures. Recent experiments along these lines have had virtually no success at all.

Vitrified Structures in Europe, the Middle East, Africa and Asia

There are several confirmed cases of unusual, vitrified remnants from across the globe. In Europe, there are several forts and buildings with vitrified ramparts. The crude stone enclosure walls seem to have been subjected to the action of heat. No mortar has been found in any of these structures. Despite this, the rocks seem to be fused together.

This fusion is uneven throughout the various forts and even in a single wall. Some stones are only partially melted and calcined, while others have their adjoining edges fused firmly together. In many instances, pieces of rock are enveloped in a glassy enamel-like coating which binds them into a whole. In some cases, the entire length of the wall presents one solid mass of vitreous substance.

It is not clear why or how the walls were vitrified. Some have argued that it was done to strengthen the wall, but the heating weakens the structure. Battle damage, as some have proposed, is unlikely to be the cause. The walls would have needed carefully maintained fires to ensure vitrification.

There are about 50 examples that have been discovered in Scotland. It was thought that these forts were peculiar to Scotland. However, they have also been found in County Londonderry and County Cavan in Ireland. On mainland Europe, they have been identified in Upper Lusatia, Bohemia, Silesia, Saxony and Thuringia.



In Sacsayhuamán, near Cusco, Peru, there are many indications of the use of heat. Strange marks on the stones, like the one above, can be found—shiny, completely smooth and with another colour to the rest of the rock.

A further example has been found in Ucker Lake, in Brandenburg, where the walls are formed of burnt and smelted bricks. Displays have also been found in several places in France, such as Châteauneuf, Pérans, La Courbe, Sainte-Suzanne, Puy de Gaudy and Thauron.

There are some forts that have been placed on practically infusible rock. In Scotland, the quartz conglomerates of the Old Red Sandstone at Craig Phadraig and on the limestone of Dun Mac Uisneachain are good cases. Here, pieces of fusible rocks were selected and carried to the top from a considerable distance. This demonstrates that the act of vitrification was deliberate.

Many more examples have been discovered in Malta, Egypt, Iraq, Sudan, Southeast Asia and other places that are speculated to fall into the grouping. However, these have not all been subjected to scientific testing like the European cases. They simply appear to be glazed finishes on equally large objects or on walls that would have been impossible to fire conventionally. In many cases, it looks as if there has been the deliberate action of a great heat.

Vestiges in Peru and Bolivia

There has been much discussion about the Incan vestiges in the Peruvian Andes of South America. It mostly revolves around whether the stones are vitrified or not. In these cases, vitrification appears to be present on different kinds of stones and seems to have been caused by deliberate action. This article will now concentrate on these cases where there are indications of heat treatment.

The vitrified examples under study for this paper come primarily from famous Peruvian sites considered to belong to the Incas. To the authors' knowledge, there have been no scientific tests conducted on these stones. This has left the debate open to claims of unusual

polishing techniques, natural degradation, lava flows and many other odd explanations. The analysis below eliminates some of these ideas.

The vitrified stones of Peru were first brought to popular attention by Erich von Däniken in the late 1960s. He saw the vitrification at Sacsayhuamán, near Cusco, and noted it in his book *Chariots of the Gods?* (1968). Peruvian researcher Alfredo Gamarra identified this vitrification even earlier. The task of identifying and cataloguing these intriguing stones has been carried on by Alfredo's son, Jesús Gamarra, and Jan Peter de Jong.

The sites mentioned are commonly referred to as Inca vestiges, but according to Alfredo and Jesús Gamarra the various styles indicate that the fine stonework is much older than the relatively cruder work. As

such, it probably was made by a "more skilled previous culture".

Vitrification appears on different kinds of stones and structures. It is found on the perfectly fitted walls with irregular blocks. It is also observed on walls made with regular oblong blocks. It has been spotted on mountainsides, in caves and on rocks *in situ*. The location arrangements vary as well. Some sites are surrounded or overbuilt by walls, while others have single, exposed, isolated stones. There seems to have been some very adaptable ancient technology at work.



Archaeologists assume that the perfectly fitted stones, as seen in Cusco, portray the most developed style of the Incas. Regardless, there is no explanation for the shiny surfaces that can be observed. These often appear on the borders where the stones join perfectly. There has been nothing done, other than simple geological analysis of these stones, to determine what the phenomenon is. No chemical analysis is known to have been executed. It is normally assumed that these parts were simply polished by the Incas.

Vestiges where stonework seems to have been treated with this technology can be found in Peru—inside the city of Cusco on the walls of Koricancha and Loreto Street, and around Cusco at Sacsayhuamán, Kenko, Tetecaca, Templo de la Luna (or Amaru Machay), Zona X, Tambo Machay, Puca Pucara, Pisac, Ollantaytambo, Chinchero, Machu Picchu and Raqchi—and in Bolivia, at Tiahuanaco.

During many visits to the vestiges mentioned, Jesús Gamarra and Jan Peter de Jong examined these stones with highly reflective surfaces. They captured many of them on video. Through personal observations and analysis of the video material, they concluded that something other than polishing must have occurred.

The material convinces in several ways. The vitrified spots show discolouration and smoothness around the particular areas. They clearly look like the stone has been melted just in those spots. Many cases display some or all of the following qualities:

- the melted effect is obvious
- reflection is high
- the layer refracts, diffracts and diffuses light
- a separate vitrified layer is present on the surface
- damaged layers show a "film" on the stone
- the glazed layer is independent of rock type
- the surface is smooth to the touch, even if the surface is irregular
- there is often associated heat discoloration surrounding the glaze.

A simple flashlight test was developed, which helps to identify the layers of glaze or glass. Filming was carried out at night with a flashlight beam passing through the glaze. This shows the reflection and diffraction of the light as it passes through the surface.

Sacsayhuamán, Kenko and Loreto Street were all filmed at night using a flashlight or nocturnal illumination to capture the effect. The diffraction effect can be seen in the video of the "Inca throne" at Sacsayhuamán. The rainbow effect is clearly captured by the camera. This is directly linked to the light passing through the glass layer and splitting into its constituent parts. After this effect was noticed, it was also detected on videos of other vitrified stones.

The effect can be viewed on a short video on YouTube at http://www.youtube.com/watch?v=ae_8ri2fiwI, and also on the DVD documentary *The Cosmogony of the Three Worlds* in the section on vitrified stones. An overview of this phenomenon is available on YouTube at <http://www.youtube.com/watch?v=x81-5SWVtUQ>.

Vitrified Stone Sample Analysis

In order to get a clear idea of the make-up of these intriguing layers of stone, a small sample from the Peruvian site called Tetecaca was collected for further analysis. This smooth layer was analysed by researchers from Utrecht University in the Netherlands.

The main body of the stone shows the spectral



The sample taken for scientific analysis is from a rock outcrop above Cusco. Inside a cave, there is an altar formed from rectangular shapes made of the rock. Several lines in the rock have a shiny surface, as if they were branded into it. They are vertical lines on the wall of the cave. The walls are cut out with curved and rectangular forms in them. These are man-made structures, thus natural phenomena can be ruled out.



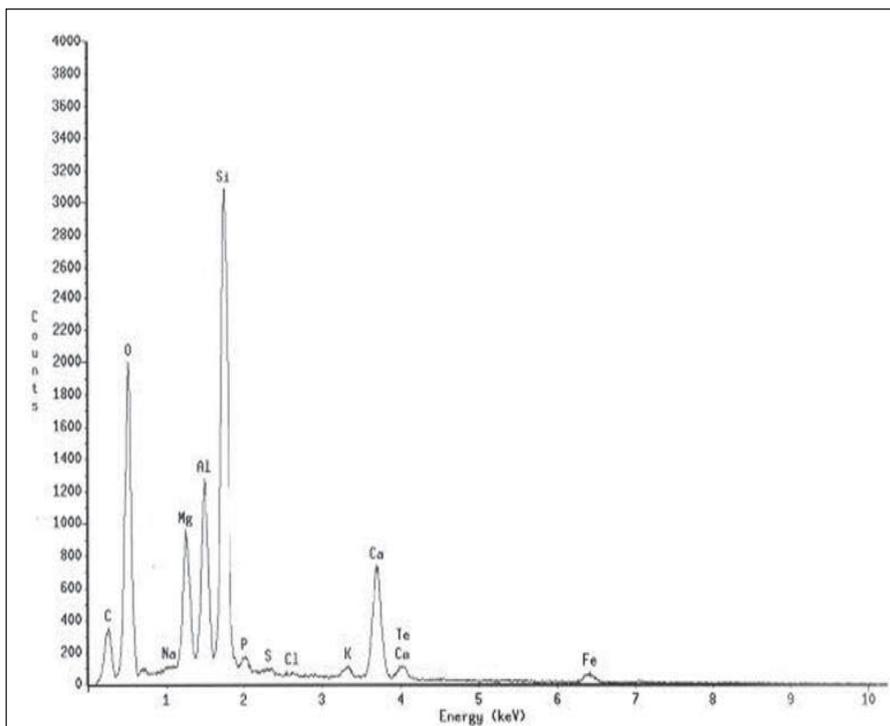
Above and below: Photographs taken inside the cave show walls with long, straight, reflecting lines and an altar structure.



Below is a photograph of the spot where the sample was found. The white line indicates where the thin section was made. The smooth layer on the picture is about 2.0 centimetres wide and 1.3 centimetres deep. The sample was carefully cut into two parts and a thin section was taken for analysis in the JXA-8600 Pioneer microprobe. Several points were measured on the inside of the sample and on the smooth surface.

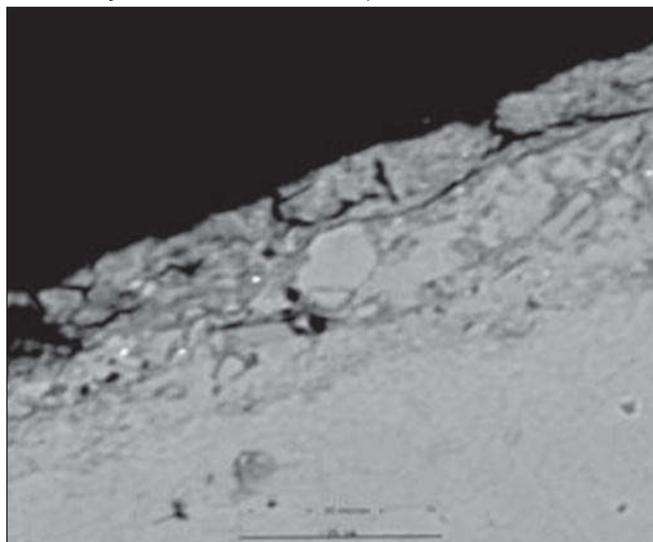


composition for limestone. High levels of calcium, carbon, oxygen and minor trace elements are the constituents of limestone. This is not unusual, since the Sacsayhuamán archaeological park is considered to be a karst landscape, as recognised by the University of Cusco. Many cave systems are created in limestone bedrock, and the sample is from this sort of cave.



This spectral analysis shows the composition of the sample's surface layer.

The sample as photographed by the microscope shows two distinct regions: the surface layer and the body stone. There is a less-distinct intermediate area between the two that seems to show a transition from stone body to surface layer. Samples from all three regions were subjected to detailed analysis.



This microscope photograph shows the vitrified surface of the stone. The line at the bottom measures 21 micrometres in length.

However, this cave was worked on by people in the past, as is clear from the photographs above.

The vitrified surface of the stone shows a very different spectrum of elements compared to the limestone body. The glaring difference is that silicon is the predominant

component, with much higher concentrations. The trace elements of aluminium and magnesium are also significantly higher than in the body of the stone. Oxygen is present in double the amount found in the body sample. The quantities of calcium and carbon are much lower than in the body sample. The silicon, aluminium and magnesium content seems to indicate that a material was added to the surface of the stone. The oxygen may have been part of this matter or it may have been introduced as part of oxidation during an aerobic heating process. This could have been during the formation of silicate (SiO_2).

Analysis of the intermediate region between the surface and the body of the stone shows a gradation of compositions. This is a surprising result. It implies that either the surface layer was somehow ground

and mixed with the body of the stone, or the body limestone somehow merged or melted with the surface layer. Lastly and most unlikely, the limestone constituents could have been a part of the added surface layer. If this were true, the second and third spectra would have been more similar.

Conclusions

The body stone is limestone, but the surface is more complicated. Its spectrum shows some similarity to wollastonite, which forms when impure limestone is subjected to high temperatures and pressures. However, the impurities that are seen in the surface are not present in similar amounts in the stone body. This indicates that the compounds in the surface layer were most likely added. Other stone types may be comparable, but they cannot have formed naturally in the layer on the man-made surface. It appears that the surface layers were applied and treated with heat. This option does have some merits, but it is moving towards the arcane world of the ceramist.

If an antique ceramic sample is compared to the spectra of the glaze above, there is little to separate the two. In the paper "X-ray techniques applied to surface paintings of ceramic pottery pieces from Aguada Culture (Catamarca, Argentina)", there are several comparable results. The samples are from pottery pieces from Argentina, so an exact match is unlikely.

These researchers tested a variety of different-coloured samples from Argentine pottery shards with residual gold leaf on the surface. The spectra are surprisingly similar if the gold leaf is ignored, along with the manganese and iron. The latter two elements have oxides that are common colorants in ceramic pastes. This is the source of the various colours discussed in their research paper. The key constituents silicon, aluminium, magnesium, carbon and oxygen are present in the same ratios.

While the abovementioned spectra do not show explicitly that the surface is vitrified, the composition is that of a glaze. It has a different make-up to the limestone body. This means it is very likely that the glaze was made from a ceramic paste applied to the limestone surface. This is clear from the comparison with the ancient glazed ceramic pottery shards.

The microscope photographs of the surface do not show the amorphous state of the layer. This can be shown explicitly by electron microscope analysis. Further studies need to be carried out to confirm the state of the layer. The different chemical composition makes it very unlikely that this surface was created by

polishing. The layer has the composition, sheen, hardness and glassy texture of a glaze.

The results strongly indicate that heat was used to produce the surface layer, which raises several questions. Even if a layer of a ceramic paste had been applied, how was the whole heated to the requisite temperatures without cracking the limestone? It tends to shatter at such high heat levels.

How was the heat produced to treat these structures? While this sample is from a cave, there are similar structures outside with the same kind of glaze. The same conclusion cannot necessarily be applied to these other cases.

Chemical analysis is needed, but the similarities with the investigated sample and other photographed cases are clear. It is likely that these other cases are also vitrified. The amount of heat needed to fire the huge stones on which these glazes are found would have been enormous. In furnaces, the whole body has to be raised to the temperature of the surface glaze. This is

done slowly over the course of many hours. How the heat would have been produced is unknown.

Even if a layer of a ceramic paste had been applied, how was the whole heated to the requisite temperatures without cracking the limestone?

Discussion

The vitrified stones provoke much debate. Explanations on how the forms were produced vary from the use of advanced machines, simple metal or stone tools, moulds, concentrated sunlight and fire methods. While the analysis

above says little about the way the shapes were made, it does eliminate some ideas on the means of producing these exquisite finishes.

The finish on the stone sample is not the thickest, shiniest or glassiest of the examples. However, its composition and morphology are the same as a ceramic glaze. This means that heat was somehow applied to the stone. How the heat was applied is not clear. What is clear is that an unknown technology was used. To create ceramics on this scale, the heat must have been greater than that used in normal ceramic production methods.

The most referenced work on the stonework of Peru was produced by Professor Jean-Pierre Protzen. His work deals primarily with the carving of the stones with primitive tools. However, Prof. Protzen has looked at these effects and has suggested that they could have been achieved with polishing. To date, only andesite polishing has been attempted, with very limited success.

After considering the above analysis of the surface layer, it is clear that polishing alone will not produce the requisite heat needed to produce a ceramic glaze. This

eliminates polishing as a means of creation. The scale and form of the phenomenon also preclude carving and polishing. It would take truly incredible amounts of time to produce a single vestige, let alone the thousands that dot the landscape.

Alfredo Gamarra has identified vitrification on many stones and has argued that the ancients had a technology to treat stone with heat and that the stone was soft at the moment of construction. The comparison at the spectrum level with clay and ceramic pastes is interesting. Ceramic pastes and clay are soft prior to being treated with heat. Conventional geological understanding is not compatible with this idea, but the impression from the vitrified stonework is that the stone was once soft. In many of the stones, there are places where it looks as if objects or moulds have been pressed into the stone. The perfectly fitting stones in the walls of Cusco and the other Incan vestiges could have been created more easily this way.

If the stones were fired in a kiln, like bricks, the glaze could be a result of extremely high temperatures. It is not uncommon for bricks in ancient kilns to get so hot that they melt. This usually occurs near the top of the chamber where the heat rises. This prospect, however, only arises with stones that can be placed in a kiln or with stonework that is part of a kiln.

The examples laid onto the sides of huge natural rocks could not have been produced by standard firing techniques. The European studies of vitrified forts and experimental work show that it is not possible to create the consistent heat required for the smooth finishes. Compared to the European examples, there must have been a much more controlled process since the layers in Peru are even, over large parts of the stone surfaces. The scale of giant, perfectly fitting walls and some vitrified mountain walls makes the technology question even more complicated than in Europe.

Another option is the use of sun dishes and concentrated sunlight by the ancients. This is briefly discussed by Professor Ivan Watkins in his 1990 paper on fine Incan stonework. He did consider these stones to be vitrified: "The rock surfaces on Inca stones are similar to those that have been thermally disaggregated. Indeed, some of the slick surfaces on the Inca building stones are glazed, so it becomes apparent that the Incas must have used thermal disaggregation."

In this seminal paper, his chief concern was the method used in cutting the stone. Since Prof. Watkins was proposing that intense heat had been used to cut the stones, it was not a large step to consider that the stones had been melted. (His conclusions have been

much maligned, since no analyses had been performed.)

The above analysis does point in this direction, but the location of the test sample raises issues. Clearly, the stone was not moved before or after the glaze was created: the ceramic paste must have been heated while on the stone. This means that light must have been reflected deep into the cave. While it is possible that the ancients were capable of producing flat mirrors for the task, it does seem overly complicated. This method could work for stones on the surface, but is obviously limited in its use deep within a cave.

One last possibility is that the cave itself was a kiln. Pots or vases may have been fired in the cave, and the ceramic pastes may have been applied to protect the stone mass of the structure. There is a lot of stone discoloration within the cave, and there are innumerable glazed areas. There are several things that could confirm this view. For example, there would be a route for the smoke to exit, and there would be evidence of soot deposits, though they may have been washed

away over the years. The comparison to Incan vestiges with vitrification found out in the open air or in places without a smoke escape leaves many questions open.

On balance, it has to be admitted that a method is difficult to define. Further analysis of samples from the various locations needs to be undertaken to confirm the use of heat at all of the sites. However, the sample tested

shows explicitly that the similarity to ceramic pastes is near certain. It is obvious to conclude that heat was used. The treatment method may have been similar to the technology used for ceramic pastes, only on a much larger scale. It is suggested that further investigations be carried out at the geochemical level to shed more light on what happened to these stones and what technology was used.

For the complete version of this paper, including all the data, graphics and pictures, please buy our e-book! See our websites Ancient Mysteries Explained and Secrets of the Sun Sects. ∞

Acknowledgements:

We thank Jesús Gamarra Farfán especially, for showing, explaining and filming these stones.

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One last possibility is that the cave itself was a kiln ... and the ceramic pastes may have been applied to protect the stone mass of the structure.

Continued on page 83

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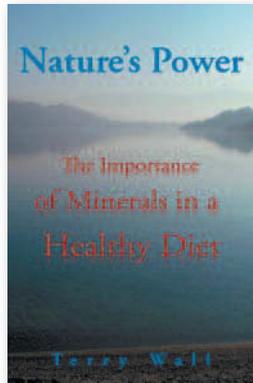
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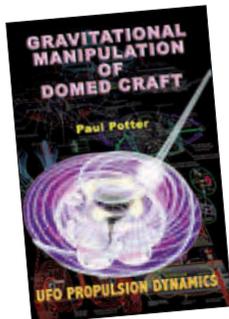
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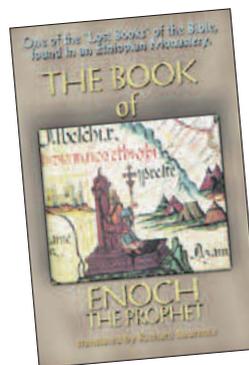
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THE OLDEST KNOWN PHOTOGRAPH OF BIGFOOT

by David Hatcher Childress © 2012

The discovery of an 1894 photograph of a large, hairy, ape-like creature has prompted speculation that the Hudson's Bay Company was actively suppressing evidence for the existence of the sasquatch. But is there an even bigger conspiracy afoot?

In my book *Yetis, Sasquatch & Hairy Giants* (2010), I was able to include a number of previously unpublished photographs of Bigfoot, including a photo taken in the Pacific Northwest in the 1940s by a man named Joseph Roberts. It is an unusual photo, but not very sharp, and I said that it was the oldest known photo of Bigfoot. Well, I was wrong.

There is an astonishing photo from Canada taken in 1894 which would seem to be the oldest known photograph of Bigfoot. Craig Woolheater posted the photo on his blog at Cryptomundo.com on 16 November 2006. The photo had originally been sent to Tom Biscardi

by Lyle Billett of Victoria, Canada. Fellow Cryptomundo blogger Loren Coleman found the photo on Woolheater's website and posted it again, where I saw it. The photo also appears in the updated version of the 1982 book *The Bigfoot Casebook* by Janet and Colin Bord (*Bigfoot Casebook Updated: Sightings and Encounters from 1818 to 2004*, Pine Winds Press, Washington, USA, 2005).

It is said that a picture tells a thousand words, and this photo says a lot. It does not seem to be a fake. The photo is cracked from a fold on the upper quarter. A sasquatch is lying on snow with its arms in front, so the hairy hands can be seen. The

face is hairy but not very detailed. Snowshoes can be seen at the left edge of the photo. There seems to be a fence and a building on the right side, just beneath the crack. The feet of the dead sasquatch are not seen, cropped out of the right side of the photo.

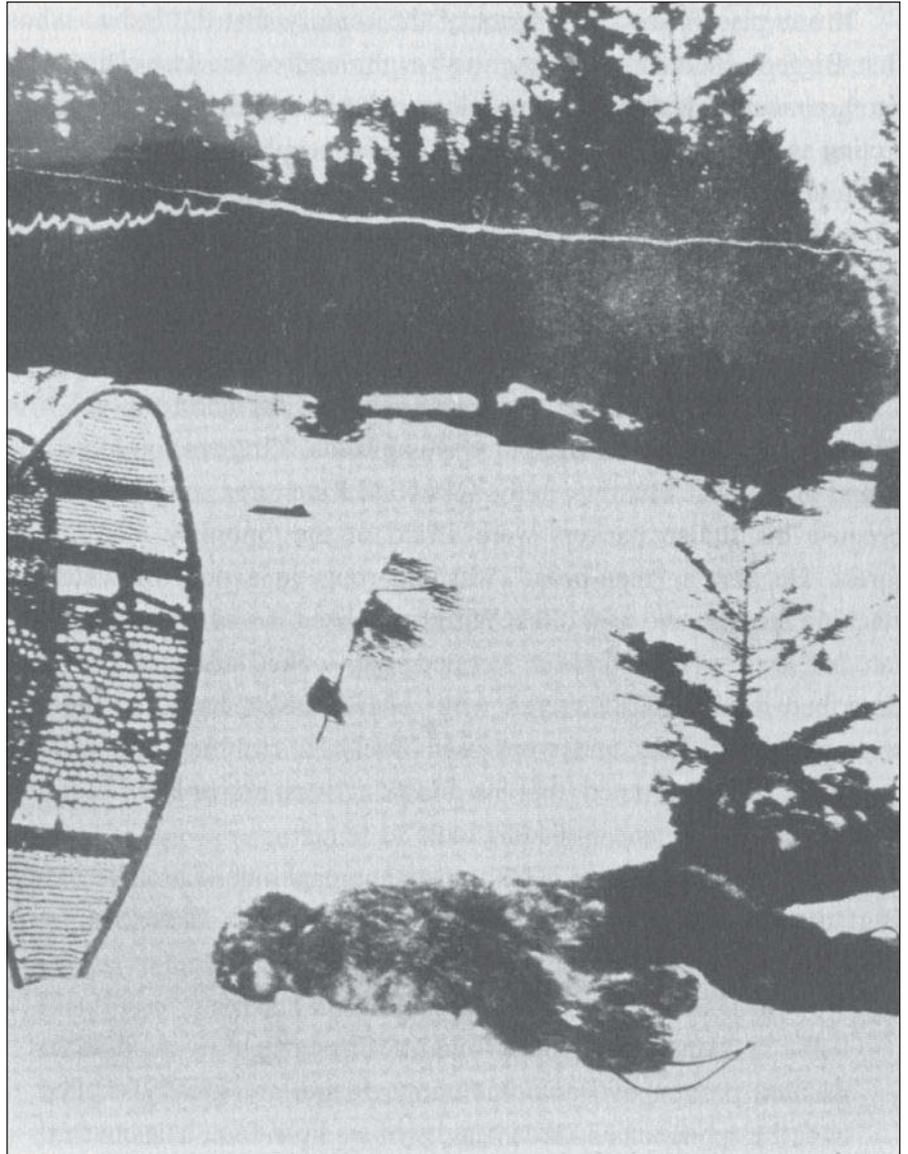
The story that this photo tells us is that in 1894, in the wilds of western Canada, some trappers and mountain men encountered a Bigfoot and shot him. It may have happened near their cabin. They took a photograph of it. But there is more: the photo had some writing on the back of it, maybe in the hand of Lyle Billett. The text is as follows:

YEAR 1894
 YALIKOM RIVER
 AROUND LILLIOTT B.C.
 FORESTRY – HUDSONBAY CO.
 THEY TOOK THE PICTURE AND THE GUY THAT WAS IN THE PICTURE
 WENT & STOLE THEM BACK FROM THE FORESTRY RECORDS
 (HUDSONBAY CO.)
 I BELIEVE HIS LAST NAME WAS HALIDAY (DON'T KNOW THE FIRST
 NAME)
 NEVER TOOK ALL PICTURES (ONLY ONE) AND TOOK PICTURES OF
 THE REST
 (GLASS PLATE PHOTOGRAPHY)

This is very interesting information and confirms what some have suspected for many years: that there is something of a cover-up going on concerning evidence of Bigfoot. We now have a more complete story. There was more than one photo, and someone named Haliday apparently took the photos or was pictured in one or more of them. He went to the forestry records of the Hudson's Bay Company where he "stole back" one of the photos, but the number of photos taken of the Bigfoot is not known. We might guess that there were four or five original, glass plate photos.

The Hudson's Bay Company

So, some trappers shot and killed a Bigfoot in 1894, and they worked for the Hudson's Bay Company, Canada's earliest trading company, founded in 1670. The Hudson's Bay Company is no ordinary company; it was the *de facto* government in large parts of North America before European states or the United States were able to lay claim to areas in this vast domain. Today it is one of the oldest operating companies in the world. Begun as a fur trading company around Hudson Bay, it now has its headquarters in the Simpson Tower in Toronto. At one point, the Hudson's Bay Company had its own country of a sort, called Rupert's Land. At that time, the Hudson's Bay Company was one of the largest landowners in the world, with approximately 15 per cent of the land mass of North America. Rupert's Land consisted of lands that were in the Hudson Bay drainage system—basically the land surrounding any rivers that drained into Hudson Bay. It was named after the first governor of the company, Prince Rupert of the Rhine, who was a nephew of Britain's King Charles I. The Governor and Company of Adventurers of England Trading into Hudson's Bay comprised the original group that chartered the



This is the oldest known photograph of a sasquatch, dead or alive, and was supposedly taken in 1894 in western Canada. (Source: Cryptomundo.com)

Hudson's Bay Company.

Rupert's Land and the Hudson's Bay Company had their headquarters at York Factory, a town and fort along the Hayes River leading into Hudson Bay. Once the capital of Rupert's Land, it was closed down by the company in 1957. The Hudson's Bay Company nominally owned Rupert's Land for 200 years until about 1870, some 24 years before this photo was allegedly taken—and suppressed. Still, the Hudson's Bay Company was very powerful in 1894 and remains a major fixture in the Canadian

economy today as the owner of many of Canada's retail chains such as The Bay, Zellers, Fields and Home Outfitters.

The company has archives, located in Winnipeg, Manitoba, said to be a collection of the company's records and maps. Does this collection include some Bigfoot photographs? That is what the writing scribbled on the back of this Bigfoot photo suggests.

One has to wonder: if this photo is genuine, why was it not published many years ago and featured in every



A close-up of the dead sasquatch photographed in 1894 in western Canada. (Source: Cryptomundo.com)

Bigfoot book written since 1894? Here we have what seems to be some pretty solid evidence of a hairy apeman/sasquatch that is just what the scientific community says it's looking for. In fact, these folks from the Hudson's Bay Company not only have some photos of a dead Bigfoot, at one time (says the photo) they actually *had* a dead Bigfoot! We are talking here about Bigfoot steaks, Bigfoot fur, a Bigfoot head, Bigfoot paws and all that.

Since the Hudson's Bay Company specialised in dead animals and their fur, one would think that this animal—whatever it was—was carefully skinned and preserved. Was its head mounted and displayed in the den of some chairman of the company? That seems far-fetched today, but perhaps back in 1899 it might have been seen, perhaps surrounded by some secrecy, in some Canadian or British aristocrat's personal collection.

Suppressed Evidence

Because of my interest in Bigfoot and other hidden animals, I've often been asked the question: "Why isn't there more evidence for Bigfoot than just stories? Where are the photos and where are the dead bodies that

Northwest. Though these animals are known to exist, one rarely sees them at all and never a dead one just lying there in the forest. The carcass would only be there for a few hours, days or weeks, and many animals that are about to die (of old age or disease) go off somewhere very far out of the way.

But now we have another explanation—one that is startling to the researcher and the sceptic alike—that evidence of Bigfoot, including good photos and preserved bodies, has been gathered but kept a secret.

"But why?" you ask. Why wouldn't the Hudson's Bay Company just publish its photos and display a mummified Bigfoot to gawking tourists in Toronto? Why would the Canadian government (or American or British) suppress evidence of Bigfoot? Don't we live in a

must have been found, or shot, over the years?"

I have typically said in answer to these questions that one does not see a dead bear or mountain lion on the trail when walking through the Rocky Mountains or the Pacific

transparent society where everything that exists, and for which there are clear photos and bodies, would be shown to the interested viewers around the world? Or do we live in a world where some things are suppressed, including evidence of Bigfoot? Add to the suppression of real Bigfoot evidence some hoax Bigfoot cases that everyone can laugh at, and you have a subject that appears to be just fantasy and tall tales. Some things are just too shocking to the status quo—strange mutations or missing links that make us question traditional religious beliefs or the tenets of mankind's sacred pillars of science and reason. If all the experts and scholars have been so wrong for decades, what are we supposed to believe from them?

In the case of this photo, part of a series apparently, a professional photographer must have been involved. Photography, until recently, was expensive and rare; it required professional photographers with expensive equipment. Having a photograph taken in 1894 was a big deal, glass plate photography being very time consuming for each individual photo. Photography for the common man took many decades to reach even the Kodak Brownie and



Map of northern Canada, with Rupert's Land highlighted in pink. (Source: Wikipedia)

Instamatic periods of the 1940s and 1960s. Then, finally, common folk could have a simple camera with them to take photos when they were on long camping trips and hikes in remote mountain areas.

This is one of the great hopes of the current digital photo revolution, especially because cameras (even video cameras) are now part of most mobile phones that are in the possession of more and more people every day. In theory, the sheer number of camera cellphones in use today should result in more Bigfoot, ghost and anomalous photos being snapped than ever before.

An Ancient Fishing Site

What of this location in British Columbia? When I searched the Internet for Yalikom River, as written on the back of the photo, what I found was the Yalakom River, which is a tributary of the Bridge River, which is a principal tributary of the Fraser River, a major part of Rupert's Land territory. Plus, I was able to find out that the Yalakom River enters the Bridge River near the town of Lillooet, which is presumably the town mentioned as Lilliott.

Lillooet is apparently one of the oldest towns in North America. It is so old that its age is not known. It is considered to be one of the oldest continuously inhabited locations in North America, reckoned by archaeologists to have been inhabited for several thousand years. The town attracted large seasonal and permanent populations of native peoples because of the confluence of several main streams with the Fraser, and also because of a rock shelf just above the confluence of Bridge River

that is an obstacle to the annual migration of salmon—an abundant food source.

Did this salmon shelf cause the downfall of our unfortunate sasquatch, shot by a trapper in the employ of the Hudson's Bay Company? According to the information on Lillooet, this natural shelf along the riverbed is an important salmon station on the Fraser–Bridge–Yalakom rivers.



A photograph of Bigfoot, claimed to have been taken in the Pacific Northwest region of North America in the 1940s by Joseph Roberts. (Source: David Hatcher Childress, *Yetis, Sasquatch & Hairy Giants*, Adventures Unlimited Press, Kempton, Illinois, 2010)

This rock shelf, known in gold-rush times as the Lower Fountain, was reputedly made by the trickster Coyote's leaping back and forth across the river to create platforms from which people could catch fish. This location, named Sat' or Setl in the native language and known as Bridge River Rapids or Six Mile Rapids in English, is the busiest

fishing site on the Fraser above its mouth, and there are numerous drying racks scattered around the banks of the river canyon around it.

Piecing Together the Picture

We now have the final scene of the tragic Bigfoot in our photograph. He had come to Lillooet (Lilliott as spelled on the back of the photo) to get some salmon, which was known to be plentiful at this spot. Native

Americans had lived in the area for thousands of years and knew not to bother the sasquatch that came to this area of plenty. But this poor beast was shot and killed by Europeans, now penetrating the area for the Hudson's Bay Company, shocked by what they'd found. They took a photograph of it. Then someone in the company ordered the photograph suppressed.

At some point, Mr Haliday decided to get a copy of the photo that he was part of and knew existed. He probably didn't need to break into the building to steal the Bigfoot photo(s). He was apparently an employee who walked into the building as he typically did, and then went to the files and stole one photo and took photographs of the rest. Having a camera to carry and take photos of documents, like photographs in a file, would be unusual at this time, but certainly could have been

done. This makes the idea that Haliday was the original photographer appear even more likely.

We don't know when this photo was stolen. I'm assuming that it was within some 20 years of its being taken, but perhaps it is from some

Continued on page 83

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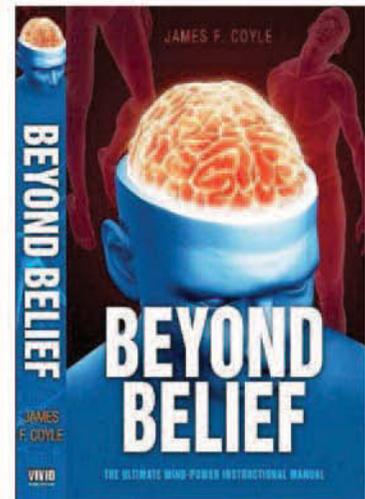
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REVIEWS

BOOKS

Reviewed by Ruth Parnell

THE HEALING POWER OF FEVER

by Christopher Vasey, ND

Healing Arts Press, VT, USA, 2012
ISBN 978-1-59477-437-9 (137pp tpb)

Available: www.HealingArtsPress.com;
www.brumbybooks.com

The key message here by Swiss naturopathic doctor Christopher Vasey is that fever is our friend when it comes to combatting infection. It's a symptom of a healthy immune system's raising the temperature in response to its innate defensive task to fight microbes and purify its terrain. The way to work with fever is not to try to suppress it with drugs, but to allow it to do its job.

In his book, translated from French, Dr Vasey points out how a fever can get out of control or can go on for too long. He identifies related symptoms like pain, spasm, delirium and headache, and gives tips on aiding recovery. He also shows how an artificial fever can be induced to help detoxification and rejuvenation. (NB: temperatures are in Fahrenheit, so you may need to convert to Celsius.)

Dr Vasey helps us understand the body's temperature, its natural variations, its natural course and its

dangers. He highlights ways to control fever through diet, hygiene, hydrotherapy, intestinal draining, complementary care and medicinal herbs. He advises on when to fast and what to eat during a fever, and how to manage liquid, fluid and solid food stages. His book is a boon for health professionals and laypeople.

THE HOLE IN THE HEART... AND BBB PERMEABILITY...

by Steven Rochlitz, PhD

Human Ecology Balancing Sciences,
Cottonwood, AZ, USA, 2012 (2nd ed.)
ISBN 978-0-945262-62-0 (110pp pb)

Available: www.wellatlast.com

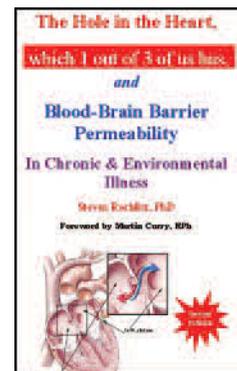
In NEXUS 18/03, Dr Steven Rochlitz wrote about the patent foramen ovale (PFO), a hole between the two upper chambers of the heart. This defect, which one out of three of us has, allows poorly oxygenated blood to pass into the brain and the rest of the body, and it's implicated in stroke and migraine. However, Dr Rochlitz was the first to write about the PFO's role in asthma, cardiac degeneration and hypertension as well as inflammatory conditions and allergy-like disorders, due to a lack of "lung filtering" which allows toxins and allergens to invade the tissues.

This second edition of Dr Rochlitz's book explains all this and more, such

as how standard cardiac testing tends to miss this heart defect, how blood-thinning drugs ahead of surgery can be problematic, and how medical devices designed to close the PFO contain nickel—an allergenic and porphyrinogenic metal.

An associated issue is blood-brain barrier permeability (BBBP) in relation to chronic and environmental illnesses, especially where stress, heat allergies, EMFs, nutritional deficiencies and the PFO are involved. There's also a link to hiatal hernia and vagus nerve imbalance (19/04).

Dr Rochlitz gives tips on diet, lifestyle, supplements and energy balancing. He includes illustrations for the Philibert and Travell cardiac trigger points, which you can read about in this edition. For many, this will be life-changing information.



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Most all religions are based upon a bedrock of lies.

Christianity was invented by Emperor Constantine, for political purposes, based upon the myth of Mithra, a Persian savior god born on December 25, son of a virgin. Mithra performed miracles and was later crucified.

Moses is based on the Sumerian life and legends of Sargon I, King of Akkad, "set in a basket of rushes and "cast into the river". Egyptians kept exhaustive hieroglyphic records. There is a complete absence of any record of Moses leading over 600,000 men, women and children away from Pharaoh's army.

Joseph Smith, founder of Mormonism, was convicted in a court of Law of being an "impostor", today a fraud, conman, in 1826. He wrote the *Book of Mormon* soon after.

Question: You decide: Does the text of the verses of the Qur'an correspond exactly to those revealed to Muhammad directly as the words of God, delivered to Muhammad through the angel Gabriel, as claimed?

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REVIEWS



THE NEUROFEEDBACK SOLUTION

by **Stephen Larsen, PhD**

Healing Arts Press, VT, USA, 2012

ISBN 978-1-59477-366-2 (407pp tpb)

Available: www.HealingArtsPress.com;
www.brummybooks.com

The discovery that the brain can grow new neurons gives hope for the neurofeedback technique's possibilities in overcoming neurological ailments, aiding physical and mental health, achieving emotional balance and fostering creative processes. Neurofeedback is a brain-based form of biofeedback, usually involving brain waves, and there are several schools of thought, each with their own protocols.

Here, Dr Stephen Larsen synthesises the best techniques that the pioneers in neurofeedback have come up with, and combines them with other modalities such as breathwork, mindfulness, meditation and attention-control exercises such as Open Focus. He presents case studies across age groups, showing how neurofeedback can help in the treatment of autism and ADHD, anxiety and brain injury, stroke and Alzheimer's disease. He advises on how to recognise our brain-wave ranges and learn how to control our mental states with a view to

connectedness. Dr Larsen is at the forefront of one of the key health modalities today and into the future.

NATURE'S POWER

by **Terry Wall**

XLibris, Gordon, NSW, Australia, 2011

ISBN 978-1-4653-5857-8 (210pp tpb)

Available: www.in-syncminerals.com;
www.xlibris.com.au

His early days spent on a farm in a mineral-deficient part of New Zealand's lower North Island—run by his parents who had an innate sense for their animals' nutritional needs—were what informed and ultimately inspired IT and agricultural consultant Terry Wall to spend over 25 years researching minerals and trace elements. What worked for the soil and the animals would surely work for people—and it did!

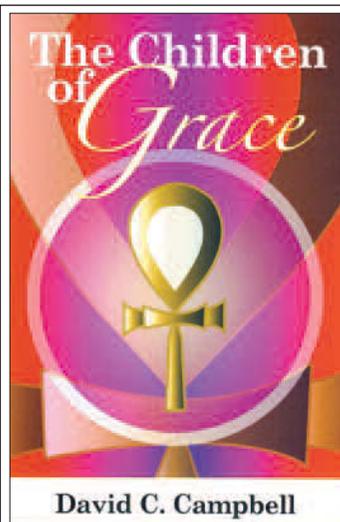
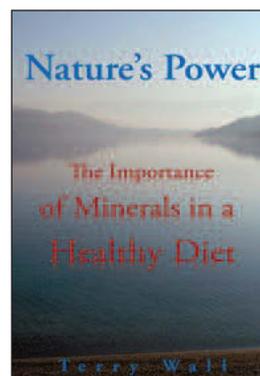
From his new base in Australia, Wall went on to develop a line of specially balanced nutrients to replace those missing from the modern western diet (see his website www.in-syncminerals.com).

In *Nature's Power*, Wall reminds us of the critical importance of minerals in heart and brain function, memory, DNA integrity, physical energy, body shape and immune system strength. Vitamins can't operate and enzyme production is impossible without

these essential minerals.

Wall points out key reasons why the modern diet contains fewer minerals: destruction of organic matter by ploughing, use of acidic fertilisers, refining processes (salt, sugar, grain), acid rain, *trans-* fats and poorly absorbable supplements. He notes that recommended daily doses of minerals are set way too low, based on data collected 50 years ago when our food was less industrialised and processed. He takes aim at the unsustainable health system, the processed food industry, Big Pharma, Big Biotech, and government authorities more concerned with making a show of food "safety" rather than its actual nutritional value.

There's enough positive, detailed and actionable information in Wall's book for anyone seeking good health.



Jesus brought consciousness of grace into the earth. Because we wouldn't embrace it, grace was rendered meaningless by 600 A.D. To achieve this feat Orthodox Christianity replaced it with their one lifetime version of 'the good news' by substituting ritual forgiveness for personal responsibility. This book traces the history of how and why this happened and what you must do to return back up onto the path of grace from whence you came!

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REVIEWS

THE DEPARTED AMONG THE LIVING

by **Erlendur Haraldsson, PhD**
White Crow Books, UK, 2012
ISBN 978-1-908733-29-0 (264pp tpb)
Available: www.whitecrowbooks.com

Evidence is increasingly coming to light in support of the notion that consciousness survives physical death. Here, Dr Erlendur Haraldsson, a world-renowned investigator of past-life experiences and related phenomena, reports on groundbreaking research from a survey he conducted in 1974–75 in Iceland. The representative sample of 902 people showed that 31 per cent had been aware of the presence of a deceased person. He followed up the survey by interviewing 450 people who said they'd had personal experiences with the deceased while in a waking state. Dr Haraldsson compiled feedback on visual, auditory, tactile, olfactory and other senses related to how the deceased were perceived.

From the scientific perspective, Dr Haraldsson produces interesting statistics on such things as the length of time following death that the deceased was encountered, as well as the time of day and year. His analysis covers cases of accident and violent death, widows and widowers, real physicality, psychic mediums and

healers, messages and meanings, localised apparitions, intuitive senses and words of warning, multiple witnesses and indirect verifications.

Dr Haraldsson touches on other surveys in this field of enquiry, and he examines beliefs and arguments to do with life after death. He closes with a note on his own experience of the deceased among the living. An investigation with heart and wisdom.

THE STRUGGLE FOR YOUR MIND

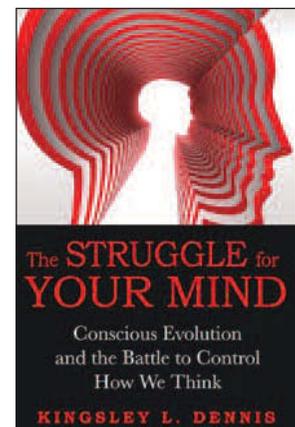
by **Kingsley L. Dennis**
Inner Traditions, VT, USA, 2012
ISBN 978-1-59477-457-7 (260pp tpb)
Available: www.InnerTraditions.com

Humanity is poised for a neurogenetic revolution, going by the increasing emergence of frontier thinkers and visionaries in recent decades, but our consciousness has been limited and engineered by elite control agents over the centuries.

In *The Struggle for Your Mind*, sociologist Dr Kingsley Dennis, co-founder of WorldShift International, makes a case for overcoming the illusion of separation, which has been exploited in order to maintain social control. It's as if there's a blockage to the expansion of consciousness that keeps us stuck in our evolutionary journey and our limited perceptions focused on

material reality. Dr Dennis maintains that our neurogenetic evolution requires an elevation of our brain capacity along with an upgraded nervous system. However, we need neurogenetic *mutation* to drive conscious evolution, sparked by external impacts such as greater empathy between people as a result of expanded global communications, an increase in solar radiation or energies, and changes in the Earth's magnetism. Such impacts can affect the DNA, allowing it to operate as an evolutionary acceleration tool.

Dr Dennis reflects on social engineering techniques and modern technoculture, and encourages us to rise above fear and helplessness to make positive changes in ourselves and the world around us.



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FLUORIDE FATIGUE

by **Bruce Spittle**

Paua Press, Dunedin, New Zealand, 2008 (revised 3rd printing)

ISBN 978-0-473-13092-3 (78pp pb)

Available: www.nexusmagazine.com



Chronic fluoride toxicity syndrome is a condition affecting people around the world, particularly those who are sensitive to fluoride added to drinking water. However, fluoride can come from other sources, such as pesticides, various salts, foods and drinks, pharmaceuticals, toothpaste and even some health supplements.

Written by highly credentialled New Zealand psychiatrist and medico Dr Bruce Spittle, *Fluoride Fatigue* explains the biochemical mechanisms by which fluoride poisons the body, who is most at risk and what symptoms ingestion causes. In fact, there are diverse symptoms including chronic fatigue, headaches, muscular weakness and spasm, skin rash, dental fluorosis and depression.

Dr Spittle pulls together data from key medical researchers, and lists a mass of references for follow-up. He provides case reports from Canada, USA, New Zealand, the Netherlands and India, photographs of what fluoride does to the bones, skin and teeth of humans and animals, and advice on how to reverse fluoride toxicity. He also reports on the growing movement among dental

and medical professionals to ban water fluoridation on the basis that it fails to reduce tooth decay. Mass medication cannot be justified even on logical grounds, Dr Spittle concludes in his fact-filled book.

A GEOMANTIC GUIDEBOOK TO WATER SPIRITS OF THE WORLD by Alanna Moore

Python Press, Castlemaine, Victoria, Australia, 2012 (2nd ed.)

ISBN 978-0-9757782-4-1 (134pp tpb)

Available: www.geomantica.com

Elemental nature spirits have been acknowledged and even worshipped in cultures around the globe since time immemorial. These spirits are still with us—but if only we had the means to see them and find them in the right places...

Author and dowser Alanna Moore (see NEXUS 17/02, 14/06, 12/03) shows that water in all its forms, from seas and rivers to lakes and waterfalls to springs and wells with curative powers, has its associated deities across various cultures. While Moore has a particular emphasis on water-related spirits of Australia, New Zealand and Ireland, she has also tapped into the folklore, myths and legends of many other cultures, e.g., ancient Mesopotamia, India, the Americas and Scandinavia.

Among the multitude of deities are serpent spirits, sun goddesses, mermaids, water horses and remnant plesiosaurs, and many of them are given offerings in some form according to local cultural traditions.

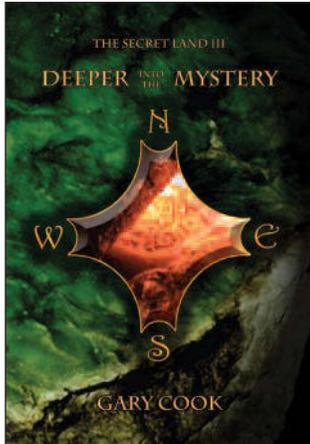
Moore encourages us to develop a spiritual relationship with water. She offers suggestions, including dowsing techniques, for how we can connect with the spirit deva of a body of water. We can sing and talk to water, even if it's just from the tap, as the voicing of our love and thanks for water's gifts can resonate throughout nature. By honouring water, we also honour the water that makes up our bodies and we aid our health. Moore's teachings inspire a deep reverence for nature.



REVIEWS

THE SECRET LAND III: DEEPER INTO THE MYSTERY by Gary Cook

Secretland Project, Auckland,
New Zealand, 2011
ISBN 978-0-473-19562-5 (154pp tpb)
Available: www.secretland.co.nz



Writer and explorer Gary Cook has spent many years searching for and documenting sacred sites in New Zealand and the South Pacific as well as in the British Isles.

Much of his effort in New Zealand has been geared towards looking for evidence of pre-Maori settlement, especially in the far north of the North Island. Cook has discovered ancient stone walls, terraces, pathways and dwellings, most of which are in ruins due to the passage of time, but which he believes are vestiges of the early settlers, the People of Waitaha.

For *Deeper into the Mystery*, the third book in his *Secret Land* series, Cook recounts the highlights of his magical mystery tour, revisiting sacred locations and placing special stones, including greenstone and obsidian, as beacons in the landscape to guide future spiritual travellers. His journey starts at the Kaimanawa Wall, where he relives rituals that he participated in over a decade ago. It takes in the One Tree, in which he places the "three gifts" in honour of a powerful feminine energy, as well as the Temple of the Four Winds, a place of love and healing. Many sacred sites later, his quest ends in Waipoua

Forest where small fairy folk have been encountered over the years. (Readers unfamiliar with these places are advised to have a map handy!)

Informing Gary Cook on his travels are his I Ching divinations which add to the meaning of his experiences within the sacred landscape.

This is a special journey to the heart, soul and spirit of nature.

CHRIST ON TRIAL by Tony Bushby

Vatileaks Publishing, Cooroy,
Queensland, Australia, 2012
ISBN 978-0-9872435-0-8 (372pp tpb)
Available: www.vatileaks.com

For his new book, *Christ on Trial*, Tony Bushby adopts a novel approach, pitting a Council for the Prosecution against a Papal Defence in a future-based 28-day mock Supreme Court trial that gets to the crux of how genuine the Gospel stories of Jesus Christ really are.

Overseen by a Judge Judas, the trial presents evidence and refutations about historical records for the existence of Christ, the reality of the crucifixion narratives, the borrowing of concepts from earlier cults (e.g., Mithras), the faking of biblical texts, the conspiracy over the Index of Prohibited Books and attempts to rewrite Christian history, and much more. The Papal Defence's cynicism about the faithful is repugnant.

In this "impartial account", Bushby (author of several books including *The Bible Fraud* and *The Christ Scandal*; see 8/06,15/05) takes the case to the closing arguments where the Papal Defence appeals to faith in the divine nature of Christ. The Prosecution sums up on the Church's pretence in creating a false historical foundation and calls for the dissolution of the Christian Church. Bushby leaves us in limbo with the court adjourned pending the jury's returning with its verdict, so readers are left to decide for themselves on the strength of the arguments. He provides numerous references for jury members to consult in their quest for the truth.



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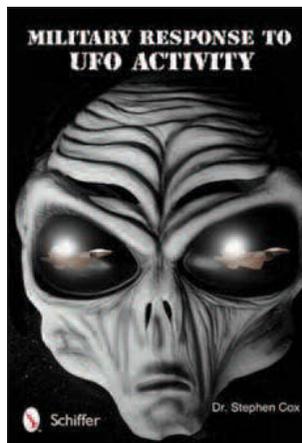
REVIEWS



MILITARY RESPONSE TO UFO ACTIVITY

by Dr Stephen Cox

Schiffer Publishing, PA, USA, 2012
ISBN 978-0-7643-4062-8 (160pp tpb)
Available: www.schifferbooks.com;
www.bushwoodbooks.co.uk



It's hard to ignore testimony over the years from a range of trained observers—from pilots to air traffic controllers, from military serviceman to astronauts—as evidence for the reality of the UFO phenomenon. Furthermore, it's hard to ignore the mass sightings, even if they don't involve experts. Here, MUFON investigator Dr Stephen Cox, a former US Coast Guard law enforcement officer, US Navy serviceman, Vietnam veteran and an ordained minister, passes on his own experiences with UFO sightings as well as accounts from trained observers and personnel who've decided to go public.

Among the UFO-related incidents that Dr Cox documents are events over Malmstrom Air Force Base in Montana, USA, in 1967, Iran in 1976, Peru and Rendlesham Forest, England, in 1980, as well as the famous triangular craft sightings over Belgium in 1990. He examines testimony from high-level eyewitnesses who spoke at a UFO conference in Washington, DC, the French GEPAN study of the UFO phenomenon, and disclosures from several NASA astronauts.

Dr Cox asks some pertinent questions. Why should the military

be creating weapons against aliens if UFOs are no threat to national security? What should we be doing to deal with the space weapons threat? How should we handle the consequences of possibly starting an intergalactic war? Lots of names, facts and supporting documents add to our understanding but deepen this great mystery of our times.

THE PYRAMIDS AND THE PENTAGON

by Nick Redfern

New Page Books, NJ, USA, 2012
ISBN 978-1-60163-206-7 (284pp tpb)
Available: www.newpagebooks.com

Contrary to what the public may have been led to believe, the United States military has a keen interest in archaeological, historical and religious mysteries—and is intent on keeping this interest and its findings classified.

In *The Pyramids and The Pentagon*, Nick Redfern (*Keep Out!* and *The NASA Conspiracies*; 19/03, 18/02) draws on FOI searches, whistleblower testimony and eyewitness accounts to make his case for this secret pursuit. It takes in everything from the Dead Sea Scrolls, the fate of Noah's Ark (was it a spacecraft?), ancient Indian *vimana* aircraft and nuclear warfare to construction of the Egyptian and Mayan pyramids using levitation, encounters with the *djinn* of the Middle East and a possible shared heritage with Mars involving an Egyptian link. UFOs, stargates and apparitions are *de rigueur*.

While his primary focus may be on the US military, Redfern makes it clear that the British have their own preoccupations with such mysteries as balls of light experienced within ancient sites and messages from crop circles. The common aim: to utilise whatever can be accessed to improve their military might. This is how it's been for millennia, but is this how it has to be in the future? Nick Redfern has put together a compelling read full of intriguing information to turn around dumbed-down mindsets.

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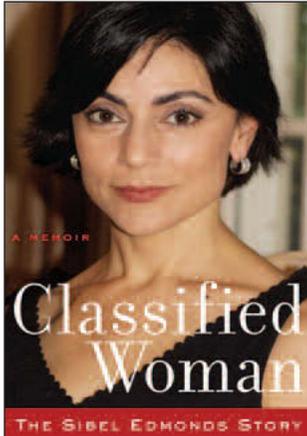
www.godshivers.com



REVIEWS

CLASSIFIED WOMAN: THE SIBEL EDMONDS STORY – A MEMOIR by Sibel Edmonds

Sibel Edmonds, Virginia, USA, 2012
ISBN 978-0-615602-22-6 (342pp tpb)
Available: www.classifiedwoman.com



Employed under contract by the FBI in late September 2001 as a translator specialising in Middle Eastern languages including Turkish and Farsi, Sibel Edmonds was sacked in March 2002 on spurious grounds. When she discovered that FBI agents had foreknowledge of what would be the 9/11 attacks and then found that no follow-up was required, she became aware of cover-ups on illegal activity of foreign nationals, systemic corruption and intelligence-blocking as well as serious security breaches.

Sibel Edmonds's memoir of her life before, during and after her short stint with the FBI is compelling reading. Her official complaints resulted in her firing. They led to Senate Judiciary Committee hearings in 2002, and to the Attorney General's and the FBI's retroactively classifying that testimony as Top Secret in 2004, although this was later overturned. Edmonds was prevented from testifying in a class action lawsuit filed by 9/11 victims' families, and her testimony about FBI corruption to the 9/11 Commission was not included in its report.

Edmonds has remained active in exposing corruption, having founded the National Security Whistleblowers Coalition, the investigative

journalism website Boiling Frogs Post and her own website, Just a Citizen. Her story is a stern warning about how official agencies are eroding the public's right to know.

GLADIO: NATO's Dagger at the Heart of Europe by Richard Cottrell

Progressive Press, CA, USA 2012
ISBN 978-1-61577-687-0 (484pp tpb)
Available: www.ProgressivePress.com

What we've been generally led to believe as Cold War history has a dark undercurrent that's still rippling today. It's the secret role of NATO in continuing the "stay behind" networks that Churchill proposed in 1940 to combat Soviet intrusion into Europe and which were set up during World War II but never disbanded. NATO, after its establishment in 1949, expanded and strengthened this covert network, known first in Italy as Gladio (a gladiator's double-edged sword). These secret armies conducted false-flag, state-sponsored terrorism directly, and by infiltration of anarchist groups, as a means of inducing fear and introducing harsh civil restrictions—as is still being done in recent times (e.g., the 2005 London bombings).

In this gripping exposé, Richard Cottrell—a former European Parliament MP and a veteran journalist and broadcaster—goes behind the scenes to examine NATO's historical role and its relationship with British intelligence, the Pentagon and Nazi, Vatican, Mafia and other interests. He explains how and why NATO changed its emphasis after the Soviet Union's collapse and conducted operations in Yugoslavia, Iraq, Afghanistan, Libya and now Syria. Cottrell impresses with the quality of his research, naming key names and explaining ugly events involving bombings, assassinations, propaganda, missile crises, biowarfare, vote-rigging and other outrages. This is an important alternative history that fills in many gaps in our understanding.

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REVIEWS



DVDs

Compiled by Duncan Roads

NICK POPE: The Man Who Left the MoD

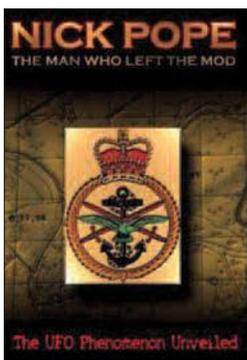
by Reality Entertainment Films
www.reality-entertainment.com

Considered one of the best known UFO researchers on the planet, Nick Pope worked for the UK Ministry of Defence (MoD) for 21 years and was famously posted to the UFO Desk in 1991–94.

The author of several books, Pope has been a guest speaker at many conferences and has taken part in a number of films and TV documentaries.

Interviewed for this film by Michael Bourne, Nick Pope goes on the record about his beliefs and opinions, and he reveals the scope of his insider knowledge on such topics as "black" technology, the Rendlesham Forest incident, quantum physics, psychology and Russian advances in parapsychology.

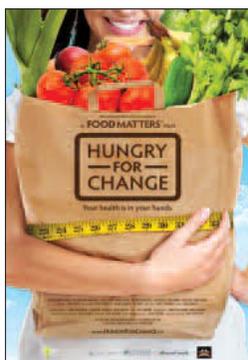
Directed by Philip Gardiner, this DVD was released a few years ago but is still well worth watching.



HUNGRY FOR CHANGE

by Food Matters © 2011
www.HungryForChange.tv

From the creators of the best-selling film *Food Matters* comes a documentary about lasting weight loss, abundant energy and vibrant health. *Hungry for Change* exposes shocking secrets that the diet, weight loss and food industry don't want



you to know about—deceptive strategies designed to keep you coming back for more.

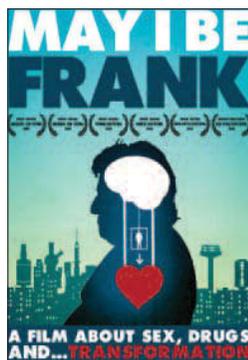
Featuring interviews with authors and researchers, including David Wolfe, Mike Adams and Dr Joseph Mercola, as well as Frank Ferrante (see next review), importantly the film shows real-life stories of success from people who have made their own journey of inner and outer health transformation.

MAY I BE FRANK A Film About Sex, Drugs and ... Transformation

by Be Love Productions © 2011
www.mayibefrankmovie.com

This amazing film documents the transformation of Frank Ferrante's life. Frank is 54 years old, obese, depressed and addicted. He stumbles into a local raw, organic and vegan restaurant in San Francisco. When Ryland, a server at Café Gratitude, asks Frank, "What is one thing you want to do before you die?", Frank replies, "I want to fall in love one more time, but no one will love me looking the way I do."

Ryland, his brother Cary and his best friend Conor are inspired by the possibility of helping Frank. For the next 42 days, Frank will eat only raw food, practise gratitude, visit local holistic practitioners and have a weekly colonic. Frank ends up with a new body, a clearer mind and, most importantly, a soaring spirit. *May I Be Frank* documents the essence of the human condition and what it truly means to fall in love again.



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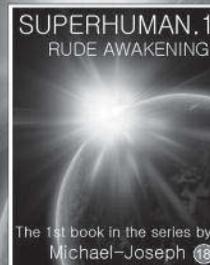
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REVIEWS

MUSIC

Reviewed by Richard Giles

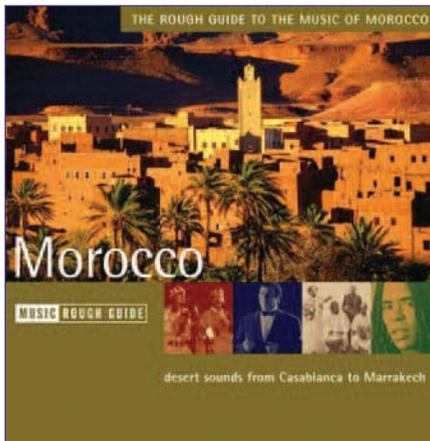
INHALE SLOWLY

by Tim White and Joe Paulino

WhiteGates Music, USA, 2011 (68mins)

Distributor: USA—WhiteGates Music, www.whitegatesmusic.com

The idea for *Inhale Slowly* came from Tim White's need to record some relaxed music influenced by his master teacher, Ustad Ali Akbar Khan. White is on flute, guitar and Indian traditional instruments, and Joe Paulino plays grand piano and synthesiser. Each of the five pieces takes you on a special journey—slow moving, spacious, atmospheric. The album provides a mood-relaxing soundscape with a pace like a slow-breathing cycle. It works wonderfully.



THE ROUGH GUIDE TO THE MUSIC OF MOROCCO

by various artists

Rough Guides/World Music Network, UK, 2012 (2CDs, 105mins)

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

Modern Morocco is strongly represented on this enjoyable Rough Music Guide that covers styles from Gnawa to hip hop, funk, rap and more. The first CD opens with a contemporary version of the classic Moroccan Gnawa form, and includes some of the great names in the scene:

U-Cef, Lemchaheb, Maalem Said Damir & Gnawa Allstars, H-Kayne, Mazagan, Samy Elmaghribi, the Master Musicians of Joujouka and more. The second CD has Groupe Mazagan playing Chaâbi-Groove style, combining tribal with urban sounds.

GUZO

by Samuel Yirga

Real World Records, 2012 (60mins)

Distributors: Australia—The Planet Company, tel (02) 9283 8250; UK—Real World Records, tel (0)870 720 2127, www.realworldrecords.com

Ethiopian jazz musician Samuel Yirga recorded this hot album in Addis Ababa and at Real World Studios, UK. The title *Guzo* means "journey" in Amharic, Ethiopia's Semitic language. It's the product of years of experimenting with the music of his roots, plus American jazz, Latin and classical styles. Yirga explores the musical traditions of Ethiopia, the more modern Ethio-jazz with big-band brass, and moves through soul and funk. Also featured is the Creole Choir of Cuba. A fascinating and special Ethiopian creation.

GUITAR MEDITATIONS Volume 2

by Soulfood and Friends

Soulfood Music, USA, 2011 (54mins;

released as Volume 3 in USA)

Distributors: Australia—Brumby Sunstate, tel 1300 427 862; USA—Soulfood Music, toll free 1877 500 1750, www.soulfoodmusic.com

Ambient musician Soulfood collaborates here with greats such as Emmy-winning composer and guitarist Ron Cohen, award-winner Ricky Fitzpatrick and Robert McEntee along with classical flautist Richard Hardy. This album is perfect for spa, massage and quiet yoga, and is part of the acclaimed *Guitar Meditations* series (see NEXUS 13/06). Very gentle acoustic guitar is blended with peaceful woodwinds, bamboo flute and serene soundscapes to create a soothing background. Their inspired album is friendly and calming.



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Why Stomach Acid is Essential to Our Health

Continued from page 37

acid will be safe and effective, and, further, other nutrients that you ingest will be carried out to the cellular level.

To illustrate how powerful nicotinic acid is, it magnifies the effects of any drugs and supplements you are taking. You will need to watch your doses carefully. For example, many people take large amounts of magnesium to cure constipation. They soon discover, sometimes the hard way, that much less magnesium is necessary, as the nicotinic acid creates vasodilation, bringing nerve supply to the entire body, including the bowel. Bowels that have been sluggish for decades, some even from childhood, suddenly start perking up and are able to move normally without any help from

laxatives, which are the only help offered by establishment physicians. This combination is the finest cure for intractable constipation that I know about.

There are, of course, contraindications: do not take nicotinic acid if you have pending surgery, or if you have stomach ulcers, or if you have diverticulitis.

As for dosage, expert advice would be comforting, if you can find it. If not, you will need to listen to your body. Some people find that they need to have the flush every morning for a few days in order to assimilate nutrients. Others can manage on just two or three times a week.

The only hydrochloric acid that I can recommend is Hippocrates Digestive Compound (betaine hydrochloride and papain). It is not called "hydrochloric acid", due to government regulations. The health

centre is formulating it to my specifications, because, until it did so, I was unable to find an effective formula that didn't contain excipients. For more details, please visit the centre's website, <http://www.hippocrates.com.au>. ∞

About the Author:

Elaine Hollingsworth is Director of Hippocrates Health Centre of Australia, located on the Gold Coast, Queensland. A former Hollywood film and TV actress under the stage name Sara Shane, she has been a health crusader since the early 1950s. Elaine's article "Iodine: The Perfect Panacea", published in NEXUS 19/03, was extracted from her book *Take Control of Your Health and Escape the Sickness Industry* (Empowerment Press, 2012, 12th edition; see reviews in NEXUS 8/02 and 15/01).

For more information and to purchase Elaine's book, DVD and CD, visit <http://www.doctorsaredangerous.com>.

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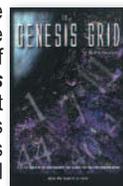
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THE GENESIS GRID is available on Amazon & AuthorHouse.com

Read academic reviews at www.genesisgrid.co.uk and hear the latest 28th May 2012 interview with author Peter Woolford on Canada's 'X' Zone Radio & TV Show with Rob McConnell: www.xzoneradiotv.com (find under 'Podcasts')

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Junk DNA: Doorway to Transformation

Continued from page 44

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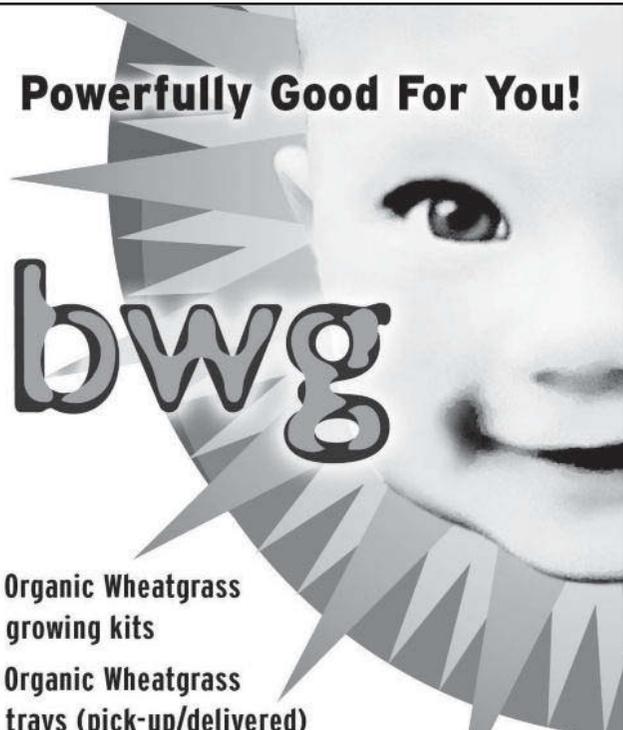
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The Mayan Calendar and the 2012 End Date

Continued from page 52

McKenna's zero point should be reached on 21 December 2012. ∞

About the Author:

Belinda Doyle graduated from the Australian Film, Television and Radio School in 1987. She is an award-winning journalist with more than 20 years' experience in the broadcasting industry.

Belinda has presented news programs in Sydney and Perth, and has co-hosted a number of successful breakfast radio programs. She was instrumental in the establishment of Australia's first 24-hour news service, ABC NewsRadio, which she launched in 1994 from Parliament House in Canberra.

Belinda's article "The Future of Thought Communication" was published in NEXUS 18/02

(February–March 2011).

Belinda Doyle can be emailed at whentomorrowcomes@live.com.

Endnotes

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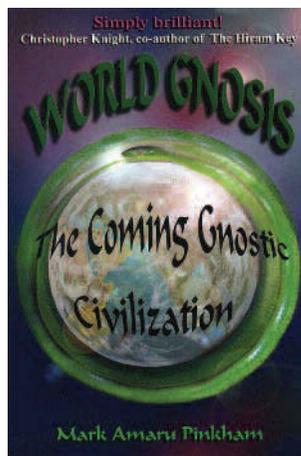
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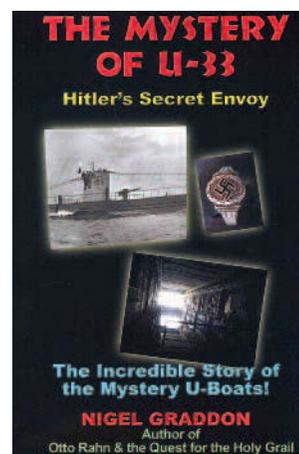
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of U-33:
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Vitrified Stonework of the Ancient World

Continued from page 64

- Professor Henk Kars, Institute for Geo- and Bioarchaeology, Faculty of Earth and Life Sciences, Vrije Universiteit, Amsterdam, the Netherlands
- David Campbell, <http://www.anarchaeology.com>
- Paul D. Burley, <http://www.pauldburley.com>.

About the Authors:

• Jan Peter de Jong, who lived in Cusco, Peru, for 13 years, is the editor of the Ancient Mysteries Explained website. Together with collaborator Jesús Gamarra Farfán, he has produced the DVD documentary *The Cosmogony of the Three Worlds*, based on the investigations of the late Alfredo Gamarra, the father of Jesús. Jan Peter and Jesús are scheduled speakers at the Pythagoras Conference in Louisville, Kentucky, USA, on 10–14 October 2012. Jan Peter de

Jong is participating in a study tour of Egypt from 29 November to 10 December 2012 with author/archaeology researcher Antoine Gikal and ceremonialist Andrea Mikana-Pinkham of Sacred Sites Journeys. For more information, and to purchase the e-book, visit <http://www.ancient-mysteries-explained.com>.

To view Jan Peter's videos, go to www.youtube.com/user/janpeterdejong. • Christopher Jordan is an independent researcher and author of several books including *The Ancient Solar Premise*, *The Ark of the Covenant Operations Manual*, *Secrets of the Sun Sects* and *The Sun Devices*.

For further details and to purchase his e-books, visit <http://secretsofthesunsects.wordpress.com>.

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The Oldest Known Photograph of Bigfoot

Continued from page 69

other time period and involves different folks from what we can glean from the slim information we have. Perhaps someone associated with this photo was very young at the time and some 40 or more years passed before they decided to retrieve it. For anyone involved in such a photo, this incident would have been something that they thought about a lot; the inability to be able to show a friend the "actual" photograph would have been a tremendous rub—hence the desire to steal a copy of a photograph that one knows exists but is kept secret by certain powers for their own purposes.

A Bigfoot Cover-up?

Yes, it seems that a cryptozoology conspiracy exists. Evidence, including photos and bodies, is kept from the press and public at large. It would seem that government and corporate identities are actively

covering up evidence of Bigfoot. While the governments of Canada and the United States could be trying to protect Bigfoot by suppressing evidence of its existence, some countries use the apeman to promote tourism. Countries like Nepal and Bhutan promote "yeti tourism" but still protect the species with national laws. It seems incredible, but the reality of the sasquatch—the apeman that lives on the fringes of civilisation—seems hard to deny when we're faced with what seems to be an overwhelming amount of evidence.

Could all of the stories that have come down to us for nearly 200 years in North America be cases of misidentification of bears or the occasional escaped circus gorilla? Or hoaxes? That, to me, would be very difficult to swallow. ∞

About the Author:

David Hatcher Childress has a career spanning more than three decades as an

independent researcher, explorer, author and filmmaker. He has written/published numerous books and presented/produced many documentaries on ancient civilisations and advanced technologies under the banner of his company, Adventures Unlimited Press. He is a co-star on the History channel's *Ancient Aliens* series, and is in demand as a conference speaker and a guest on popular TV and radio shows.

David's previous contributions to NEXUS include the introduction to "The Ancient Megaliths of Central Sulawesi" (19/04) and "The Mystery of the Olmec Civilisation" (15/01). His latest book, *The Enigma of Cranial Deformation* (co-written with Brien Foerster), was reviewed in NEXUS 19/04. His book *Yetis, Sasquatch & Hairy Giants* was reviewed in NEXUS 17/03.

David is the founder of the World Explorers Club, based in Kempton, Illinois, USA, and publishes its *World Explorer* magazine.

For more information, visit the websites <http://wexclub.com>, <http://adventuresunlimitedpress.com> and <http://DavidHatcherChildress.com>.

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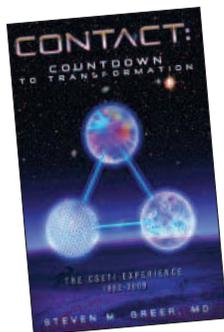
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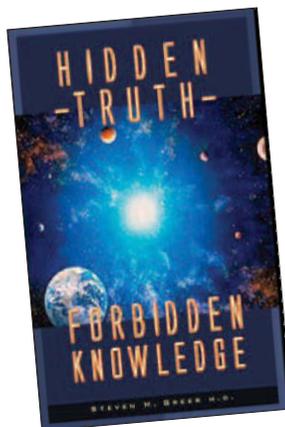
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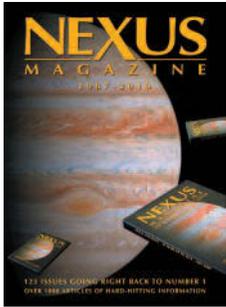
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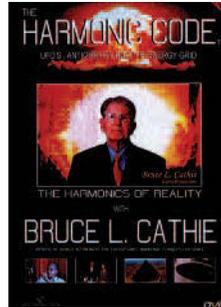
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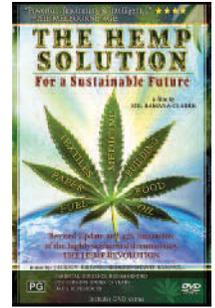
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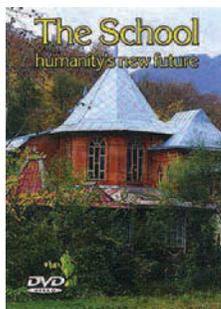
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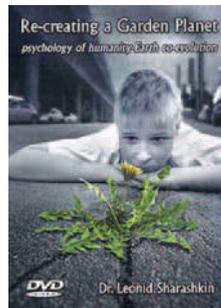
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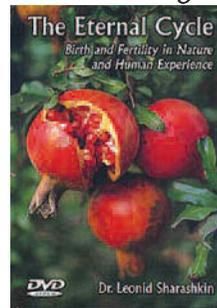
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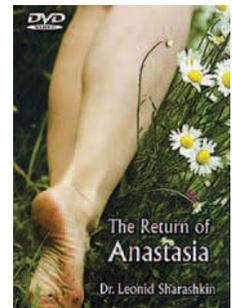
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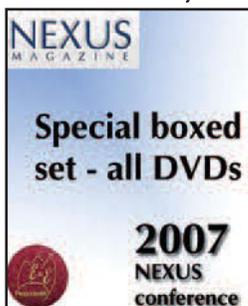
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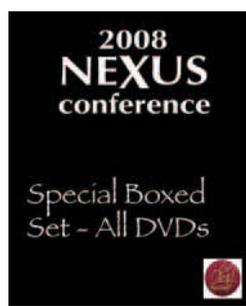
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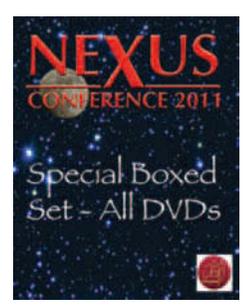
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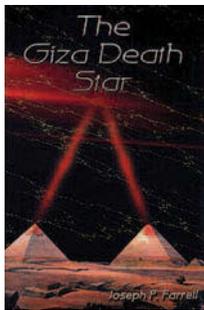


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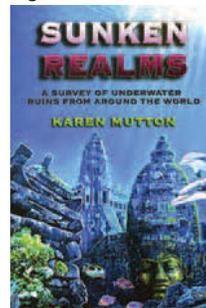
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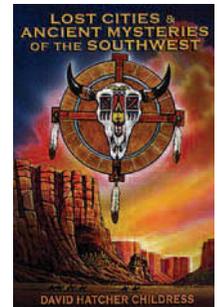
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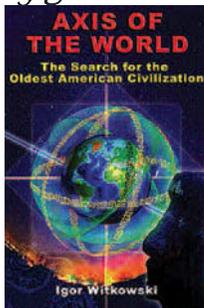
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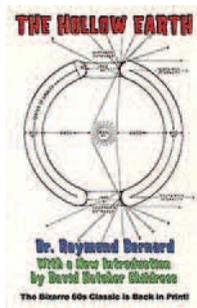
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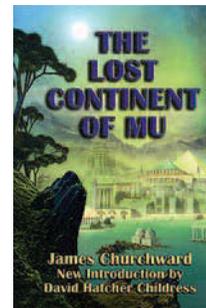
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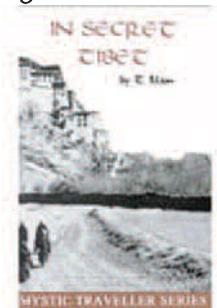
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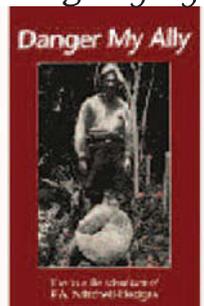
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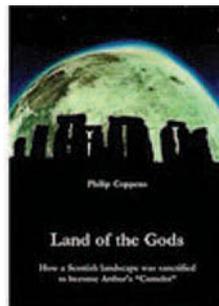
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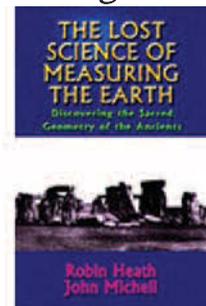
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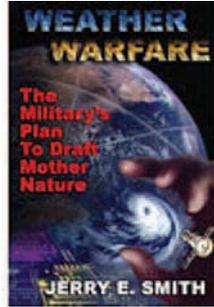
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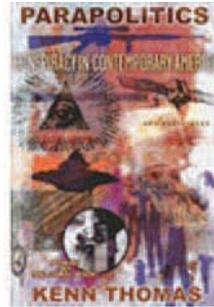
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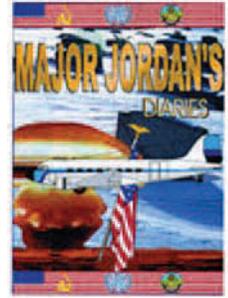
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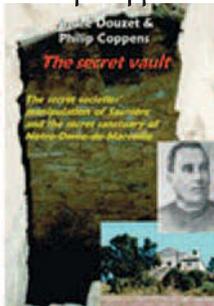
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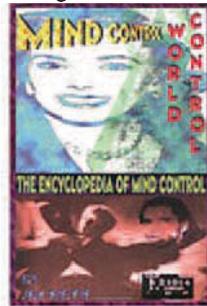
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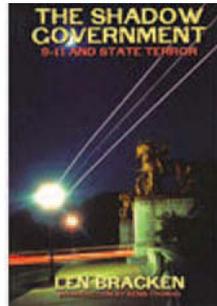
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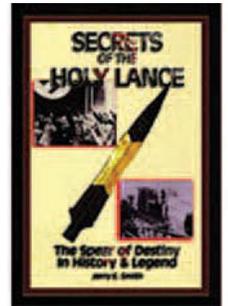
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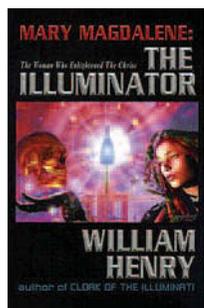
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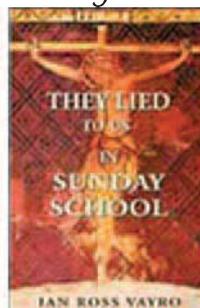
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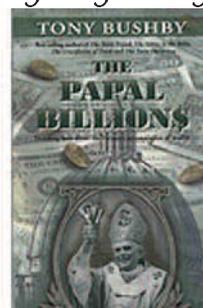
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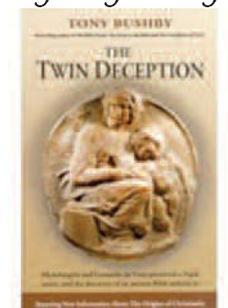
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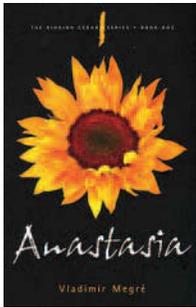


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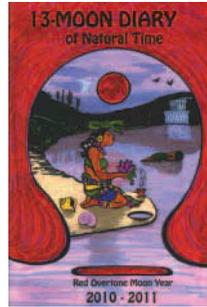
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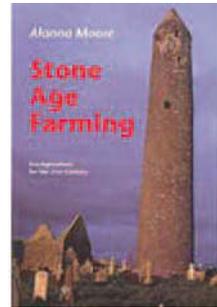
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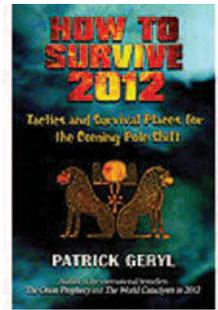
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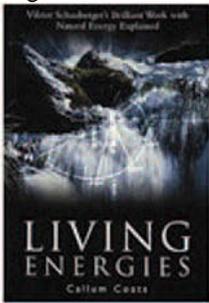
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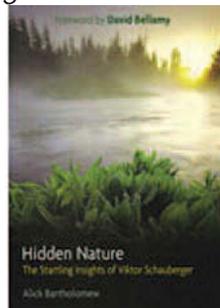
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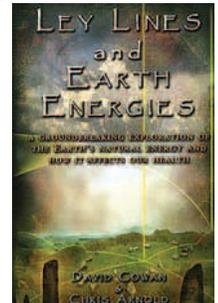
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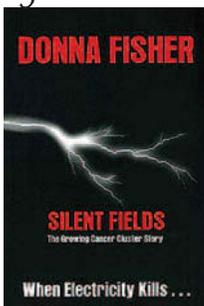
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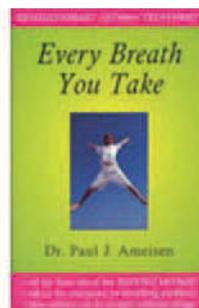
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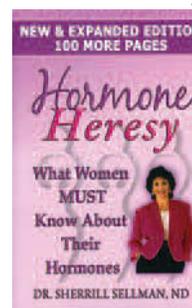
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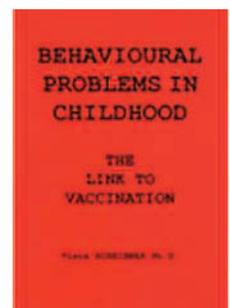
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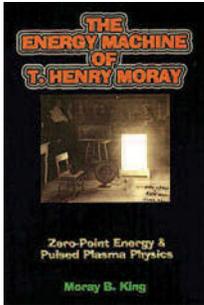


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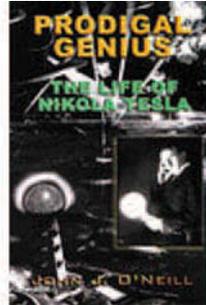
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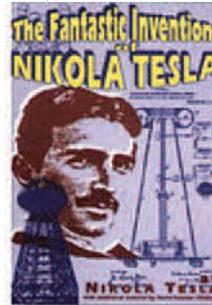
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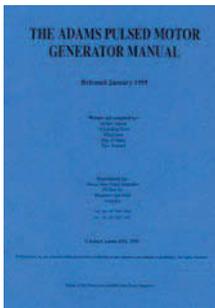
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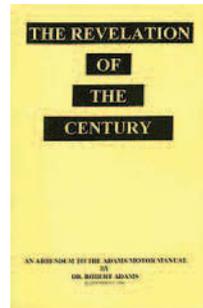
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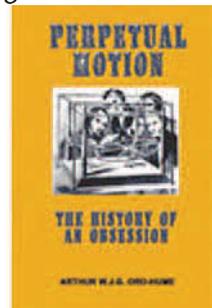
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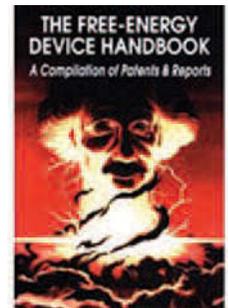
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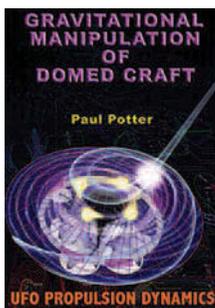
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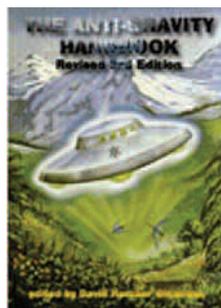
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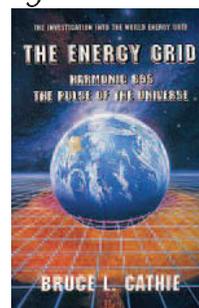
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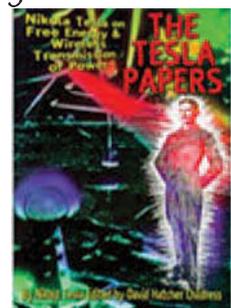
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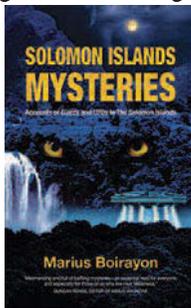


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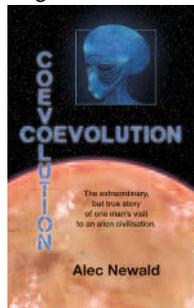
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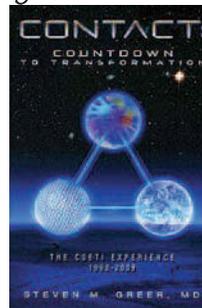
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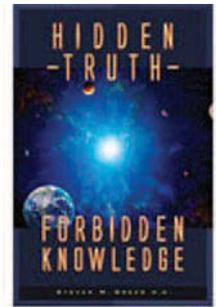
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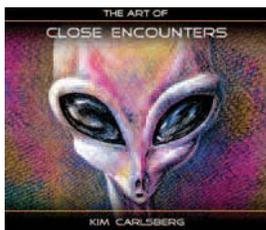
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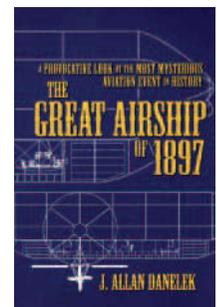
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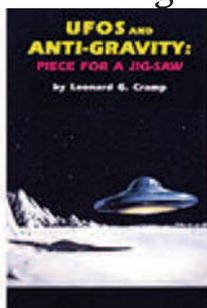
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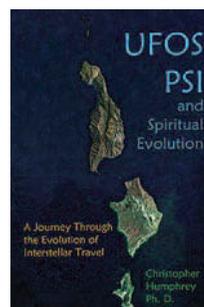
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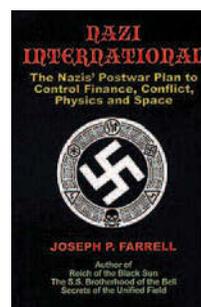
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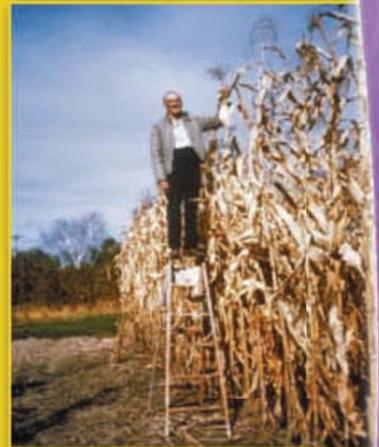
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