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Mother Earth Forces - A Sunbear Lecture

"I've been travelling this path for a long time now.

Up until 1970 all I worked with was my own people, native Americans.

Then in 1970, the Spirit told me that it was time to reach out to all human beings. The Spirit told me we were moving into a time of very powerful changes on the Earth Mother.

A time of Earth changes that have been foretold by many of our prophets and teachers. If we are to survive these Earth changes, we have to have the knowledge to survive it, the earth itself will be behind us, supporting us with our teachings.

Back in 1970, the young people were unhappy with the lies and flaws they were seeing in a society that was not really practising any truths....there was a lot of anger in their hearts, lots of frustration, Vietnam war time.

Many of the first people who came to see me formed Communities in California and other places. I had 200 people out on the land for a year and a half. I taught them self sufficiency, how to live with the land, how to live with each other, also much of the native American philosophy. That was the beginning of the Bear Tribe Medicine Society.

The reason we gave it this name was that to us the Bear is a great healer, the Bear has the power to go into the long winter sleep and



come out in the Spring, find a few herbs to eat to cleanse out their stomachs, then they are ready for their life again. They're ready to start making the rest of it happen. So the Bear Tribe Medicine Society was founded as a teaching society, to bring together with me, whole creatives to be sharing the same direction and the work we are doing.

Originally I had about 200 people, learning and living together. But very few of them were ready for the ultimate things that we were trying to do. I had a vision on top of a mountain and as a result I went up to Nevada, telling those who were ready

for the true vision and the power to come along....six came.

We went to Clement Falls and then Washington where we are now. There are 12 full time people and about 175 apprentices across the US. But the connections are getting stronger, there are natives and non-natives all over the world now.

The thing I feel very strongly at this time is that we are all human beings, we are all on the Earth Mother together, and we are all looking for answers...we are all searching.

There is a very ancient network that we are trying to rebuild between many peoples. So I travel a lot,

meeting many peoples, restoring the knowledge, reconnecting the Earth with the forces. The American native people have a prophecy - we were told of the Europeans coming to the American continent. If they understood our ways and teachings, then a beautiful blend of knowledges would take place. If they didn't understand, there would be a period of time, hundreds of years or more, where our own young people would turn away from us. Then we would come alive again, risen from the dust, some of us would be growing our hair long again. The power would return and we would be like Earth Spirits, we'd know the songs and power of the Earth. We would be reconnected with these forces. We would realise we have almost destroyed the Earth and ask to be taught how to save it so we might live.

We are at the Time when the prophecies said major changes would happen on Earth Mother. A time of many geological forces happening. The Goddess of Fire, creating volcanoes, a beginning of the cleansing of the land.

We have the ability to communicate with the forces and powers of nature. It belonged to all of us once, not just the "natives". Its just some of us have gotten a little bit further away from it than others and that's part of what my path is, to try and help people reconnect with these forces and powers.

We stand on one leg - technology - we forget everything else. I feel we

have a power to learn, to reconnect with the forces, the power around us. It's something that belongs to us and it's an awareness that we need to bring back to ourselves in order to become whole human beings.



First it's very important to begin to start listening to the Earth and the forces around us, because if you listen you might hear something before it happens. The Mother right now is moving toward making changes and the "own the Earth" thing isn't real. We may think we own the Earth. To me its like a big shaggy dog and human beings are just fleas on the hair of that shaggy dog. If the dog shakes, people get freaked out over it. But if we listen, we pack our bags and say "hey, see ya later folks, after the dog shakes". It's something, learning how to listen and communicate with those forces to where you know something is going to happen. We get into little ruts and never reach out and look beyond. Somewhere,

Nexus New Times

somehow, sometime, we've got to get waking up and saying, 'Hey, there's more to the world than this!' The whole beautiful universe is there and we're just pecking at the outside of the whole big thing. We don't get to the real power of it, the real

things that are happening in the world. I go to what are your roots, the areas that many of you claim are your roots. These powers and forces are the same all over the world, we can communicate with them, work with them, to help heal the MotherEarth.

Listen and learn."

Sunbear.



Sun Bear is a shaman of the Chippewa tribe who has toured Australia with Aboriginal elders. He is the founder of the Bear Tribe, which is a tribe of people of all races who are working with the energies of the Earth Mother.

The Bear Tribe produces *WILDFIRE* magazine which is available:

Wildfire, Bear Tribe,
P.O.Box 9167 Spokane,
Washington 99209

THE ENERGY POLARISER PHENOMENON

by R. Ayana

In recent months much has been said about Peter Brock's Energy Polariser, a device which has led to the falling out of Peter Brock and Holden. Many people wonder why this has happened - Mobil Oil Company are still backing him, and if world-renowned racing legend Peter Brock is staking his reputation on the Energy Polariser, why did Holden say the device was "totally without merit"? It is a story which is destined to become a classic in the annals of alternative technology.

Peter Brock prefers to lead speculation away from the Energy Polariser, which is a small box containing two opposing magnets separated by quartz crystals imbedded in resin. He points out that his end of the market is a lucrative one and that there are a number of reasons for his parting with Holden - he will continue producing his heavily modified \$55,000 luxury sedan (based on a V8 Commodore) despite the sudden lack of support facilities and backing.

Last year while undergoing trials by General Motors at the Miford Proving Ground in Michigan, the Energy Polariser was given a blind back-to-back test on the same vehicle. "The top engineering boy came back after driving it and said: 'What's going on here... what have you guys done to this thing?' He was rapt," Brock reported at the time.

The Polariser itself is produced by *Peri Integration*, a company formed by co-inventors Brock and Dr Eric Dowker, a chiropractor who runs a practice in suburban Greensborough in Melbourne. Dr Dowker has endured the same public exposure as Brock in the last few months, with a spotlight on his beliefs and unsolicited testimonials glowing with praise coming from the likes of golf star Peter Baker-Finch and others.

The Polariser works along the same lines as the Orgone accumulator of Dr Wilhelm Reich, noted student of Freud (*who had his journals, notes and equipment axed to pieces and burned by the US Food and Drug Administration in the 1950s and subsequently died in strange circumstances in a US prison. Reich believed that the whole person, not just the mind or*

body, must be treated and was the originator of 'muscle armour' theory among many other innovations). Peter Brock has been outspoken in his support for the Polariser.

"I know that we're talking about levels of technology which are very much cutting stuff. It is something that the ordinary physicist is not considering at this time and it therefore raises a lot of eyebrows," he says.

"There are not too many people on this Earth at the moment who, as I understand it, are dealing with energies of this type." He said the Japanese Government planned to "begin looking at these levels of technology which they believe will be what is going to be required in the 21st century."

The Energy Polariser emits a form of energy equated with Orgone energy which has been likened to the principle of nuclear magnetic resonance.

"What we've done is produce a device that nicely aligns all the molecules in a car's componentry as if every part had been manufactured totally correctly." Brock has said.

"We haven't altered molecular structure but realigned the molecules into an almost crystalline layout.

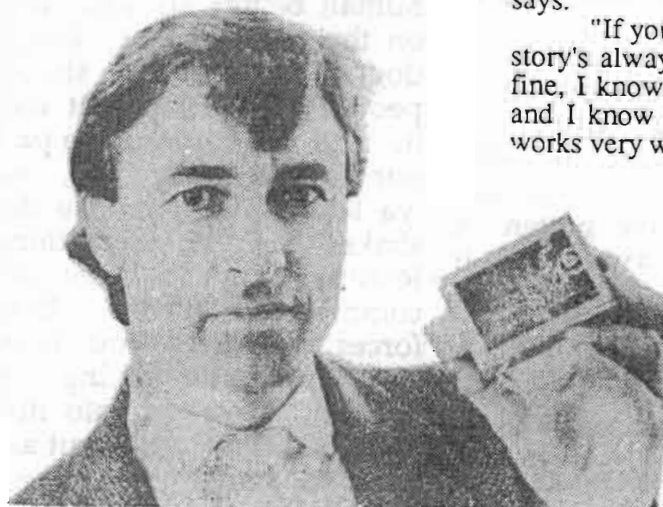
"Your quartz watch is a good example. It takes electrical energy from a battery that a quartz crystal converts into mechanical energy. Electric current acting on a quartz crystal causes it to work.

"Essentially I'm talking about the same thing. Inside my polariser, among other things, you've got magnetic energy acting on a crystal which causes the transmission of a high frequency wave which, in fact, is orgone energy.

"The car becomes enhanced. A sweet car becomes sweeter and a dog becomes pretty good. It can't rebuild a worn engine but it can turn a loose clunker into something reasonable."

Much of the reaction has been less than complimentary but Peter Brock is undaunted by adverse publicity. "There's never been any truly avant garde invention that hasn't received derision," he says.

"If you go back in history the story's always the same. But that's fine, I know I'm on the right track and I know I have something that works very well."



NO OZONE ZONE

by T. Leeson

A hole in the Earth's protective ozone layer as large as Australia has opened over the Antarctic.

Strangely, debate still surrounds the cause of the breaking down of the ozone layer. Ozone, an ionised form of oxygen, shields the earth from most of the sun's harmful ultraviolet rays. Each year this layer thins out over the Antarctic with the lowest concentrations occurring in October. Although it regularly 'rebuilds' in November, the level is 10% below the previous year's level.

The ozone hole is from 12 to 20 kilometres up, with layers only 100 metres apart losing 20 to 80% of their ozone.

Another hole about one third the size of the Antarctic hole has been discovered over Norway.

A report issued by NASA last November suggested that the sun is responsible, as an unusually intense peak of solar activity during 1979 and 1980 was claimed to cause chemical changes that led to a decline in ozone levels. Heavy sunspot activity was also reported in October 1986.

During August, a team of scientists flew to the Antarctic to measure trace gasses in the stratosphere, finding high levels of oxides of nitrogen which showed the solar explanation was probably incorrect. Further tests were also carried out by a joint Oz/US project in Darwin during January.

It is the use of chlorofluorocarbons and other chemical emissions that are the main cause for concern, with the US government pushing for an international freeze on CFCs. The US banned the use of CFCs in pressure pack cans a decade ago; Dupont (one of the largest chemical manufacturers in the world) voluntarily stopped all production of CFCs last year. They know the cause of the ozone hole.

Chlorofluorocarbons are used in everything from aerosol sprays to insulation foam in walls, ceilings and food containers (such as eggcartons and the polystyrene bubble your Big Mac emerges from). Airconditioning units also require CFCs.

The principal compounds are the chlorofluorocarbons (CFC-11, CFC-12, CFC-22, CFC-113, CFC-114 and CFC-115), three chlorinated solvents (carbon tetrachloride, methyl chloroform and methyl chloride) and two bromide-containing halons (Halon-1211 and Halon-1301). *The production and use of all these products is steadily increasing.*

Compounds of this nature remain unaltered in the lower atmosphere, but as they migrate to the stratosphere they are decomposed by UV radiation. The chlorine or bromine contained causes a chain reaction in which ozone is destroyed.

In the lower atmosphere they also absorb infrared radiation adding to the serious warming of the atmosphere known as the "Greenhouse Effect".

At the 27-nation Vienna Convention for the Protection of the Ozone Layer in December 1986, negotiations for an agreement to limit emissions were apparently hampered by



some governments and large chemical companies. Sales of CFC's are worth over a billion dollars annually, with many of the larger companies involved in projects in China and the Third World worth tens of millions of dollars.

Unfortunately, many of the chemicals have no substitute as the alternatives are more dangerous.

The various effects are only now becoming more frighteningly apparent. An additional half a million cases of skin cancer are estimated with a drop in ozone levels of 2.5%. For each 1% decrease in stratospheric ozone there will be a 2 to 5% increase in basal skin cancer and 4 to 10% increase in squamous cell skin cancer.

The immune system will also be affected by an increase in UV radiation, with resultant increases in hepatitis, herpes and many other diseases.

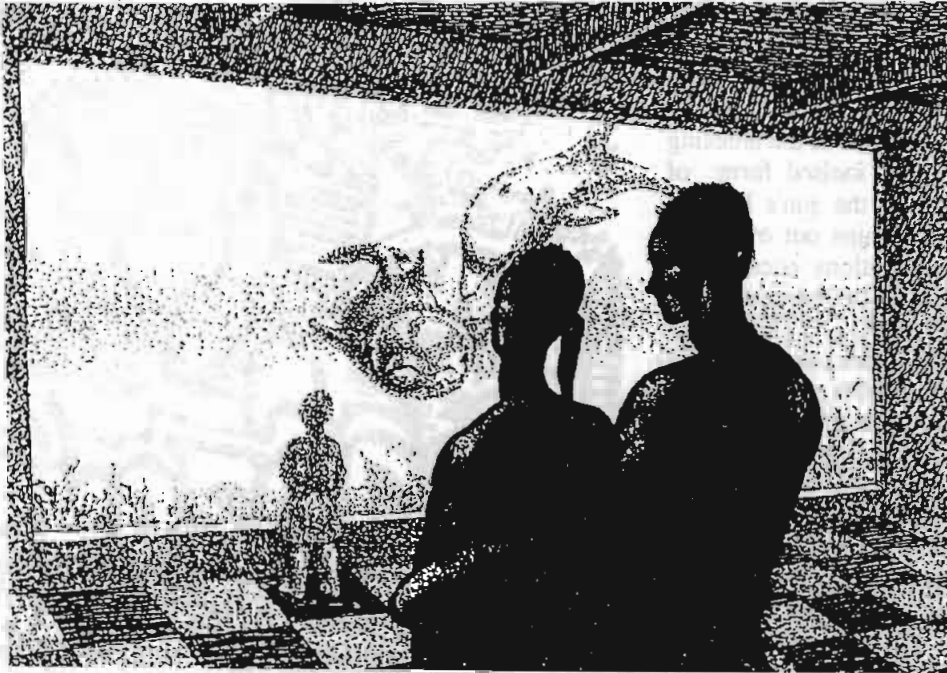
Effects on the climate are not yet fully known, but severe changes in precipitation and freak weather patterns will cause disruption in crop production, as will ultraviolet damage. Field studies have shown a 20% reduction in soya bean yield from a simulated 25% ozone depletion.

More frightening is the fact that many of the ocean's micro-organisms are photo-synthetic (relying on sunlight for survival) and it is not known what effects an increase in UV radiation will have on this base of the world food chain. Krill, for example, is found entirely in Antarctic latitudes (and provides a major part of the diet of whales).

As we are only witnessing the first effects of this very real threat it may not be too long before the full extent of the damage is realised further from the poles.

It may be a good idea to wear sunglasses and a wide-brimmed hat.

DOLPHIN FOUNDATION RISING



The Australian Dolphin Foundation has emerged on the North Coast of NSW. It plans to create a facility on an estuary which will enable the rehabilitation of captive dolphins and contribute towards their eventual free access to the ocean. It hopes to provide a legitimate research and educational base, incorporating the expertise necessary to advise and assist on strandings of cetacea and offer veterinary services to injured or incapacitated marine animals.

ADF co-ordinator Jim Benton believes that those of you who have yearned for a closer, more intimate contact with these fascinating creatures will be able to actually swim with and perhaps touch these powerful entities. This service has been successfully implemented in the USA to overwhelming public approval and several fascinating research projects have arisen as a direct consequence. One such facility is an enclosure in the Florida Keys, where the animals are able to escape into the open waterway at any time they wish. It seems that when captive dolphins are returned to the sea, they don't often venture far from where they were liberated, existing on handouts from friendly fishermen and concerned locals - or simply

dying. With this in mind, stringent legislation has been implemented in many states in America to ensure humane processes of liberation are carried out.

The ADF initiative follows recently introduced legislation aimed at ceasing the slaughter of whales and dolphins and curtailing all but one of the dolphin circuses in this state. The NSW legislation is in line with the recommendations of the Georges Report and is the only state so far to implement this recommendation. Bob Carr, Minister for Planning and the Environment, intends a staged closure of all dolphinariums except one. He has also called for substantial upgrading of dolphinariums to take place until the closures take effect.

The burning question that emerges is - how can such a large investment be justified if these dolphinariums have no guarantee of a supply of new animals? - There appears to be a high mortality rate in domestication and dolphinariums can hardly afford to maintain uncooperative animals in such limited space. Arguments have raged back and forth between the Animal Welfare lobby and the Oceanariums - both have drawn support from reputable scientists.

Because of the prohibitively large amount of finance necessary to study cetacea in their natural environment, much of the worthwhile research has been done in these marine circuses and so far many scientists are in support of the marine parks lobby.

One of the more convincing arguments they've put forward is that because people identify with dolphins so readily, they are able to relate to the marine environment because of them. Without these displays of captive marine animals, people would be less aware of the sensitivity of the underwater world. The welfare lobby retaliates by pointing out that the Oceanariums are inconsistent in this line of argument because the trainers' dialogues that accompany the animals' performances are anthropomorphic and condescending and are hardly addressed in an educational manner. To be consistent, the marine parks would need to create a more natural environment for the creatures and change the attitude of the trainers from the feeding/reward system.

The proposed facility of the ADF is to be in an estuarine environment, designed to bring the sea home to you in order that the essential processes of nature can be observed through a unique educational presentation. In this estuarine environment, plants which have evolved on the land have returned to the sea, deep sea fish come to spawn in the nutrient enriched waters, their offspring thrive and various species of land and seabirds integrate. In these magic places over countless thousands of years, man and sea mammals have met, gazed at each other and wondered.

If you're involved with educational, social or pure science research or film and advertising programmes and are interested in this concept, maybe you can contribute.

Ian McArthur, the project officer, is currently conducting marketing procedures and is hanging out to hear from you.

See ad on page 46

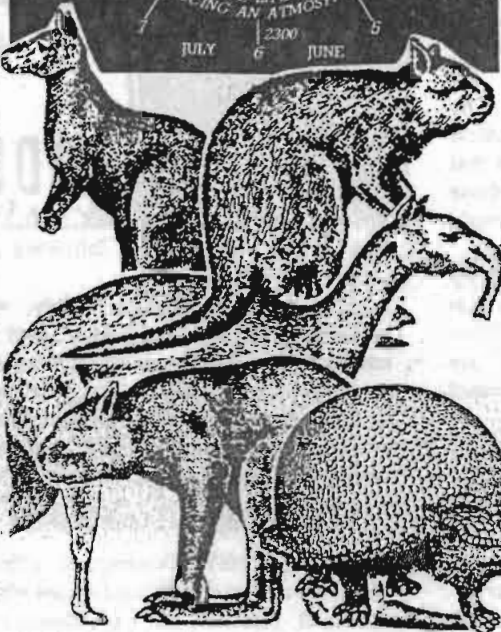
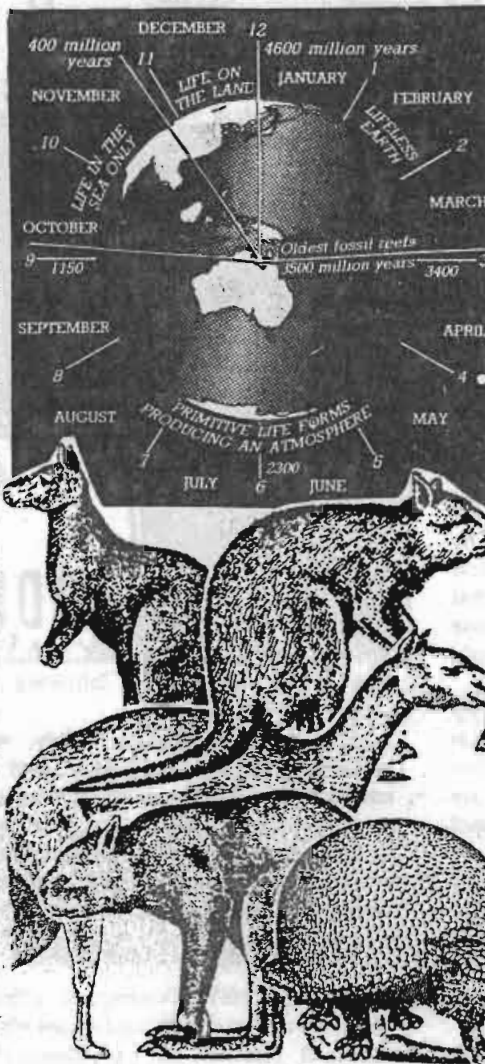
REACHING BACK by Nissa

Far back and beyond the Dreamtime, we reach to find the roots of this continent in the beginning of Time, the beginning of the Universe.

There are many clues to the changing face of land masses today, many of them quite extraordinary and puzzling. For example, the remains of freshwater dolphins, flamingoes and vast rainforests have been found in the heart of the desert in Australia. Marsupials, gumtrees and wattle dominate here like nowhere else on Earth. Australian biological history began billions of years ago.

The antiquity of the continent's raw materials became evident recently when geologists in Western Australia discovered some zircon crystals. The rocks in which they were imbedded were dated at 3.6 billion years, but the crystals are believed to be 4.3 billion years old; the most ancient known on Earth. Also found in Western Australia are the world's oldest fossil reefs or stromatolites, dated at 3.5 billion years, a point in time when the crust and oceans were still hot and the atmosphere was made of toxic gases with hardly any oxygen. Much of the landscape we see in Australia today probably looks largely as it did millions of years ago, giving us some of the oldest landforms in the world.

Reconstructions of the changing face of Australia have been pieced together from fossils, landforms, magnetic alignments in rocks and wildlife distribution. The transformation is quite dramatic and incorporates changing atmosphere, ice ages, erosion and climatic changes. Australia was once cut in two by an ocean. We have been submerged and have emerged from the sea. Sydney lay metres under water and was situated tens of kilometres from the coast, the Blue Mountains as yet unformed. The continent has been witness to the Earth's cooling, the evolution of plants from simple club mosses, conifers and giant tree ferns to the flowering plants, up the ladder of evolution to amphibians, reptiles, mammals and birds. The oldest mammal fossil found so far in Australia at Lightning Ridge was a snubby-beaked monotreme (egg-laying mammal), 100 million years old. The world's last remaining



links with the monotremes are the platypus and echidna.

Much of the continent was covered in great tracts of forest with abundant fresh water, allowing a great menagerie of animals to evolve. But as the continent broke away from Gondwanaland (incorporating would-be South America, Africa, India, Madagascar, New Zealand and Antarctica) about 100 million years ago, it started to drift slowly north, changing climatic conditions forcing flora and fauna to adapt over millions of years to a hotter, drier climate.

The most interesting question that arises is when did humans arrive on the now independent continent of Australia and how did they get here?

The Aborigines claim they evolved in Australia, but few anthropologists would agree. Most believe they have origins in South-East Asia and perhaps Papua New

Guinea. Until recently the oldest known human remains in Australia come from Lake Mungo, again in Western Australia, carbon-dated at 37,000 to 40,000 years old. These are not the oldest expected to be found, as evidence suggests man was on the continent long before this (evidence of burning-off indicates humans may have been here 130,000 years ago). In a Penrith quarry this year remains of an Aboriginal settlement were discovered and dated at 47,000 years old; the oldest discovered human settlement on Earth.

Recent research in North Queensland shows a marked change in flora about 45,000 years ago from a dominance of tree-ferns and casuarinas to the more fire-resistant eucalypts and acacias. More than this, there was a rapid subsequent disappearance of large animals weighing 60 kilograms or more.

The arrival of humans has been blamed on the dramatic 'prehistoric overkill' of mass extinction of the giant mammals or alternatively, the extinctions could be pinpointed to the inability of the large mammals to withstand the stress of climatic changes. Studies at the Australian Institute of Aboriginal Studies suggest that the Australian extinctions relate to an exceptionally dry climate approximately 15,000 to 25,000 years ago. The arid core of the continent expanded and the water supply diminished making it insufficient to support the giant creatures. Both theories are just that, with archaeologists and geologists hotly debating the cause of mass extinction.

One remarkable thing to emerge is that the bones of extinct marsupials have never been found in the same layers of sediment that have yielded human artefacts. But the evidence shows that there was definitely a period of about 30,000 years when humans and giant marsupials co-existed in Australia.

Certainly the evidence is pointing more and more to Australia being one of the original genetic pools of flora and fauna and the oldest landmass on Earth - maybe we are the fabled lost continent of Mu - but certainly we have our roots in the creation of the Earth.

CHERNOBYL - A YEAR LATER

A year after the Chernobyl nuclear accident, frightening results are becoming apparent which reach further than any previous estimates.

The birthrate for mongoloid babies in Berlin has risen by five times the normal rate. Professor Karl Sperling, head of the Human Genetics Institute in West Berlin, says that since January at least ten mongoloid babies have been born. The German findings have shocked the medical world, as it has always been claimed that levels of radiation as 'low' as those experienced in Berlin after Chernobyl could not cause such a high birth defect rate.

Birth defects in Europe are particularly well-documented and never before has anything like this been witnessed. Now 28,000 birth centres in Germany are compiling data which will be released shortly.

All the deformed babies were conceived three weeks after the Chernobyl fire started. By February the mongoloid birth rate was back to normal, but there is a fear that the radioactive cloud that spread across Europe could have also increased the incidence of leukaemia in children; this will only show up in the years ahead.

In Munich, Dr Klaus Waldemaier of the Genetic Diagnosis Laboratory has found that the general German rate of mongolism doubled in January. The suspicion is that throughout Europe similar findings to the Germans' will become apparent in studies to be completed soon.

Humans have not been the only ones to suffer. A reported tripling in the incidence of dead and newborn calves has come to light throughout the region. Veterinarians have reported various bizarre deformities such as calves being stillborn without heads, with two heads, a calf with a head like a pig, calves without any bones and with missing legs. All these deformities have appeared in the past six months.

Many experts believe that these are just the first signs of the terrible effects the Chernobyl disaster will have on Europe. The official Soviet death toll from Chernobyl stands at 34, but a dissident Soviet physicist has recently told a Washington conference that 15,000 people



died in the five months following the nuclear accident.

Reports have differed widely, with some stating that thousands died in hospitals but were recorded as discharged or as not needing treatment. The predictions for forthcoming deaths from cancer over the coming decades vary as well; some say thousands will die, others up to a million.

Some Australian Ramifications

In April, NSW Government officers seized 3.5 tonnes of herbs and spices which contained radiation at sixty times the recommended safety limit.

350 bags of the Chernobyl-contaminated herbs, imported from Turkey, were seized. Concentrations of lethal isotopes caesium 137 and caesium 134 were found in each of the 10kg bags.

The Australian Government Analytical Laboratory had recommended that the importer dilute the radioactive plant matter with 'clean' herbs to 'reduce' the level of radioactivity!

The NSW Health Department was tipped off by an activist with the People Against Food Irradiation (PAFI) and radioactivity tests were made on the herbs; results showed the level to be 1,491 becquerels per kilogram; the permissible amount is 30-50 becquerels per kilo.

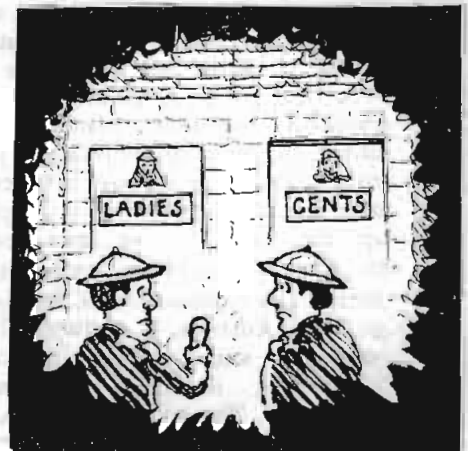
Now three of the four reactors at the Chernobyl site have been put back on line and the Number Four reactor which spewed radioactive debris around much of the world has been capped with a massive pile of concrete. A fifth reactor has been started and a sixth will follow.

SECRET PYRAMID TUNNELS

Two separate teams of investigators have discovered secret chambers within the Great Pyramid of Cheops at Giza.

Japanese experts using reflected electromagnetic waves to comb the c.4,600 year old edifice have found a new cavity, suspected to be a secret chamber, and a tunnel running beneath the pyramid possibly linking it to the Sphinx. The cavity is behind 2-metre thick stone blocks in a passageway leading to the "Queen's burial chamber".

Two French architects are also searching for the mummy of Cheops, after drilling holes into the limestone revealed the presence of unsuspected chambers.



Dark yellow sand with a high level of heavy minerals and radioactive material (which had been carried from a site five kilometres away) was found to be filling a cavity. Two drills broke during the last two weeks of experiments when they struck stone much harder than expected. Using a gravimeter to measure the specific gravity inside the chambers, the Frenchmen detected cavities beyond the drillholes.

"The curve of the gravimeter shows something very close, no further than three metres," said Mr Jean-Patrice Goidin.

"We are very close now. We see a wall and something like a door and a crack in the wall, too."

They contend they may have at last discovered a secret burial chamber within the 138 metre high pyramid (the largest on the earth's surface) and that the previously discovered damaged sarcophagus and chamber may have been built to throw tomb robbers off the scent.

"We know there is something strange behind this wall," said the technical chief, Mr Jacques Montlucon.

The team had hoped to drill up to eight holes in their first experiments, but were allowed three by the Egyptian Antiquities Organisation. An Antiquities spokesperson, Mr Fattah Sabbahi, said that Egypt wished to avoid damaging the pyramid.

"We have to analyse the best way to get into the cavities," he said.

LASER LEAP

The Soviet Union has inflicted "battlefield casualties" on ground targets and aircraft during military actions in Afghanistan, according to a US Defence Department report by Caspar Weinberger.

Lasers are swiftly showing their power as offensive weapons, with rifle and handgun sized lasers beginning to appear as well.



The Soviets have also put at least three orbiting US surveillance satellites out of action using a highly advanced ground-to-space laser cannon, according to a report in Bild, a West German newspaper which cited top-secret US and NATO information.

A prototype of the laser cannon has been built at Sarychaganak in Kazakhstan, and the report said that 10,000 Soviet engineers and scientists were engaged in high-energy laser missile defence systems in 12 research centres.



AIDS PROPAGANDA WAR

In response to widespread media reports that AIDS was accidentally created in Pentagon biological warfare experiments, United States officials claim a Soviet disinformation campaign is responsible for the story being carried worldwide.

The State Department is anxious to forestall 'rumours' that AIDS was created in a 'secret' army lab at Fort Dietrich, Maryland. They claim the story was invented and deliberately spread by the Soviet Union. However, a British virus expert, Dr John Seale, is previously on record as convinced that the virus was released when a laboratory experiment went disastrously wrong in the US.

Dr Seale, a respected Harley Street specialist, claims there has been a worldwide conspiracy of silence to keep the truth from the public. He has teamed up with American doctor Robert Strecker and East German professor Jacob Segal, who all reject the 'monkey bites man' theory of AIDS origins.

"I am sure AIDS was created in the laboratory and I wrote this in a letter to the journal of the Royal Society of Medicine in August," said Dr Seale. "Thousands of biologists all over the world have seen my August letter yet there has not been a single letter saying it was rubbish."

He originally made his claim after discovering links between AIDS and the lethal VISNA virus which attacks sheep. He says the only difference between the two viruses is that AIDS has an extra gene, which could have "quite easily" been inserted during experiments, deliberately or by mistake.

US State Department officials have been strenuously denying that the "Russian disinformation campaign" has any basis in fact.

Biological weapons were banned by a 100-nation treaty in 1972; however, after an environmental group filed a lawsuit in Washington, the Pentagon admitted recently that in 1981 it had "lost" several litres of the toxic chikungunya virus, enough to infect the entire world many times over. The virus is "a disease of explosive potential as either a biological warfare agent or a natural disease threat," according to a Pentagon document (gained via Freedom of Information). But the Pentagon told Congress that the missing virus, which disappeared from a refrigerator in an unguarded laboratory at Fort Dietrich, Maryland, posed no danger to the public.

Dr Jeremy Rifkin, president of the Foundation on Economic Trends (which filed the suit against the Pentagon) told reporters;

"The lack of security at Fort Dietrich and other military, university and commercial laboratories poses a dangerous public health threat." He said the army was experimenting with a number of highly dangerous germs including yellow fever, anthrax, plague and botulism, and the threat of terrorists with these weapons was ever-present.

The US "formally renounced" biological warfare weapons in 1969.



NEW TOP OF THE WORLD

Make way Mount Everest: another Himalayan mountain may be taller. New US satellite measuring techniques indicate that Everest is higher than the official 8,847 metres, but not as high as nearby peak K-2, which may be about ten metres higher according to a Washington University scientist.

SOVIETS OFFER NUCLEAR SECRET

The Soviet Union has discovered a way to test nuclear weapons without exploding them and has offered the secret to Washington, a senior Kremlin official said in February.

"We think that we have another method to check on our nuclear arsenal," said Mr Gennady Gerasimov, head of the Foreign Ministry's information department. He also noted that the Soviets were free to resume nuclear testing as a result of the US continuing with nuclear testing in Nevada. Moscow stopped all nuclear test explosions 18 months earlier in a self-imposed moratorium which America declined to join because, it said, Russia was winning the arms race.

Asked if renewed Russian testing would ensure that their nuclear stockpiles worked, Mr Gerasimov said;

"We even said that if the United States cites this particular reason (checking stockpiles) for their testing, we are ready to give them all our secrets - *how we manage to test our nuclear weapons without actually having nuclear explosions.*"

ARCTIC MYSTERY CLOUDS

Strange clouds have been rising in inexplicably huge, icy plumes over the Soviet Union's Arctic coastline for several years.

The clouds are similar in appearance to volcanic plumes and disappear within a few hours of their mysterious arrival, baffling Western experts. Many periodically bloom over Novaya Zemlya, a Soviet island long used for Arctic nuclear tests, but scientists can find no correlation between their appearances and Soviet weapons' tests (which are usually detected seismically). There is no volcanic activity in the area.

The plumes grow to 300 km in length and are larger than could be produced by any detectable nuclear explosion. They were first spotted by scientists from the National Oceanic and Atmospheric Administration in 1984, who speculate that we may be witnessing Soviet research into nuclear winter effects or "weather modification" experiments.



NUCLEAR ANTARCTIC THREAT

South Africa has decided to build an airstrip on Marion Island, 2,000km south-east of Cape Town in a plan claimed in Britain to be designed to prepare the site for testing nuclear missiles in the Antarctic.

"South Africa probably exploded a nuclear test device in the area in 1979 and the airstrip is very likely to have military implications," said Mr Frank Barnaby, a British nuclear expert and former director of the Stockholm International Peace Research Institute.

The airstrip will be large enough to handle C-130 Hercules transport planes and is claimed by South Africa to be important for the well-being of 24 scientists stationed on Marion Island and as a site for search and rescue operations. The scientific station itself was surprised by the news and deemed the airstrip unnecessary. Experts doubt the runway will be used for civil purposes.



Both South African and Israeli military officers have visited the island over the past two years, fuelling speculation about Israeli - South African nuclear weapons co-operation. (Mordechai Vanunu, the Israeli nuclear technician who is on trial in Jerusalem, claims that Israeli nuclear scientists regularly visit South Africa).

Nexus New Times

A Foreign Affairs Department spokesman said Australia would be "gravely concerned" if South Africa planned Antarctic nuclear tests.

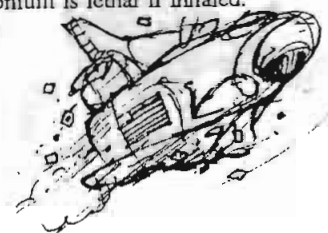
South Africa, which has not ratified the Nuclear Proliferation Treaty, is reported to be able to produce two nuclear bombs each year at a 'secret' nuclear plant at Pelindaba near Pretoria, which, unlike the country's other three reactors, is out of bounds to International Atomic Energy Agency inspectors.

Despite satellite observations to the contrary, South Africa neither confirms nor denies it detonated a test device in 1979 but has denied having nuclear weapons. The Israelis deny that they have nuclear weapons as well, but experts clarify that Israel is technically telling the truth in that their weapons are not fully assembled.

Assembling the weapons would take a few minutes.

WHAT GOES UP (1)

The good news about the Challenger disaster is that the next space shuttle flight was a military project designed to carry, among other things, forty pounds (18kg) of plutonium into orbit for use in orbital x-ray lasers (generated by nuclear detonation in a spherical screen with a 'gun barrel' pointing at the target). These contravene the Space Weapons treaty of the early 1960s. One millionth of one gram of plutonium is lethal if inhaled.



WHAT GOES UP (2)

The US Department of Energy has put forward a proposal costing \$70 million in 1987 for a development programme for mini-space reactors, making possible the beginnings of America's Space Defence Initiative.

Russia already has small uranium-235 reactors in space (one crashed in Canada in 1978) and 40 'hot' nuclear power generators in near-Earth orbit; at least 4 have ruptured and contaminated the atmosphere - a failure rate of 1 in 10, not one in 10 million as manufacturers claim. In the '60s a US orbital Snap-9A reactor dumped several kilos of plutonium into the atmosphere.

The latest uranium-fuelled Snap-10 space fission reactor was considered a success because it functioned for 43 days in orbit before a component failure. Most of these satellites have an orbital decay period of a minimum of only five to ten years.



WELCOME TO OUR STORE...

In a controversial move aimed at slashing shoplifting losses, a revolutionary British development is making its appearance in stores throughout Australia.

The new system is known as Reinforcement Messaging (RM). It prevents theft by influencing the behavior of shoppers and staff on a subconscious level and consists of a sophisticated computer-controlled public address system which monitors ambient noise levels in order to broadcast messages at precisely the threshold of human hearing.

A typical message would be "Welcome to our store. Be honest - do not steal." Shoppers absorb the words unconsciously and act accordingly. The system's developers claim it is capable of reducing theft by 30% or more.

Subliminal Assistance Limited, the UK developers, say that RM simply reinforces "socially acceptable values and objectives". Shoplifters cost retailers in excess of \$1 million a day.



The Department of Consumer Affairs has drawn up a code which no longer allows shopkeepers to search customers' handbags; but large or open bags may be searched. Employers will not be able to touch bags or their contents.

A shopper can refuse a search but may be detained until the police arrive. The innocent shopper can then sue for false arrest. The code has been put into effect for a six month trial ending in May.

HUMUNGOUS BUNNIES

With no public debate on environmental consequences, the State Government has licenced a private company, Tandou Pty Ltd, to breed rabbits four times the size of normal wild rabbits.

These huge white rabbits, which weigh 10kg after 8 weeks growth, will be bred in Australia's first high security rabbit concentration camp. Bred to be resistant to Pasteurella [a fatal respiratory disease] the rabbits were also widely reported to be innoculated against myxomatosis. However, R.W. Smith, a spokesman for Tandou, has subsequently denied they will be given immunity to myxomatosis. He said the license forbade them from immunising their rabbits. The consequences of myxomatosis-immune wild rabbits to Australia's farm production and environment would be catastrophic, heralding the return of huge rabbit plagues. The C.S.I.R.O. spent half a century developing myxomatosis as a means to control feral rabbits.

Prison-like conditions will be essential to prevent myxomatosis spreading to the farmed rabbit population through either direct contact or via insects such as mosquitoes.

The scheme's proponents judge the farmed rabbit completely different in taste and texture to wild rabbit. A mature giant rabbit would be worth about \$1,000 and they will probably be sold as "fryers".

The breeding project will start at Broken Hill this year with a 24-rabbit pilot farm.

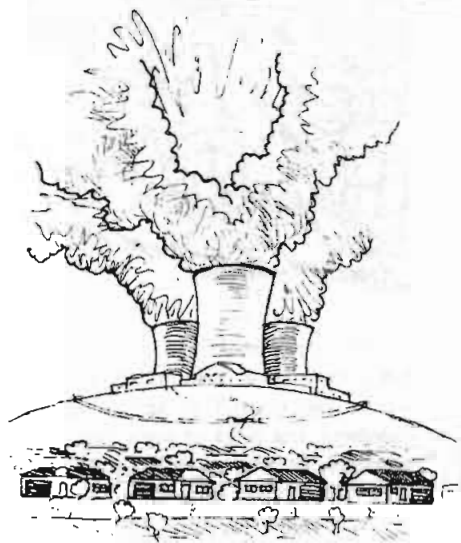
Mr John White, [NSW Farmer's Association] said: "The rabbit has done more damage to Australian native

fauna and flora than any other single pest. We are not prepared to take such a risk just to establish some new rabbit farm that the country simply doesn't need or want."

Ms Suzi Krawcyk [Pres. of Animal Liberation] said caged, farmed rabbits in the US suffered from a high mortality rate and severe behavioural disorders.

Another rabbit Production Unit is planned for Darwin where a Sydney businessman intends to open a \$2 million, 480,000 rabbit operation.





LUCAS HEIGHTS HIGHER

The recent fire at suburban Lucas Heights Reactor in Sydney has released yet more radioactivity into Sydney's environment. Their "Hot Box", used for the actual handling of radioactive isotopes, had another fire and contaminated four workers. The spill was "minor" according to the Lucas Heights P.R. Unit and a good test for new emergency procedures, which had forty firefighters and a special chemicals team called in.

Lucas Heights has had literally thousands of 'incidents' over the past decade, and housing is encroaching ever more quickly on the reactor and the waterways which surround it.

SHOCK HORROR LINKS

Electro-magnetic fields put out by powerlines can be responsible for high incidences of childhood cancer, according to a \$US750,000 detailed study carried out at the Universities of North Carolina and Colorado. The Washington State Health Department found high rates of leukemia among workers in power stations, aluminium plants (which use enormous amounts of electricity), power and telephone linesmen.

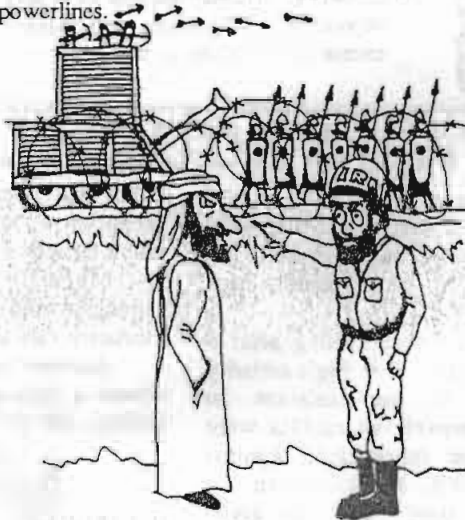
A Melbourne inner urban planning group is using the findings in its fight against the construction of a proposed 220-kV, eight-km long powerline which would

pass near two primary schools and over Richmond High School.

Furthermore, low-intensity microwave radiation (ie microwave ovens and TV transmitters) has been linked to higher cancer rates and adrenal gland and endocrine system changes in laboratory rats.

The study at Washington University exposed rats to less than half of the lowest allowable level of radiation emission for microwave ovens for up to 25 months. They found that 16% of exposed rats developed malignant tumours; four times the cancer rate of control rats which were not exposed. More than half of the tumours involved the endocrine system, affecting the thyroid, pituitary and adrenal glands.

Environmental groups in Victoria and NSW are pressuring State Governments to investigate health risks from high voltage powerlines.



THE IRAQIS HAVE GONE MAD!

BABYLON REBUILT

In the midst of the greatest war in its history, Iraq is rebuilding the ancient ruined city of Babylon.

Ten million bricks have been used in the reconstruction of the Babylon of Nebuchadnezzar who reigned from 605 to 563BC, when the city had a million inhabitants. Already completed are the vast Processional Way, Nebuchadnezzar's throne room, temples and a 4,000-seat amphitheatre. The project will climax with a September festival at Babylon.

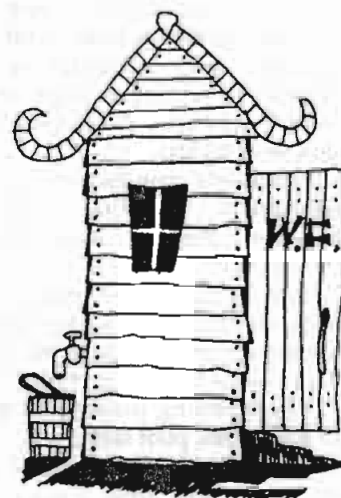
For centuries locals have been stealing the original city bricks, leaving little but rubble mounds and holes in the ground to build from; the Tower of Babel is yet to be rebuilt.

CITY SEWAGE FERTILIZER

Every day, Sydney produces 115 tonnes of dried sewage sludge which must be anaerobically 'digested', buried or incinerated. Following a lead provided in Adelaide by the producers of a new compost known as 'Orgo-Natural' (made of converted Adelaide sewage), the NSW Water Board is conducting trials at two sewage treatment plants.

The Water Board is already selling 300 tonnes of composted sludge a month to landscapers and intend to increase this to 1500 tonnes per month pending Health Department studies.

The only criticism of this example of recycling comes from environmentalists and scientists concerned with the heavy-metals content of the sewage; our sewage systems are the seagoing transportation systems of uncounted amounts of industrial and domestic by-products including dangerous heavy metals, chemicals and even radioactive isotopes. Each year the water board dumps 10 tonnes of cadmium, 19 tonnes of organochlorines, 38 tonnes of lead, 190 tonnes of cyanide, 206 tonnes of zinc into the ocean. The compost would not be safe to use with edible crops and would raise chemical and metal levels in the soil. Although 'Orgo Natural' is safe biologically, it is not organic. This is one reason why 'Orgo-Natural' is not yet commercially available in bulk.



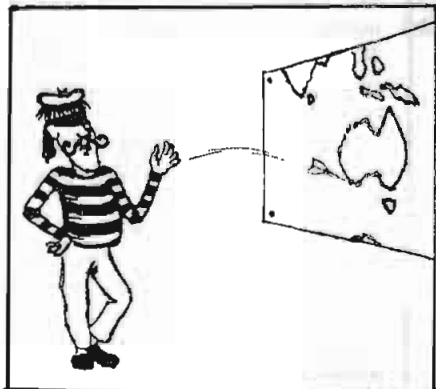
FRANCE NEEDS NEW ISLAND TO DESTROY

France is about to leave Mururoa Atoll for sunnier shores. The world's most nuclear nation is looking for a new test site, either at Fangataufa Atoll, 25 nautical miles from Mururoa or in the sub-Antarctic Kerguelen Islands, 3400km south-west of Western Australia. This is not because of any political or environmental outcry, but because Mururoa is breaking up and 'unsafe' for further nuclear tests after 22 years of nuclear explosions.

If France relocates to the southern Indian Ocean highly toxic nuclear debris would be carried to Australia. The Kerguelens are a 300-island archipelago sitting astride the 'Roaring Forties' wind currents. They are noted for their prolific wildlife and are volcanic, containing hot springs. There is a French research station on the largest island, called Desolation, which is partly covered by snowfields and glaciers; France has occupied the islands since 1949.

According to Mr Ted Phillips, regional director of the Tasmanian Bureau of Meteorology, toxic radioactive debris could be carried to Western Australia within 24 hours and Tasmania in 36, even from leaky underground tests on the Kerguelens. They would precipitate over the southern half of the continent in concentrated form, while underwater leaks would lead to radioactivity being brought to Western Australia on predominant tides.

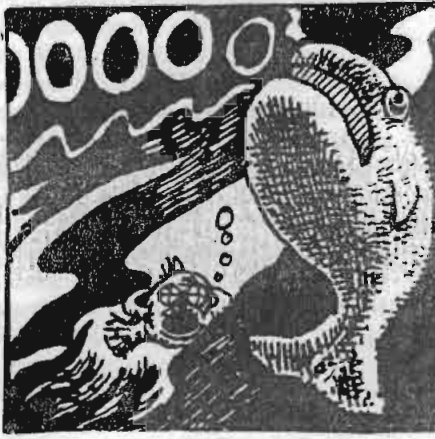
"France will abandon Mururoa perhaps in the next few months or 1988, because it is so leaky and contaminated," said Dr Abraham Behar, biophysics professor at the Curie Institute at the University of Paris. "It will be an ideal opportunity for the French people to make a stand against further nuclear testing," he said. France tested smaller (neutron) bombs on the atoll last year as they caused less damage.



Dr Michael O'Sullivan, an Auckland engineering professor, told the inaugural Asian-Pacific symposium of the International Physicians for the Prevention of Nuclear War (the group which won the 1985 Nobel Peace Prize) in February that serious radioactivity with a half-life of 4,000 years would leak into the ocean from the atoll's lagoon within 10 to 100 years. He said Mururoa was the "worst possible nuclear test site in the world" averaging less than 2.5 metres above sea level. He said it was suitable because it was "just about as far away from France as you could get."

Dr Tilman Ruff of the Fairfield Infectious Diseases Hospital in Melbourne also told the symposium that a mystery fish poison called ciguatera is linked to Pacific nuclear tests. The disease, which is spreading through the Pacific, is produced in fish which eat a type of plankton and passes harmlessly up the food chain until eaten by humans. It can then lead to a slow, agonising death, attacking the nervous, cardiac and muscular systems.

France has detonated 123 bombs in the Pacific since 1966.

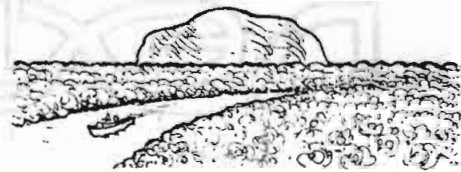


WHALES SING IN STRINE

Southern Humpback Whales, whose numbers are markedly increasing since the whaling moratorium, sing in a different 'dialect' in Western Australian waters to their East Coast cousins as they migrate up and down the coast each year.

Their song is an endlessly repeated, incredibly complex sequence lasting about ten minutes which can be heard at least 20km away. The song evolves gradually year by year and is sung by all members of a migrating group.

The number of humpbacks in eastern Oz waters doubled in the last decade after the humpback was previously hunted to near extinction.



SAVE WATER - DUST THE DESERT

A revolutionary Australian discovery can save drought-stricken crops and could pave the way to the farming of deserts.

Colin Anderton, a former cabinet maker from Perth, accidentally discovered last May that by combining two types of moisture retention soils he could cut watering requirements by two-thirds, prevent wind erosion and stop surface soils from being completely leached of water and becoming desert.

The non-toxic soil treatment, marketed as *Aqua-Save*, is ploughed in to existing cropland. It originates in Western Australia where a unique combination of soils were laid down in a vast area millions of years ago.

"Because *Aqua-Save* is non-toxic it can be used in any agricultural situation for private or commercial gardens and in light soils for wheat farming. And it cannot damage the environment in any way", says Mr Anderton.

"If sand where nothing has grown for centuries is treated with *Aqua-Save*, trees and other forms of vegetation could be grown.

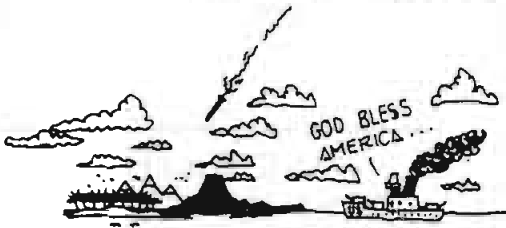
"I will shortly be germinating 1300 hectares of industrial dust hills around Kalgoolie with a by-product of *Aqua-Save* which I've called *Dustoff* and this will stop the dust blowing constantly through the town."

If a teaspoon of *Aqua-Save* is tipped into a glass of water, the glass can be inverted without the water spilling; although transformed to a jelly-like substance within a few minutes, the water is readily usable by plants and still feels wet.

He has been given \$2 million backing to develop the project by a Perth industrial entrepreneur. The Department of Agriculture has promised all the support he needs and inquiries have poured in from the US, Asia and the Middle East.

There is no other area in the world where the soils which make up *Aqua-Save* are known to exist, and Mr Anderton is not disclosing the location of his find.

NEXUS NEWS



SOMETIMES

I GET VERY PEEVED WITH REALITY.

NEW CLEAR DAYS

If there was a nuclear warship accident in an Australian port, the United States would throw a military security cordon around the area excluding all non-US personnel. The Australian government could lose all control of events, according to documents obtained under US Freedom of Information laws.

The Senate Standing Committee on Foreign Affairs Investigation into nuclear vessels' safety procedures in Australian ports has been taking submissions on the subject. They have heard an extraordinary series of reports revealing potentially disastrous implications stemming from the visits of nuclear ships to our shores.

The Atomic Energy Commission told the Senate committee that they had insufficient knowledge to monitor nuclear-armed warships for radiation leaks.

"There is no guarantee that they [the US Navy] would tell us if there was an accident or a leak of radioactive material," former RAN Command Operations Officer, Michael Lynch told the Committee. The officer responsible for all US nuclear vessel visits to Western Australia, he said the authorities had "absolutely no plan, procedure or organisation" for dealing with a nuclear leak and that an evacuation plan would be implemented for security, not environmental reasons.

Ms Faith Doherty, Greenpeace nuclear disarmament coordinator, described a series of US Navy exercises called NUWAX;

"During the exercises, a one-kilometre area around a nuclear weapons accident is sealed off completely and designated 'American sovereign soil', with no access to the public, the media or even representatives of the Government on whose territory the accident occurs".

A little-known fact is that nuclear powered ships were banned from Sydney harbour in 1984 by Premier Wran; they are still officially banned today.

Under Federal Government policy nuclear armed or powered ships were banned from 1970 to 1976. In a leaked 1978 confidential report to the (then) Minister for Planning and the Environment which it was stated that people would need to be evacuated from the vicinity of a nuclear accident within two hours. Ms Doherty said there had been no practice evacuation procedures in Sydney since the report was published almost a decade ago. Nuclear-powered ships have entered Sydney Harbour on numerous occasions in the past three years.

A US scientist, Professor Jackson Davis, told the Senate Investigation that the Australian Government should prepare a plan to clear downtown Sydney in one to two hours. He said a US warship accident in Sydney could kill up to 11,000 people in a 55km radius by passive radioactive contamination. There would be more deaths without effective evacuation and decontamination procedures. He said every ventilated building would have to be decontaminated inside and out and all cars, streets and all external surfaces would have to be rigorously cleaned and monitored. Australia should press for a clear statement of US responsibility in the event of an accident as the cleanup bill would cost \$220 billion, bankrupting the country at a stroke.

Professor Davis, one of 12 scientists attached to the Nuclear Policy Program at the University of California, described two nuclear accident scenarios;

If a nuclear weapon was accidentally incinerated in Sydney Harbour, likely wind patterns would carry a radioactive cloud containing plutonium-239 (at levels up to 10,000 times the US safety limit) westward over downtown Sydney. Davis estimates that the number of deaths from cancers and genetic defects would range up to 11,041 depending on atmospheric conditions. Greatest effects would be felt within 5km of the accident and in the suburbs under the path of the cloud, up to 55km away. In the case of a nuclear reactor accident, up to 914 people would be instant casualties.

Professor Davis claimed that the US Navy has not released the data necessary to evaluate the risks of shipboard fires or reactor accidents. Without this information, "acceptance by Australia of port visits by nuclear-capable or nuclear-powered vessels is equivalent to acceptance of an incalculable risk".

A special advisor to the Defence Department, Mr Ross Thomas, gave evidence to the Committee that visiting foreign warships disarm their nuclear weapons only a few kilometres from Australian ports and cities. In Sydney, nuclear weapons are still armed within up to two miles of the harbour.



MIND OVER MATTER

Life energy transmitted by a Chinese master of an ancient breathing method has been shown to alter the molecular structure of water and three other liquids.

The official China Daily reported that "qigong", a healing art used to treat hypertension, gastric ulcers, cancers and other diseases which uses qi (chi/ki), or life energy, was proven by laser technology to alter the fluids.

NEW CLUB MEMBERS?

Pakistan has entered the nuclear club along with Israel. The head of Pakistan's nuclear program admitted that they could produce nuclear weapons; India's military budget was promptly increased by 40%. India is developing an inter-continental ballistic missile and will "keep its options open".

Meanwhile, Argentina and Iran are on the verge of a deal to collaborate on nuclear power development.

Last December negotiations began for Argentina to help complete long-delayed construction of the Bushir 1 power station in Southern Iran, which was begun before the Shah was ousted. Iran would also be aided by the Kraftwerke Union (KWU) company of West Germany.

TAKE THEIR LAND AND JAIL THEM

Surveys have consistently shown that Aboriginal people are jailed at least ten times more often than other Australians, a fact often pointed out by the Australian Institute of Criminology. In Western Australia Aboriginal imprisonment stands at 20 times the average rate, while the Northern Territory's jails hold a greater proportion of the total population than those of any other Western nation except South Africa.

In South Australia in 1982 it was found that Aboriginal people were four times as likely to receive jail sentences than their white counterparts. In the same year a survey found that Aboriginal children in NSW accounted for 18% of prisoners in NSW corrective institutions while comprising only 1.5% of the population. Little has improved since then concerning this injustice in our own country.



BIRTH PROCESSED

Caesarian deliveries have increased by 300% in 20 years and doctors needlessly intervene in births far too often in Australia, according to a recent study. 23% of women have Caesarian hospital deliveries and forceps are used in 48% of births. Episiotomies (genital surgery in childbirth) occur in 81% of deliveries.

The study by Dr Meg Pryke, senior lecturer at Cumberland College of Health Studies, showed that epidural drip anaesthetics are used 52% of the time, resulting in highly stressed infants. Babies were studied for 28 days after birth; it was found that epidural caesarian babies were the most heavily stressed and showed the poorest progress.

ULTRALIGHT PILOT PRISONER OF CONSCIENCE

After illegally flying over Roxby Downs uranium mine in his motorised hang-glider "Imagine" and two successful 'bombings' of nuclear warships in Sydney Harbour, avocado farmer and peace campaigner Dean Jefferys finally came to grief in court.

In early March he was jailed for refusing to pay \$4,200 in fines rising from the yellow dye-bombing in March 1985 of the USS John Buchanan in Sydney Harbour.

During his two passes in Imagine over the USS Buchanan (which was carrying nuclear depth-charges), Dean was chased by five helicopters, a police boat and Navy personnel before surrendering at South Head Naval Base.

Charged with flying an ultra light aircraft in restricted airspace without written permission, he was also fined \$1,500 for dropping a wreath and a videotape onto the deck of the British warship HMS Illustrious on October 13th 1986.

Dean Jefferys gained an extra twenty days imprisonment for refusing to pay the second fine, telling the magistrate he felt he had a moral duty to arouse media attention to the likelihood of a nuclear accident when foreign warships visit Sydney.

A one hour video of Dean's 1984 Peace Flight including music & statements by Peter Garrett, Midnight Oil and John Lennon and a half hour video about the Daintree forest are available from Dean for \$20: Dean Jefferys, P.O. Bowraville NSW, 2449.



Nexus New Times

DAIRY DANGER

Milk in eastern Australia is dangerous to drink.

Nearly one fifth of all dairy products sold in NSW are below the quality standards of the Commonwealth Department of Primary Industry, according to the NSW Dairy Corporation.

Furthermore, 4.5% of milk tested throughout the State contains residual levels of organochlorine pesticide (a known carcinogen and one of the most dangerous pesticides in use), which has been banned in many Western countries.

The average milkshake or smoothy bought in NSW is likely to be "frequently heavily contaminated" due to the fact that milk bars usually use bulk milk which has been blended from various areas.

"We are happy we can give the consuming public in NSW an assurance that to the best of our resources there will be no pathological organisms in milk products sold," said the Dairy Corporation's general manager, Mr Bob Whan. However, organochlorines are not organisms at all and 17% of milk in the State is presently full of unsafe levels of bacteria and/or chemicals.



BLACK HOLE SWALLOWS STAR

Astronomers at Ohio State University have witnessed the death of a star. At the nucleus of galaxy NGC5548, Bradley Petersen and Gary Ferland observed the star as it was absorbed by a black hole.

"We think our star has wandered too close," said Mr Petersen. "It is being shredded."

Scientists have never seen the phenomenon before and can use the data in studying the formation of the universe.

"It takes us back to the era of formation," Mr Petersen explained. We want to find out why galaxies have these centres - and if it is a common phenomenon".

NEURO LINGUISTIC PROGRAMMING

The Study of the Structure of Subjective Experience

by Dean Winter

Neuro Linguistic Programming (N.L.P.) is a refreshing new concept in the study of personal dynamics. Its main difference from the bulk of new age therapies is the fact that it deals specifically with the *structure* of human processes and experience, rather than the content of the experience.



It was developed in the late '70s by two Americans, Richard Bandler and John Grinder, who together decided to investigate the how of some therapists' remarkable successes, while other therapists could do basically the same things but not get the results. For this they chose Milton Erickson, Fritz Perls and Virginia Satir primarily, as they were getting incredible results.

Their first radical departure from orthodox psychology was with this original attitude - who ever heard of studying people who are good at something? Like allopathic medicine today, modern psychology deals almost solely with problems.

Richard and John decided this was a bit like trying to build a better car by researching the wrecks that didn't make it in a scrap yard. They felt that if they could learn how someone did something well, they could teach it to others who couldn't.

One of the things they found is something they've called Representational Systems. This is, that people encode their experiences into their memory in one of three ways - *visually*, *auditorially* or *kinesthetically* (feelings) - there is a fourth, *olfactory/gustatory* (smell and taste) but that isn't used much except in some 'primitive' cultures.

For instance, how often have you been in an argument with one person saying something like:

"But don't you see", or "I just want you to get a better picture of this" and the other person keeps replying with:

"I just can't seem to grasp it", or "It doesn't feel right.



Frustrating isn't it? And it doesn't seem to get any better, no matter how often or loudly you repeat your part of it. All that usually happens is that a rather tense truce is eventually called (unless one feigns understanding) with both of you thinking of the other as being stupid and resistant or a pushy megalomaniac; neither having a real understanding of what the problem is.

The problem brought up is not so much one of who is right and who is wrong (I don't think there is any such objective categorization anyway) as it is an example of two people using two different methods of coding and storing their experiences and the clash that results when they are unskillfully combined. A bit like trying to play a VHS video cassette in a Beta machine; you might eventually force it in, but you won't get any intelligible results.

As an example, close your eyes and think of a recent experience, one that is easy to remember. Some of you will recall it as a picture of the event, others of you will recall how you felt about it and there is a third group, those people who have the sometimes annoying, sometimes lifesaving ability to remember exactly what was said and who said what and in what order in a conversation even years ago (or maybe a sort of running commentary of the event), who remember it auditorially.

One of the easiest ways to tell which Representational System a person is using is to listen to the words they use to describe their experience specifically the predicates (verbs, adverbs and adjectives). There are other ways to tell but I'll only deal with these for now.



A primarily *visual* person (or at least a person operating in the visual mode) will use words and phrases like:

I see, obscure, perspective, focus, look, illuminate, glimpse, show, clear, watch, illustrate etc.

A primarily *auditorial* person will say things like:

Hear, listen, talk, noisy, amplify, whine, groan, tune in, rings a bell, etc.

A primarily *kinesthetic* (feeling) person will say:

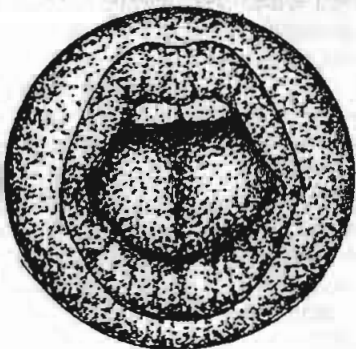
Feel, touch, warm, tight, tense, hurt, relaxed, tremble, penetrate, stiff, creeps, etc.

Any given experience for a person may of course have more than one Rep system component, though usually one of the systems will predominate. For a different experience a different Rep system may be used, although we tend to stick with our favourites. It is not uncommon either to find one Representational System completely absent from a person's consciousness. Whenever this person does experience this Rep system, they usually endow it with mystical or magical properties as they are not used to it.

Imagine a blind man seeing or a deaf person hearing and witness the trauma and confusion of a lot of men in this culture coming to grips with their feelings for the first time.

So we have these three Representational Systems which are all quite valid and accurate. The problems arise however, when one system is confused with another.

To put it more simply, when one person is talking about their *feelings* it isn't generally effective to try to get them to take a different *point of view*. If you do find yourself getting nowhere like this, stop and try to find what system the person is



mainly using. If you can, join them in that system (use the same words) and you can often resolve what at first seemed an impasse very quickly.

Richard and John took Rep Systems even further into the structure of experience and started to look at different aspects of experience. To take the *visual* system for example; the size of the picture, whether it was colour or black and white, movie or still, brightness, location, hue, clarity

and as many other descriptions of the image as you or they could think of (stay away from the content of the image). They called these elements Submodalities and found some very interesting effects associated with them. They found that if one or more of these submodalities are changed then the impact of the image is changed as well.

Try this now:

Close your eyes and think of a very pleasant experience, pause for a moment to reconnect with it and be sure you see what you saw at the time that pleasant experience happened. Be there. As you look at it, change the brightness and notice how your feelings change in response.



First make it brighter - then dimmer until it's nearly gone - then brighter again. There are always exceptions, but for most of you making the picture brighter will increase the intensity of your feelings and making it dimmer will decrease the intensity of feelings.

Now think of an unpleasant memory, something that makes you feel bad. Make the picture dimmer, leave it like that. If you turn it down enough it won't bother you at all. Seems simple doesn't it.

This was with the brightness submodality and the same can be done with the others. Try it if you wish with size, it works just as well. There are exceptions of course (aren't there always). If you increase the brightness so that it washes out the details of the content, that will reduce the intensity of feelings, not increase them.

Same thing with a candle lit dinner - it hardly increases your pleasant feelings to put it under a bank of arc lights; a fear of the dark doesn't get any stronger when you turn the lights on. These are exceptions though and when you think about them they obviously make sense. The important thing is to find which ones work for you. Some submodalities will have little or no effect for different people; find the ones that are powerful for you and you can save a fortune in psychotherapy bills.



Submodalities also apply to the other Representational Systems and so here is an incomplete list:

Visual - Colour, brightness, saturation, shape, size, location.

Auditory - Pitch, volume, timbre, patterning, speed.

Kinesthetic - Location, form, texture, pressure, temperature.

These can all be used in much the same way as I described in the visual example earlier.

So, we have three Representational Systems, V.A.K., the three ways we store our experience in our memory. These three systems can each be broken down into descriptive qualities or sub-modalities. These are the smallest units of information that we use, the building blocks of experience. If you change significant submodalities you will change all other chunk sizes that rest upon them and hence the experience itself.

There is a lot more to N.L.P., but Representational Systems and Submodalities form a good basis for it. If you wish to know more there are some good books around by Richard Bandler and John Grinder; start with "Frogs into Princes".

GENETIC ENGINEERING

Science Fiction to Reality

by Nissa



As we advance to the year 2000 it seems that humankind has an insatiable desire to control nature. Experimenting and exploring to the very core of existence, we are developing the ability to wipe out whole species with biological extermination or to create new life forms in the laboratories of high technology.

No part of nature has been left untouched; plants, insects, animals or people.

For instance, the European Wasp - *Vespula Germanica* - the biological weapon scientists have come up with is the imported parasitic wasp - *Sphexophaga Vesparum* - already used in New Zealand. It lays its eggs on the European wasp's larvae and can destroy 70% of the young in a nest, feeding on the larvae and reproducing quickly.

As with all imported biological exterminators, it is essential for strict tests to be made to ascertain what effect they will have on native fauna and flora to avoid such botanical disasters as Prickly Pear, rabbits, Paterson's Curse etc. A quarantine building at the Keith Turnbull Research Institute at Currum Downs has been built at a cost of \$2.5 million to avoid similar disasters and facilitate research into control of weeds and insect pests.

Farmers in northern NSW have spread an illegally imported fungus to try and control wild blackberries. First released secretly on a property near a town in Gippsland, it has spread naturally up the NSW coast. It was also deliberately introduced into Western Australia and is now widespread in Tasmania through wind-carried spores. The fungus seems to be extremely host-specific and so far does not appear to be attacking the native flora. But blackberries are closely related to apples and roses, a fact not overlooked by the CSIRO who are studying potential problems. Tests in France show the rust fungus can defoliate 90% of a blackberry bush and reduces flowering and fruiting. It won't eradicate blackberries altogether, but may be able to bring them under control within 5 years.

The CSIRO have also been experimenting with mutant blowflies. Hundreds of thousands of blowfly maggots are affected by gamma rays and flown to an

island off South Australia to test if the mutant blowflies can control their wild counterparts, who infest the skin and fleece of living sheep at a cost of about \$150 million a year. The aim of the experiment is to breed mutant blowflies with the female blowflies on the island and their offspring, genetically altered, would die. The experiment was a success, with 80 to 90% of the offspring "failing to survive" and 95% of the remaining blowflies inheriting the mutant genes.

At Colorado State University microbiologists are using genetic engineering to insert new genes in the mosquito, redesigning the insect to make it unable to carry diseases such as yellow fever, malaria and encephalitis.

Blocking transmission of the malaria parasite by changing the genetics of the mosquito, the idea is to see if the cycle of disease transmission from person to person can be interrupted. If the genetic engineering experiments work and mosquitoes susceptible to the malaria parasite become less fit to carry the virus, the ramifications for world health would be enormous. At the moment about 200 million people suffer from malaria; other mosquito-borne diseases kill, weaken or disable incalculable numbers of people and animals.

The "genetic supermarket" is not something out of the future, but becoming reality. We are witnessing the dawn of genetic engineering.

Already we can clone genes, grow human embryos outside the womb for at least 14 days (some say much longer), inject foreign genes into mammal eggs and trace them in the next generation and we can clone and gene-splice mammals; the latest results are

giant mice and a new cross-species of goat/sheep. We are close to identifying the genes and enzymes responsible for such diseases as Huntington's Chorea, Down's syndrome (mongolism) and Alzheimer's disease (senility). But are we also creating some Hitlerian nightmare? We could have the power of mixing species to produce a race that, for example, are slaves combining the passive subservience of domesticated animals with some human intellectual skills.

The real issue is whether we are experimenting with "positive engineering" or "negative engineering". The boundary between the two is slightly blurred. Screening for spina bifida, Down's syndrome and other diseases leaves one the choice to terminate fetuses diagnosed with these severe genetic abnormalities, but many people may disapprove of correcting these defects by genetic engineering.

We are only at the tip of the iceberg in this field. The advances being made in all areas of genetic engineering are enormous. Some aspects of the potential to create "monstrous" species are frightening, with the power being left to a select few - but the ability to create life saving techniques and advances in the eco/human structure are enormous.

The Abortion You're Having When You're Not

Nissa



A French company has developed a new once a month pill for women, officially known as RU-486 or the "French Pill".

A single pill can be taken once a month before anyone can know whether a woman is pregnant. It washes away any fertilised eggs that may be present, without the physical and emotional trauma associated with abortion.

RU-486 is due for general release in French hospitals and family planning clinics later this year and could be in Australia soon.

RU-486 is not strictly speaking a contraceptive, because it does not prevent fertilization. It has been tested on thousands of women in fifteen countries with great success and no reported side effects. There is no information about how the drug might affect a foetus if a woman decides to continue her pregnancy if RU-486 fails - although animal studies have shown no adverse side-effects.

The question is whether you believe life begins when the sperm fertilises the egg or after the fertilised egg is implanted in the uterine wall, where it must lodge to develop. Forty to sixty per cent of fertilised eggs fail to become implanted and are discharged from the body. So is RU-486 an abortifacient or should it be called a "contragestive" - for counter-gestation?

In all cultures and throughout history, women have used herbs that will bring on periods. Is it time for technology to rediscover some old 'wives tales' and explore the possibility of mother nature providing a natural way to deal with this? Whatever one believes about abortion, a drug like this will have a dramatic impact on women and society.

VANISHING TWINS

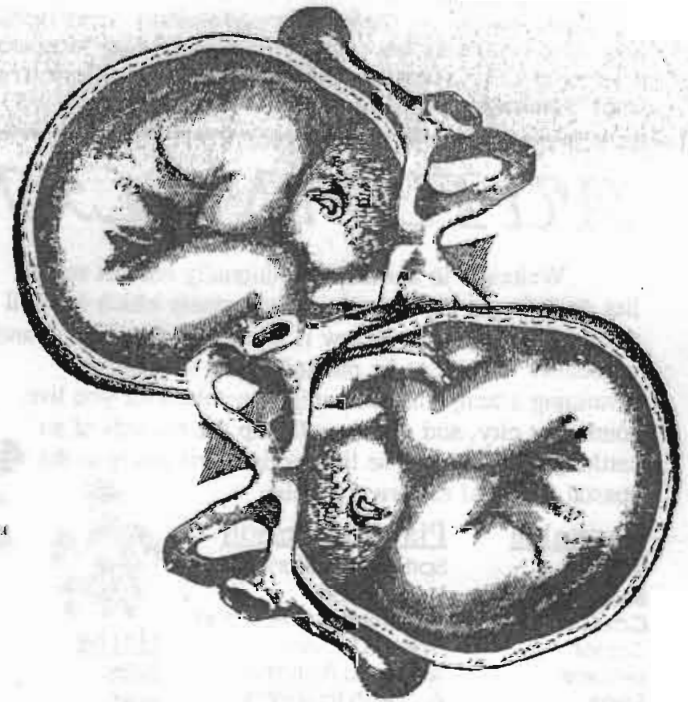
It appears that far more twins are conceived than are actually born, becoming known in medical literature as the "vanishing twin" phenomenon.

First discovered a decade ago, its existence is now documented by ultrasound scan analyses.

Research has established that the disappearing twin "vanishes", usually during the first month of pregnancy and never after the first trimester.

What is intriguing about the studies is their estimation of twin disappearance rates: from a low zero per cent to a high 78% of twin conceptions. About a dozen "vanishing twin" studies have appeared in medical literature from 1979.

A US team of obstetricians headed by Dr. Helain Landy of Philadelphia's Pennsylvania Hospital are now making a definitive study of the "vanishing twin". The Landy team followed 1,000's of US pregnancies with ultrasound and analysed all cases very carefully. They discovered a "minimum incidence" of conceptual twinning of 3.29% to a maximum incidence of 5.39% - higher than previously believed. "Vanishing" occurred in 21.2% of conceived twin cases. It was found to be accompanied very often by maternal vaginal bleeding.



The Landy team basically agrees that because of severe foetal genetic defects, the mother's body either absorbs or rejects the damaged foetus through miscarriage, while leaving the healthy one perfectly intact.

By Nissa

Herbal Pesticides

Brian Spears

In the midst of ongoing controversy about the use of pesticides, we thought it a good idea to present people with some herbal and herb based alternatives. These have all been tested and found to work.

For a standard mixture use two tablespoons of dried herbs to one litre (2 pints) of hot water. Cover for at least ten minutes, stir and use immediately. Add one teaspoon of washing liquid or soft soap when spraying aphids and other leaf pests.

Aphids - Use a tea made of Basil, Stinging Nettle, or Garlic (four crushed cloves to one litre of water).

Mildew and Fungus - One tablespoon of dried Horsetail boiled for twenty minutes in two litres of water. Stand covered for one day, strain and use.

Damping Off - Caused by the Fusarium fungus, damping off causes the stem to wither just above the ground making seedlings topple over. Don't allow seedlings to dry out. Chamomile flower tea prevents this and similar diseases.

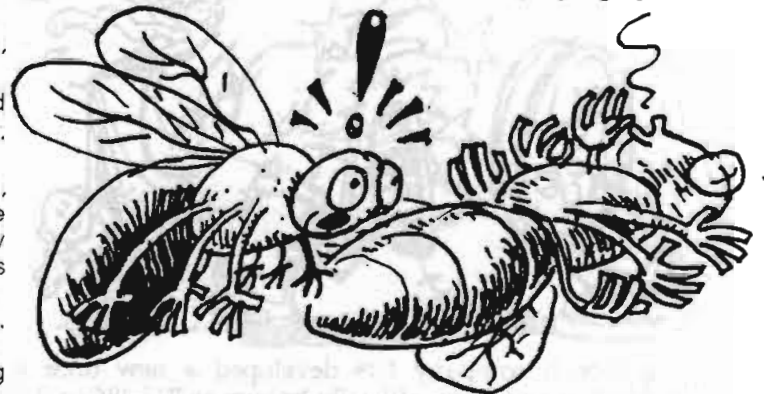
White Oil - Controls scale on fruit trees and shrubs. Don't apply to new growth, as it may be damaged.

Derris Dust - Lethal to fish! Kills aphids, leaf eating insects etc. Bio degradable after twelve to eighteen hours. Toxic to beneficial insects to a lesser extent. Use with caution!

Chive Spray - To prevent powdery mildew on pumpkins, squash, melons etc, use one cup of chopped chives, cool and dilute with two to three cups of boiling water and spray.

Chamomile Spray - Damping off fungus or mildew. Use one cup of chamomile leaves or flowers to two to three cups of boiling water, cool and dilute water and spray plants.

Garlic Spray - Good for caterpillars and aphids. One cup of chopped garlic cloves to two teaspoons of Mineral Oil, soak in one pint of water. Store in an airtight jar when not in use.



Nasturtium Spray - Kills Bloody Woolly Aphids. Use one cup of nasturtium leaves, simmer for twenty minutes, then spray plant.

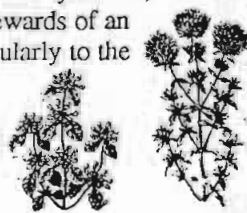
Seaweed Spray - Prevents mildew and provides nutrients. Quarter fill your container with seaweed, leave it standing for two to three weeks, then three quarter fill the container with water. Dilute with an equal volume of water and spray. Use the residue as a mulch.

Pyrethrum - Made from Pyrethrum Daisy flowers. Biodegradable after twelve to eighteen hours. Kills aphids, sawflies, beetles, whitefly and weevils. Mixed with Derris Dust, Pyrethrum can kill red spider mites, caterpillars and thrips. **BUT USE WITH CAUTION!** These two pesticides are commonly available in synthesised form; you can make your own if you prefer.

AUTUMN PLANTING GUIDE Brian Spears

Welcome to Autumn, traditionally harvest season. But don't forget that there are many plants which can still thrive if planted now. Below is a list of herbs, flowers and vegetables which can be planted at this time of year (assuming a temperate climate). Sow wherever you live, country or city, and soon you'll reap the rewards of an earthing experience. The list applies particularly to the coastal plains of eastern Australia.

<u>Vegetable</u>	<u>Planting Season</u>
Beans	Spring to Autumn
Broccoli	Nov to Aug
Cauliflower	Summer and Autumn
Carrot	August to May
Lettuce	Spring to Autumn
Peas	Autumn to Spring
Radish	Spring to Autumn
Silverbeet	Spring to Autumn
Spring onions	September to April
Squash	Spring to Autumn
Rosemary	Spring to Early Autumn
Sage	Spring to Autumn
Thyme	Spring to Autumn
Carnation	Autumn to Spring



Herbs

Balm
Basil
Borage
Caraway
Chervil
Chives
Coriander
Hyssop
Mint
Parsley

Planting Season

Spring to Autumn
Spring to Early Autumn
Early Spring to Autumn
Spring to Autumn
Spring to Autumn
All Year
Spring to Autumn
Spring to Early Autumn
Spring to Early Autumn
Spring to Autumn

VEGETABLES

Root vegetables should be planted in the third or fourth quarter of the moon.

Flowering vegetables should be planted in the second quarter of the moon (just before full).

HERBS

Where the roots of herbs are used, plant as root veges above.

Where leaves or flowers are used, plant as flowering vegetables.



Flowers

Calendula
Lavender
Marigold
Snapdragon
Sweetpea
Verbena



Planting Season

August to April
Spring to Autumn
Spring (No frosts all year)
All Seasons
February to April
Spring to Autumn

Food Irradiation

by I. Glow

We've all heard a little about food irradiation - but what is it?

Food irradiation means that food is exposed to a beam of ionizing radiation from gamma sources like caesium-137 and cobalt-60 in machines that generate electron or X-ray beams. In a commercial plant, packaged food rides on a conveyor belt through a radiation chamber. A shutter opens momentarily as the food below receives high doses of radiation. 'Low' doses will stop onions or potatoes from sprouting; higher doses will kill insects, bacteria and fungi in the food. The levels of radiation involved are massive - between 5,000 and 4 million rads are used depending on the food product. By comparison a chest X-ray produces less than 1 rad.

Although the process does not make food radioactive, there are a number of worrying aspects to food irradiation.

When ionizing radiation in the form of gamma rays strike the food, the result is a sort of biological meltdown. Cell division is disrupted and slowed down, which slows the ripening of fruit. By disturbing their metabolism, irradiation can kill bacteria and at still higher levels can also kill viruses. Ionizing radiation can also disable organisms by destroying their genetic material. It is not necessary to make food radioactive for this to happen.

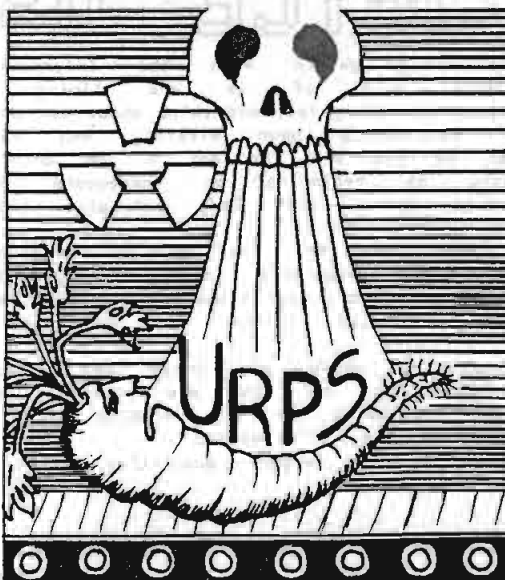
Gamma radiation causes the formation of little-understood chemical compounds in food called Unique Radiolytic Products, or 'URPs'. Many irradiated food products contain literally thousands of combinations of these unique, never-before-seen molecules; no-one can say what their effects will be without long-term studies.

In 1968 the US Department of Agriculture admitted that irradiated foods may contain enough URPs to warrant toxicological evaluation. Nevertheless the US Food and Drug Administration claims there are no health hazards with the process.

The single most important question about irradiated food is simply, is it safe to eat? The US Federal government has spent from \$50-80 million over the past 40 years in an effort to answer that question. Based on this research, the FDA says that at doses below the 100,000-rad limit being proposed, the difference between irradiated food and a comparable

non-irradiated food is so small as to make the foods indistinguishable with respect to safety. In effect the FDA is saying yes, irradiation causes radiolytic products to form and some 10% of these are likely to be unique radiolytic products. So far at least 42 URPs have been identified. Foods irradiated at levels above 100,000 rads may contain enough URPs to definitely warrant evaluation.

Canada's Pollution Prove Foundation cites a number of animal



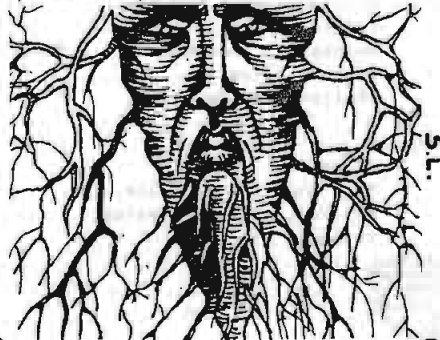
studies showing that some animals fed irradiated food developed extra sets of chromosomes. A March 1984 USDA report based on 12 studies concluded in one study that mice fed irradiated chicken flesh showed an increase in testicular tumours. Problems included cancer, kidney diseases and reduced lifespans. Another study found a radiation dose-related increase in deaths among offspring of flies fed irradiated chicken flesh.

A recent pair of Russian studies has also found evidence of testicular damage and kidney disease.

Studies of food irradiation in India have linked it with leukaemia and abnormal development of white blood cells (children and monkeys were fed wheat three weeks after it had been exposed to 74,000 rads of radiation).

Some animals fed irradiated wheat have been known to develop cells which contain more than the usual number of chromosomes. Safety and labelling questions aside, opponents of food irradiation point to a number of important reasons why the process will never live up to promoters' expectations.

There are radiation resistant bacteria, such as the bacteria that causes botulism (botulism-affected foods would in turn be harder for consumers to spot, since signs of spoilage might have been prevented by irradiation).



Irradiation causes what are known as 'organoleptic' changes in food, that is, changes in food taste, smell and texture. Dairy products and some fruits are especially prone to such changes and are thus inappropriate for irradiation.

Some micro-organisms can mutate under radiation, possibly creating new species even more dangerous than the original. According to a 1984 EPA report, food irradiation has been tied to increased production of aflatoxins, a deadly carcinogen. Even with its most popular use as a sprout inhibitor in potatoes, irradiation is not ideal since it increases potato sensitivity to fungal attack and therefore rotting (defeating the whole process). As a high-tech capital intensive technology it is particularly unsuited for use in the Third World.

Other important drawbacks to food irradiation include its harmful effects on nutrients, potential environmental hazards and worker safety. Like canning and freezing, exposing food to a radioactive source is harmful to the most beneficial constituents of food. Studies have shown that irradiation affects vitamins, proteins and amino acids, carbohydrates, nucleic acids and enzymes.

Is it sufficient for food to look fresh, or do consumers want - and deserve - more than that? We may want food that is actually safe and fresh.

The issue has obvious health implications in a society where processed food of various kinds has become much of what we consume. The benefits have been mostly reaped by multinational food companies. The costs, largely in terms of nutrition, have been paid for by us.

The interests of the industry are borne out in the discussion around labelling of irradiated food. Obviously they would prefer the process not be mentioned on the label; but if it is, they are anxious to avoid the word 'irradiation'.

A spokesperson for Emergent Technologies, a company building an irradiation plant in Vancouver, Canada, claims that irradiation is a poor word and prefers labelling like 'Processed with Piea Waves' (probably because it means very little to most people). Another favorite among the relevant companies is 'Treated with Ionizing Energy'.

Regulations introduced in the USA last December require labels for irradiated fruits and vegetables, including a 'Radura' logo which denotes, by a flower inside a broken circle, that the food is irradiated.

So despite the alleged enormous benefits from food irradiation, the nuclear industry would rather it be sneaked in the back door rather than hit the fully informed public head on. But with the record of horrific accidents and waste problems the industry has, is it that surprising?

JUICE USE

HEXUS is interested in providing people with the information they need to help themselves to a healthy lifestyle. While many of us are living in stress-filled environments it's necessary to find enough time and space to really feel and think about our own bodies.

A tried-and-true method of maintaining your vitality and healing yourself with a minimum of fuss is to simply realize that we are what we eat - and drink. Returning to the source of the body's nourishment is as easy as replacing an inadequate or downright toxic diet with one based on fresh foods and common sense; your body maintains and heals itself if given a chance.

One way to upgrade your intake of real food without shocking your system by too much sudden change is to drink fresh fruit and vegetable juices regularly. Easy to prepare and easier to consume, juices can provide you with virtually all your vitamin and mineral needs.

The following chart tells you which juices are good for specific dietary deficiencies and their effects.

Always select fruit or vegetables which are fresh and appear healthy. Use organic fruit and vegetables whenever possible, and try not to mix juices from entirely different families of food; for instance, melons and vegetables do not combine well in the body. Dried fruits should be sun-dried and soaked before juicing; berries can be washed.

For therapeutic and remedial use, larger quantities than would normally be consumed are advised.

JUICE

BEST MIXERS

CONTAINS

EFFECTS

Alfalfa

dilute with carrot juice (use leaf blades only)

Minerals: Calcium, chlorine, chlorophyll, magnesium, phosphorus, potassium, silicon, sodium

Stimulates hair growth
Helps immune system
Good for blood or heart conditions, sinus, lungs

Apple

grapefruit, strawberry, tomato, plum, orange.

Vit: A,B1,B2,C,Niacin
Min: calcium, iron, magnesium, phosphorus, potassium, sodium

Helps immune system
Balances colonic organisms
Good body & blood cleanser
Eliminates toxins
Improves digestion
Aids malnutrition
Good for kidney & liver problems

Apricot

lemon (teaspoon)

Vit: A,B1,B2,C,Niacin
Min: calcium, chlorine, magnesium, phosphorus, potassium, silicon, sodium, sulphur

Blood builder
Body cleanser
Good for skin, parasites, obesity, asthma, constipation, gallstones, cataract

Asparagus

Carrot

Vit: A, B, C
Min: Calcium, chlorine, silicon, sulphur

Mild diuretic
Good for diabetes, anaemia, glandular problems, neuritis, prostate gland, rheumatism

Banana

lemon (teaspoon)

Vit: A,B1,B2,B6,C,niacin
Min: calcium, chlorine, copper, iron, magnesium, phosphorus, potassium, sodium, sulphur

Helps constipation
Provides energy

Barley
Grass

An amazingly high quantity of these nutrients

Vit: A, B1,B2,B6,B12,C, E: Biotin, folic acid, nicotinic acid, pantothenic acid, chlorophyll
Min: aluminium, calcium, cobalt, copper, iron, magnesium, manganese, nickel, potassium, choline, sodium, zinc

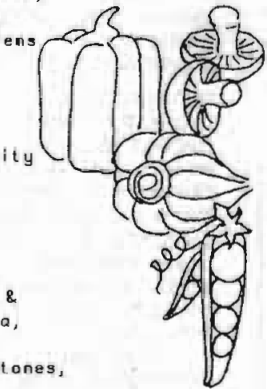
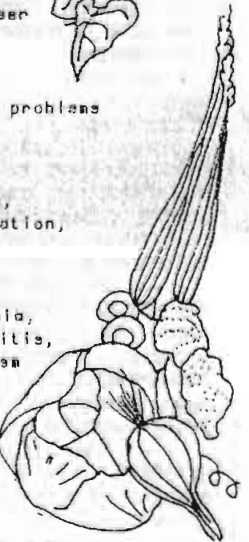
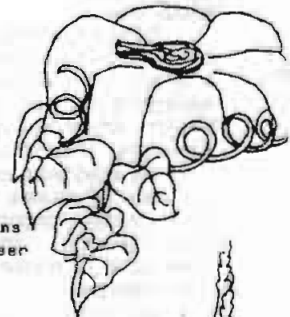
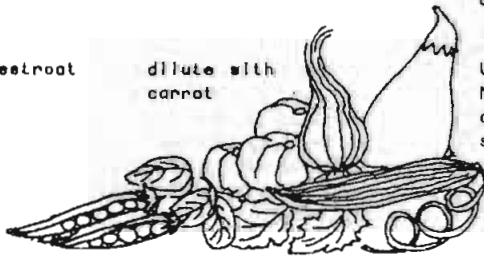
Good for diabetes, heart disease, hypertension, anemia, peptic ulcers, pancreatitis, kidney or liver disease, cholesterol & skin problems
Promotes normal gastric secretion
Suppresses cancerous cells
Fuels DNA repair
Helps constipation, obesity and sexual potency

Beetroot

dilute with carrot

Vitamin C
Min: calcium, chlorine, calcium, iron, potassium, sodium

Relieves artery & vein calcium deposits
Lowers blood pressure
Good for heart, bladder & kidney disorders, anaemia, suppressed menstruation, jaundice, lumbago, gallstones, gout, nervous disorders



INSIDESTORY is a regular LIFT - OUT



can be used as a
wallchart or com-
piled as a "barefoot
doctor's manual."

Reflexology is a health developing and maintaining technique that involves no expense, no special equipment and no drugs or surgery.

Its regular use develops a high level of health awareness through increased body feedback, natural and prompt relief from acute and chronic pain and renewed vigour and enthusiasm for life.

Reflexology is a parallel science to acupuncture which uses no needles.

Both sciences attribute their beneficial results to stimulation and direction of healing energies throughout the body along meridian channels (energy pathways in the body).

The reflex points are energy junctions that relay and reinforce healing energy along the meridian lines, directing this energy toward the organs, glands and nervous system.

Good health involves four basic principles: Nerve supply (inervation) blood and lymph integrity, circulation and rest.

ANY program of health development and maintenance must address itself to these four principles.

The nerves are the central communication system of the body, receiving input stimuli and carrying instructions constantly to the glands, organs, muscles and brain. Without sufficient supply of nerve energy to tissue we do not have the power for proper assimilation of food or elimination of toxins and wastes.

Reflexology is a technique that can be used to tap into and send healing impulses along the nervous pathways to corresponding areas of the body by applying pressure to specific Reflex "buttons". It is a harmonizing and energy balancing technique.

The blood carries biochemical nutrients, including oxygen, to the cells and removes toxins, bacteria, carbon dioxide and wastes.

Reflexology enriches the blood, fosters increased circulation to damaged areas and promotes lymphatic function.

One of the sensations associated with reflex massage therapy is relaxation.

Relaxation and rest are the most overlooked principles of health.

Alterations in the metabolism of the body during rest promote the restoration of damaged tissue and the efficient removal of toxins.

During rest, blood circulation and nerve supply to affected body parts are unimpeded by demands made by competing physical activities.

Rest is essential for regenerating and revitalising the body and mind.

Reflexology has been shown to liberate endorphins, chemical transmitters in the brain that suppress pain and have a calming effect.



It automatically stimulates and concentrates the healing power and directs this health restoring power to affected body parts.

ASSESSING HEALTH STATUS WITH REFLEXOLOGY.

The blood supply and the nervous system connect the various organs and glands of the body.

Vital energies are carried via these pathways and a blockage in any pathway decreases the supply of life-giving energy available to interconnected zones.

A tender spot in any body reflex point indicates a blockage in the energy pathway. The degree of sensitivity corresponds to the degree of malfunction in the particular area of the body.

Here is where reflexology is useful as a diagnostic tool. By recording the sensitivity of the various reflex points a clear pattern of health priorities will be revealed.

For this assessment we recommend using the foot reflexes.

Please refer to diagram 1.

Note how the reflex points in the feet reflect the arrangement of the body organs.

Sitting comfortably in a chair, begin by massaging the feet with the thumbs. Start with the big toe which contains the reflex buttons connected to the pituitary and pineal glands. Using steady

thumb pressure feel for the reflex button. The sensation of "hitting the button" is experienced variously as a point of pleasant tingling sensation through to a point of concentrated pain. Press and roll the thumb as if you were trying to break up lumpy sugar. Do not rub the skin, but feel for the reflex

"buttons" under the skin.

Note the sensation when each reflex button is pressed. The relative sensitivity should be recorded on the Reflex Recorder supplied. A sensitivity scale of one (mildly sensitive) through to five (very painful) can be used. Each assessment should be dated so that the response to treatment can be measured.

Proceed with the assessment massage by maintaining an even thumb pressure while feeling for and stimulating the various reflex buttons.

After working through the soles of the feet, proceed to those reflex areas found on the heel and around the ankle.

Diagram 2 shows the location of the reflex buttons found on the inside and outside of the feet and heels.

Reflexology is practical body feedback.

By a tender response to pressure on a reflex button your body is telling you that there is a trouble spot. The reflex recorder enables you to note your body's requests for priority treatment as the degree of tenderness in the reflex corresponds to the urgency of the request for treatment.

A few simple points to remember.

- * The palm of the right hand is positive and stimulates body energy, having a strengthening effect.

- * The palm of the left hand is negative and has a soothing, sedating effect.

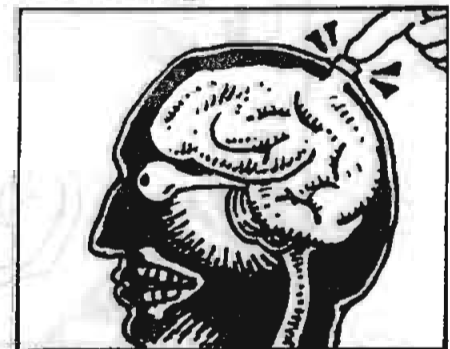
- * The use of both palms will give you the combined effect of both energies.

- * The back of the hands have the opposite electrical energy to the palms.

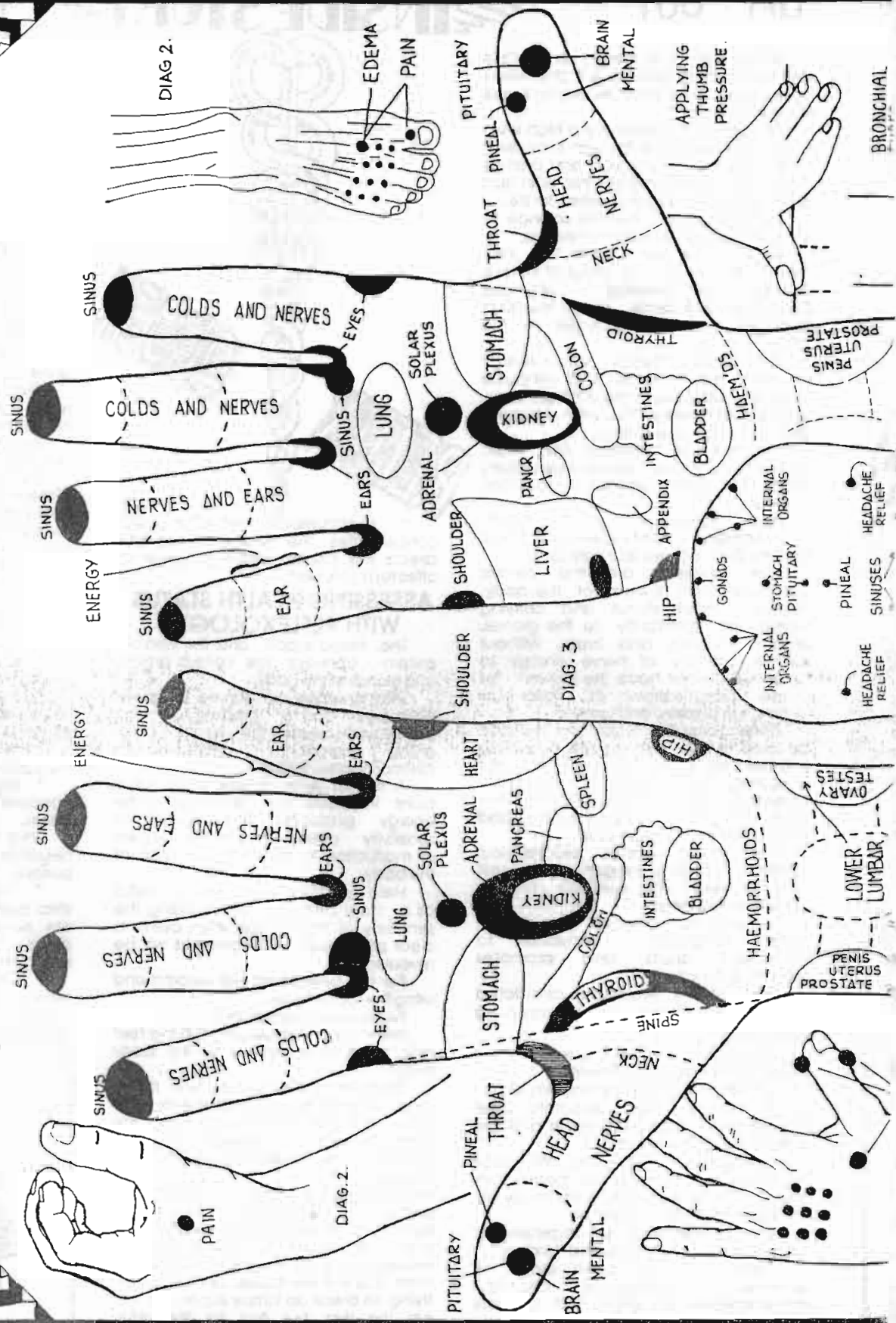
- * Thus the back of the right hand is negative, and the back of the left is positive.

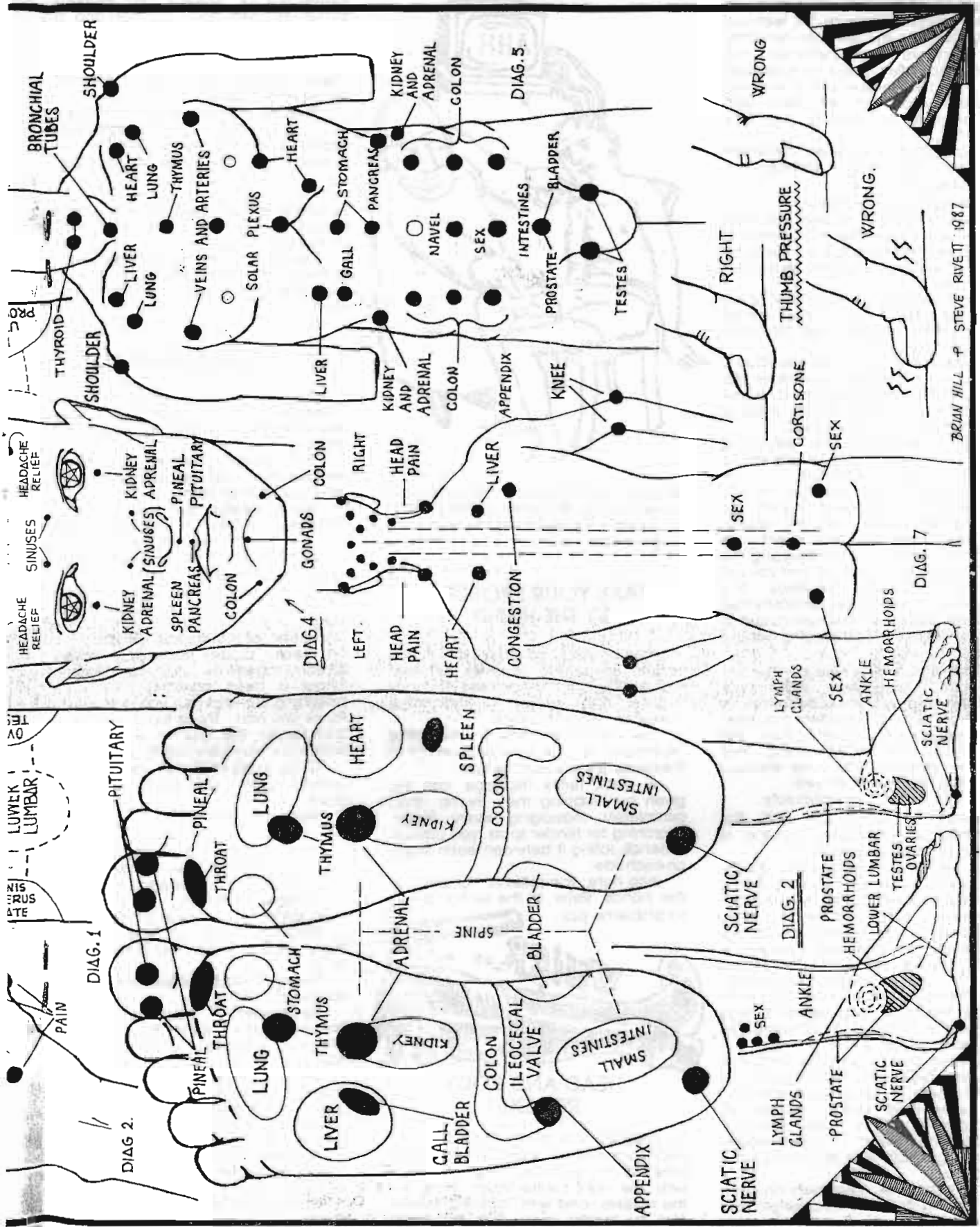
- * When pressing reflex points to stop pain try to use the left hand. If you are seeking to stimulate underactive areas of the body use the strengthening effect of the right palm.

- * During pregnancy the tongue reflexes should not be used as there is a possibility that the relaxing effect on the reproductive organs may bring about miscarriage.



REFLEXOLOGY





INTO IT — FEET FIRST!

Most people find it easiest to perform reflex massage on the feet and hands. Because the feet are generally more sensitive than the hands, the response to reflex massage is greater when the foot reflexes are stimulated. For this reason we will deal with techniques for massaging the foot reflexes first.

Having plotted a reflex sensitivity record, one can return to massage the tender reflex points.

Work out a treatment priority.

Attend to painful reflexes first! Pain in any reflex indicates malfunction in the corresponding areas of the body and is a warning signal that should not be ignored.

Generally the massage technique is as above: feel for the reflex button using a constant pressure. Do this about five times.

If the reflex point is particularly painful, hold a steady pressure on the reflex until the pain subsides or for a slow count of seven, then release pressure for a count of three, then repeat.

Keep in mind that you are doing more than diagnosing an ailment or area of malfunction when you massage these reflexes: you are also treating the ailment, restoring health by releasing blockages to the energy field. Meditate on the effect of releasing blockages by massaging the reflex points. Be conscious that you are communicating with the body. It is telling you through reflex sensitivity that particular areas are malfunctioning and you are responding by sending healing energies.

It will really amaze you as you feel the pain disappear under your fingertips. You will have performed a miracle of healing, for when the pain has subsided, it means that the problem in the corresponding area also has subsided! You have released the healing energies of nature!!!

Do not attempt to overstimulate.

Continue to massage until the tenderness subsides often leaving a sensation of glowing warmth.

For chronically underactive organs the centre finger of the right hand, which is sometimes called the fire finger because it sends out energy more strongly than the others (in Chinese medicine each of the fingers relates to one of the five elements), should be used. To restart underactive organs press the reflex button several times. A tingling sensation may result; it may even occur in the organ stimulated by the reflex massage.

In some cases it may be necessary to use prolonged stimulation to alleviate pain in the reflexes, sometimes from upward of twenty minutes (so don't give up if the pain does not subside immediately). Remember to massage both feet to balance the energy flow.

The length of time spent on each reflex button and the total length and frequency of treatments is an individual matter. Develop awareness



of your body's needs. Talk to your body through the reflex points. Let it tell you where the problems are and what to do to treat them.

TAKE YOUR PROBLEM BY THE HAND.

Please refer to diagram three. Once again notice the similarity between the anatomical arrangement of body organs and glands and the corresponding reflex points.

Use the same pressing and rolling technique to give a reflex massage to the hands as you would the feet.

A quick reflex massage can be given by rubbing the thumb, then completely massaging every finger. Searching for tender spots, you can use a pencil, rolling it between each finger on each side.

Also note the reflexes for pain in the hands. Refer to the section points for problems - pain.



HEAD AND BODY REFLEXES

Diagram four shows some of the important reflexes found on the face. One way to massage these reflexes is with the right centre finger. Press on the reflexes and with a rolling motion feel for tender spots. Rub the bone area under the skin very gently.

Tapping the head all over with loosely closed fists for approx thirty seconds stimulates these body warmers and is an excellent energy boost.

There are many important body reflexes as shown in diagram 5-7. These reflexes can be stimulated during other massage.

Specific pain reflexes are indicated in diagram 6. Clothespegs clamped on the fingertips will anaesthetise the zones of the body.

Massage of the fingertip at the centre of each zone will anaesthetize that entire zone.

The ear contains many reflex points that can be stimulated by an all over massage with a pinching and rolling motion.

POINTS FOR PROBLEMS.

The memo for using reflex massage to treat ailments is to follow the priorities indicated by the reflex buttons.

The following list is a guide to reflexes that can be used together to relieve specific ailments.

Aches, pains and arthritis: Pain reflexes, kidney, endocrine system, cortisone reflex.

Bedwetting: kidneys, bladder, and urinary tract reflexes.

Coughs and colds: body warmer reflexes, pituitary to lessen fever, lungs, chest and throat; also try the 'lion pose' of Hathayoga. Sit squatting on heels, place palms on knees, spread fingers as wide as possible, inhale a deep breath and while breathing out, stick out your tongue as far as you can. Try to touch your chin and repeat this four to six times to relieve sore throat and tonsils.

Coughs respond well to pressure applied to the joint near the middle finger.

Asthma: Reflexes as in diagram 7. These reflexes are best massaged by a friend. Near-instant relief can be achieved by massaging the spine reflexes.

Eyesight: Reflexes under both eyes, kidneys, eye reflexes on hands.

Hearing: Reflex at end of ring finger (water finger), ear reflexes, and neck.

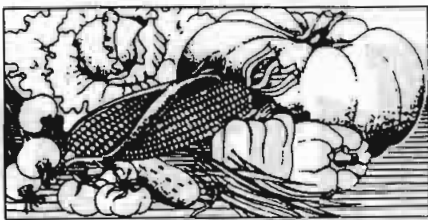
Energy: Medulla reflex, pulling hair, adrenal, thyroid.

Headaches: massage through intestinal tract, spine, shoulder, pain centres, medulla, parietal bone reflexes.

Stress: Tension can be relieved by placing the right palm on the lower back of the head, left palm on the forehead. Parietal bone reflexes, spine and back reflex points in feet.

Menses: Reproductive organs. Pull and scrape tongue for painful menses. Reflexes for edema.

Obesity: Digestion, stomach, intestinal tract, thyroid, endocrine glands.



JUICE USE

(continued from page 22)



JUICE BEST MIXERS

Brussels Sprouts carrot, string bean, lettuce

Cabbage dilute heavily with carrot (can cause gastric problems if not diluted)

Carrot (use carrot tops - overuse can cause carotene poisoning) Good for 3rd trimester in pregnancy

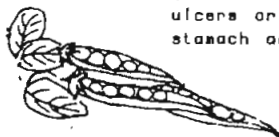
Cucumber Melon

Celery (Do not use leafy tops due to oxalic acid)

Garlic (Fresh) Combines well in small amounts

Grape berries

Grapefruit citrus fruits (Don't use with ulcers or high stomach acidity)



CONTAINS

Vit: A, B, C
calcium, chlorine, phosphorous, potassium, sulphur

Vit: A, B1, B2, C
nicotinic acid
Min: calcium, chlorine, phosphorous, potassium, sodium, sulphur, magnesium, Iron

Vit: A, B1, B2, C, D, E, G, K
Min: calcium, iodine, Iron, magnesium, phosphoric acid, potassium, sodium

Min: calcium, chlorine, phosphorous, potassium, silicon, sodium, sulphur

Min: calcium, phosphorous, potassium, iron, sodium
Vit: B1, B2, B6, E

Min: calcium, phosphorous, potassium, mustard oils, sulphur

Vit: A
Min: calcium, phosphorous, potassium, silicon

High in vitamin C
High in potassium & magnesium

EFFECTS

Helps with diabetes

Antiseptic, body cleanser
Good for duodenal ulcers, obesity, gum infections, toxemia, constipation, skin eruptions

Blood cleanser, improves circulation
Body cleanser
Antiseptic: fights infections in eyes, throat, sinus, lungs
Repairs & builds bones & teeth
Tonic, improves eyes & mental ability
Solvent for ulcers & cancers
Protects nervous system
Improves appetite
Good for gums, constipation, skin problems, sterility, liver disease, toxemia, anaemia, conjunctivitis, gall stones, rheumatism, obesity

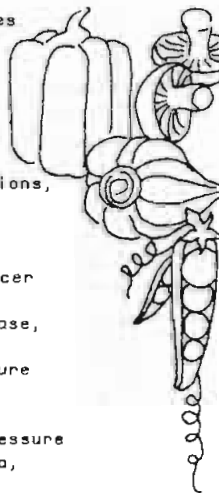
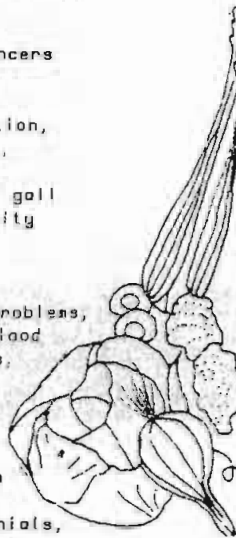
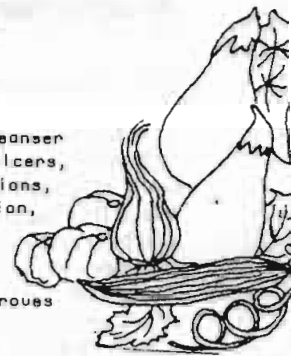
Diuretic
Coolant in hot climate
Good for teeth or gum problems, neuritis, high or low blood pressure, hair and nails, obesity, nervousness

Blood cell builder
Good solvent, dissolves carbon dioxide in system
Balances calcium levels
Good for lungs or bronchials, haemorrhoids, indigestion, arthritis, rheumatism, gout, dropsy, nervous system problems

System cleanser, eliminates toxins through pores
Dissolves mucus
Stimulates appetite and gastric juices
Good diuretic
Antiseptic
Good for dysentery, infections, parasites, colds and flu

Blood builder & acid reducer
Aids digestion
Good for respiratory disease, skin infections, anemia, insomnia, low blood pressure
Provides energy

Blood purifier, lowers pressure
Good for obesity, insomnia, constipation, arthritis, nerves, cold & flu symptoms, gallstones



Not Just Juice

Del Cartwright*

Nature has provided a medicine that will repair damage to the body both internally and externally, and when this is extracted from the plant and becomes a form of concentrated powder, it is highly effective and nutritious. The medicine is chlorophyll, and one of the best sources is barley. This is not a new concept because for years convalescents, children or those people who are a bit off-colour, have taken barley water as a curative. But what is new is the Japanese concept originally devised by Dr Yoshihide Hagiwara, a pharmacist and doctor of medicine who became concerned about the poor dietary practices in his country, the heavy pollution, and the steady increase of killer diseases.

Dr Hagiwara concentrated on the barley plant after testing more than 300 others, and spent 13 years experimenting. He found that barley juice contained a good balance of the B vitamins, nicotinic acid, vitamins E and C, calcium, magnesium, manganese, molybdenum, enzymes, germanium, zinc, copper, selenium, lithium and, of course, chlorophyll.

The juice from young barley leaves contains 11 times the amount of calcium found in cow's milk, nearly five times the iron content of spinach, seven times the amount of Vitamin C in oranges, four times the Vitamin B₁ of whole wheat flour, and a high concentration of Vitamin B₁₂. Although practitioners in other countries, including the USA, have tried to turn the green barley juice into a powder, Dr Hagiwara is the only one in the world who can do it without heating or freezing.

As the Japanese began to take the Green Magma daily, either in water or fruit juice, some remarkable results started to emerge, as well as claims of beneficial results for a number of complaints, including cancer. Other doctors also became involved and the claims were investigated under controlled clinical conditions.

With its high concentration of nutrients, the powder appears to be effective when taken for the treatment of ulcers, high blood pressure, inflammations and circulatory disorders.

Dr Yasuo Hotta, a research biologist in California, did further research

on the product. He found that Green Magma has the power to restore the cells of the body to normal after they have been damaged by disease.



Two or three glasses of Green Magma per day, added to water, revitalises the skin and improves the skin gloss. It also banishes fatigue, strengthens the heart muscles, induces sound sleep, removes bad breath and body odour, prevents colds and flu, improves hair shine and detoxifies the blood which, of course, benefits every organ of the body. It works quickly because it is absorbed directly through the cell membranes in the mouth and throat, as well as in the stomach and intestines, and contains no indigestible substances because the fibrous tissues have been removed.

So it looks as if the young barley plant is the answer to good health and beauty in the 80s. Green Magma and any further details can be obtained from your health food store, the Hyde Park Nutrition Centre (02) 267 2382 or order direct from International Health Promotions (02) 436 1126, PO Box 155, Lane Cove, NSW 2066.

Analysis per 100 grams of Green Magma juice.

Component	Content	Component	Content
Water	6.96%	Vitamin C	132.1 mg
Crude proteins	15.19%	Vitamin E	51.0 mg
Crude fats	3.18%	Carotene	31.2 mg
Carbohydrates	23.19%	Xanthophyll	105.0 mg
Crude fibers	0.14%	Choline	160.0 mg
Crude ashes	21.34%	Chlorophyll	1490.0 mg
Digestible proteins	10.85%	Potassium	8880.0 mg
Alkalinity	66.4	Sodium	775.0 mg
Heat energy	302 cal	Calcium	718.0 mg
Vitamin B ₁	1.5 mg	Magnesium	224.7 mg
Vitamin B ₂	2.75 mg	Aluminium	-
Vitamin B ₆	0.34 mg	Iron	15.8 mg
Nicotinic acid	10.6 mg	Nickel	-
Pantothenic acid	2.5 mg	Cobalt	trace
Biotin	48.0 mg	Manganese	5.6 mg
Folic acid	0.64 mg	Zinc	7.33 mg
Vitamin C	132.1 mg	Copper	1.36 mg

*This article is reprinted from *Nature & Health* (Volume 6, No. 4), with kind permission of Mr. Braudley.

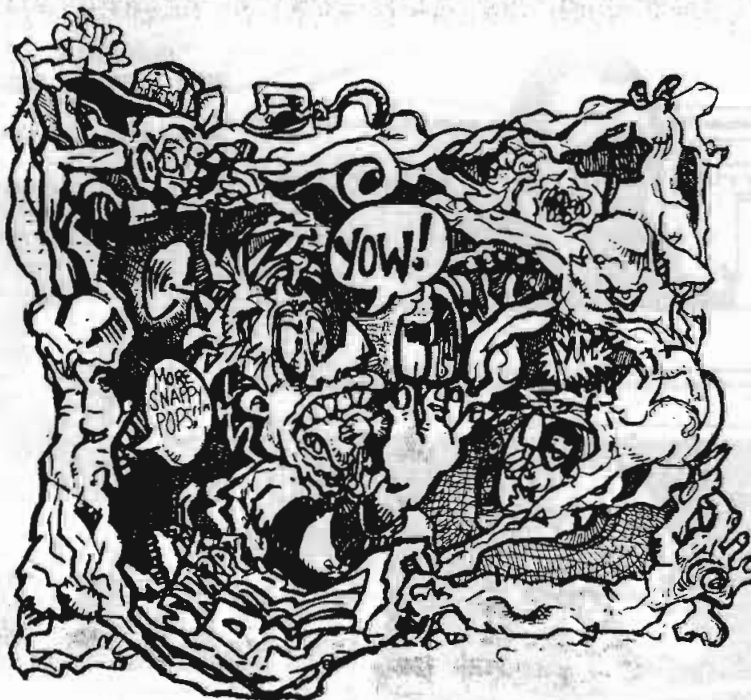
Blue Meanies and Green Gremlins

Do you check the ingredients of the food you buy, or is it too much trouble? It may be salutary to realise that many food additives are known to cause cancers and tumours, but remain on the market (not to mention pesticides and fungicides which have been proved in animal tests to be dangerous). Many more are linked to hyperactivity and sometimes fatal allergic reactions.

Some of the most common are cyclamates (artificial sweeteners) which have been known for decades to cause bladder cancer in rats and are a common ingredients in 'diet' foods, nitrates (allowed in tinned or cured fish, meat and slami) which are potentially carcinogenic and metabisulphites (used to keep fast food fresh-looking) which have caused 200,000 asthma cases, primarily in adults, in the US alone. An asthma attack due to sulphite reaction usually happens within half an hour of eating the preservative.

Even foods which claim to have "no artificial flavouring, no artificial colouring" may still contain many 'naturally-derived' additives such as canthaxanthin, carotenoid acid, bixin, anthocyanin and a host of others.

Last year the Commonwealth Department of Health required that all food additives be marked clearly on the label - by number. In order to learn what you're eating, you need a booklet called *Additive Code Breaker*, published by the Department, which lists additives and their known effects.



The Department's chief food inspector, Mr Des Sibraa, has said: "Additives will generally have some sort of toxic effect if you add them in high enough quantities". These quantities can also accumulate in your body.

"We don't want people putting things like preservatives, antioxidants and other additives in any food unless there's some reason that makes it essential," said Mr Sibraa.

But how essential are the colouring agents in such childrens' 'foods' as blue iceblocks? The food colourings brilliant blue FCF and yellow tartrazine are known to cause allergic reactions and hyperactivity in children, and liquorice flavourings can cause headaches, muscle weakness and high blood pressure; yet most products containing these are marketed directly at children. Symptoms of hyperactivity include respiratory difficulties, excessive thirst, asthma, eczema and even balance, speech and learning difficulties. The following is a short list of what to look out for;

WHAT TO AVOID

HYPERACTIVITY

<u>No</u>	<u>Additive Name</u>
102	Tartrazine
107	Yellow 2G
110	Sunset Yellow FCF
120	Cochineal
122	Carmoisine
123	Amaranth
124	Ponceau 4R
127	Erythrosine
132	Indigo Carmine
133	Brilliant blue FCF
150	Caramel
151	Black PN
155	Brown HT
210	Benzoic Acid
211	Sodium Benzoate
220	Sulphur dioxide
250	Sodium Nitrite
251	Sodium Nitrate
320	Butylated hydroxyanisole
321	Butylated hydroxytoluene

ASTHMA

<u>No</u>	<u>Additive Name</u>
212	Potassium benzoate
213	Calcium benzoate
220	Sulphur dioxide
221	Sodium sulphite
222	Sodium bisulphite
223	Sodium metabisulphite
224	Potassium metabisulphite
310	Propyl gallate
311	Octyl gallate
621	Sodium hydrogen I-glutamate
622	Potassium hydrogen I-glutamate
623	Calcium dihydrogen I-glutamate
627	Guanosine 5' - (disodium phosphate)
631	Inosine 5' - (disodium phosphate)



THE GEMSTONE FILE

The following is the first in a series of excerpts from the 'Gemstone File', a conspiracy theory which has been hand-circulated around the world for nearly two decades. We make no claims as to the authenticity of its statements, but believe that this is the first time it has been published in serial form or, as far as we know, in any publication. It begins with a warning that it is dangerous to have in your possession or transmit, which seems to us a good reason to release it for public scrutiny.

A SKELETON KEY TO THE GEMSTONE FILE

The Gemstone File was written in many segments over a period of years by an American named Bruce Roberts. Parts of the file were released to certain Americans beginning in 1969. The number of pages is well over a thousand, of which I have read about 400. It has been possible to verify some of the statements made, but the research facilities required to verify the entire story would be monumental. Those who transmit the story do so because it makes sense in the light of current events. Although parts of it seem improbable, in general it rings true. Readers will have to make up their own minds as to its authenticity.

Since the scope of this work is so large and the events described are so complex and interlocking, it may be more easily understood with this skeleton outline of the Gemstone thesis. Individual pages can then be read with greater comprehension.

1932: Onassis, a Greek drug pusher and ship owner who made his first million selling "Turkish tobacco" (opium) in Argentina, worked out a profitable deal with Joseph Kennedy, Eugene Meyer & Meyer Lansky: Onassis was to ship booze direct into Boston for Joseph Kennedy. Also involved was a heroin deal with Franklin and Elliot Roosevelt.

1934: Onassis, Rockefeller and the "Seven Sisters" (major oil companies) signed an agreement, outlined in an oil cartel memo: Screw the Arabs out of their oil, transport it on Onassis' ships. Rockefeller and the Seven Sisters to get rich. All this was done, and those who did it considerably

increased their already vast wealth. Bruce Roberts, studying journalism and physics at the University of Wisconsin, learned these things through personal contacts. His special interest was in crystallography: the creation of synthetic rubies, the original gemstone experiment.

1936-1940: Eugene Meyer buys the Washington Post; other Mafia buy other papers, radio stations, TV etc to gain control of news media. As the war approaches news censorship of all major media goes into effect.

1941-1945: [Direct US involvement in] World War II, which was very profitable for Onassis, Rockefeller, Kennedy, the Roosevelts, I.G. Farben, etc. Onassis, selling oil and arms to both sides, went through the war without losing a single ship or man. At the end of the war, Nazi 'experts' assimilated into the Pentagon infiltrate the highest levels. Allen Dulles, in partnership with "ex-Nazi" General Reinhard Gehlen, forms a new agency: the Central Intelligence Agency.

1949: Onassis buys US war surplus 'Liberty Ships' in questionable (illegal) purchase. Lawyer Burke Marshall helps him.

1956: Howard Hughes, Texas Millionaire, is meanwhile buying his way into control of the US electoral process with a view to his own personal gain. He buys Senators, Governors etc. He finally buys his last politician - newly elected Vice-President Nixon - via a quarter of a million dollar non-repayable loan to Nixon's brother Donald.

EARLY 1957: Nixon repays the favour by having Internal Revenue Service and Treasury grant tax-free status (refused twice before) to the

Hughes Medical Foundation, sole owner of Hughes Aircraft, creating a tax-free non-accountable money funnel or 'laundry' for whatever Hughes wanted. US Government anti-trust suits against Hughes, TWA and other enterprises are also shelved.

MARCH 1957: Onassis carries out a carefully planned action. He has Hughes kidnapped from his bungalow at the Beverly Hills Hotel, using Hughes' own men (Chester Davis, born Cesare in Sicily, et al). The other Hughes men either quit, get fired or join the new Onassis organization. A few days later, Mayor Cannon (later Senator Cannon) of Nevada arranges a fake marriage to Jean Peters to explain Hughes' sudden loss of interest in chasing movie stars. Hughes, battered and brain-damaged in the scuffle, is taken to the Emerald Isles Hotel in the Bahamas, where the entire top floor has been rented for the "Hughes Party". Hughes is shot full of heroin for 30 days, then taken off to a cell on Onassis' island, Skorprios, where he spent the rest of his life. Onassis now has a much larger power base in the US: the Hughes empire, as well as control over Nixon and the other Hughes-purchased politicians. L. Wayne Rector, who had been acting as Hughes' double since 1955, became "Hughes".

SEPTEMBER 1957: Onassis calls the Appalachian meeting to inform US Mafia leaders of his control over Hughes, and his adoption of Hughes' method of acquiring power; buying US senators, congressmen, governors, judges en masse to gain control of the US government 'legally'. Onassis' radio message to Appalachian from a remote Pennsylvania farmhouse intercepted (reluctantly) by FBI's J.

Edgar Hoover, on the basis of a tipoff from some Army Intelligence guys who weren't in on the plan.

ALSO IN 1957: Joseph Kennedy takes John F. and Jackie to see Onassis on his yacht, introduces John and reminds Onassis of an old Mafia promise: the Presidency for a Kennedy. Onassis agrees.

1958: Hordes of Mafia-selected, purchased & supported "grass roots" candidates sweep into office.

1959: Stirring election battle between Kennedy & Nixon. Either way Onassis wins, since he has control over both candidates.

1960: JFK elected American people happy. Rose Kennedy happy. Onassis happy - Mafia ecstatic. Roberts brings his synthetic rubies (the original "Gemstones") to Hughes Aircraft in Los Angeles. They steal his rubies - the basis for laser beam research, laser bombs etc because of the optical quality of the rubies. One of the 11 possible sources for one of the ingredients involved in the Gemstone experiments was the Golden Triangle area. Roberts was married to the daughter of former French Consul in Indo-China. In that area, Onassis' involvement in the Golden Triangle dope trade was no secret. Roberts' investigation revealed the Onassis - Hughes connection, kidnap & switch. When they steal his invention he decides to make public what he knows and begins work on the "Gemstone File".

"Gemstones" - synthetic rubies and sapphires with accompanying "histories" - Gemstone Papers - were sold or given away to foreign Consular officials - in return for information on world-wide intelligence activities of many countries. This intelligence network is the source for much of the information in the Gemstone File.

JANUARY 1961: Joseph Kennedy has a stroke, ending his control over John and Bobby. The boys decide to rebel against Onassis' control. Why? Inter-Mafia struggle? Or perhaps a dim hope of restoring the land of the free and home of the brave to its mythical integrity? Whatever the reason, they commit a series of acts absolutely forbidden by the Mafia:

arrest Wally Bird, owner of Air Thailand, who has been shipping Onassis' heroin out of the Golden Triangle (Laos, Cambodia, VietNam) under contract with CIA ("Air Opium"); Arrest Mafia Teamster Jimmy Hoffa and put him in gaol; Declare the \$73 million in forged "Hughes" land loans, deposited with the San Francisco Bank of America as 'security' for the TWA judgement against Hughes, to be what they are; forgeries.



APRIL 1961: CIA Bay of Pigs fiasco. Hunt, McCord, CIA, Batista Cubans & Mafia angry about JFK's lack of enthusiasm. Onassis has his US right-hand man, "Hughes" top aide, former FBI & CIA, Robert Maheu (nicknamed 'IBM' for 'Iron Bob Maheu') hire and train a team of Mafia assassins to get Castro. The team of a dozen or so includes John Roselli and Jimmy (the Weasel) Frattiano, expert Mafia hitmen assisted by Hunt & McCord of the CIA and others. This was reported recently by Jack Anderson, who gets a lot of his 'tips' from his friend Frank (Fiorini) Sturgis - also on the Castro assassination team. The team tried 5 times to kill Castro, with everything from long-range rifles to apple pie with sodium morphate pellets. Castro survived.

1963: Members of the Castro assassination team arrested at Lake Pontchartrain, La, by Bobby Kennedy's Justice boys. Angered, Onassis stops trying to kill Castro & goes for the head: JFK, who, according to Onassis, had welched on a Mafia agreement. JFK sets up the "Group of 40" to fight Onassis.

AUGUST 1963: Two murders had to occur before the murder of JFK, of people, who would understand the situation and might squawk:

1> Senator Estes Kefauver whose Crime Commission investigations

had uncovered the original 1932 deal between Onassis, Kennedy, Eugene Meyer, Lansky, Roosevelt et al. Kefauver planned a speech on the Senate floor denouncing Mafia operations. Instead he ate a piece of apple pie laced with sodium morphate (used in rat poison) & had a sodium morphate induced heart attack on the Senate floor.

2> Phillip Graham, editor of the Washington Post. Phillip had married Katherine Meyer, Eugene Meyer's daughter, who had inherited the Post & allied media empires. Graham put together the Kennedy-Johnson ticket & was Kennedy's friend in the struggle with Onassis. Katherine Meyer Graham bribes some psychiatrists to certify her husband Phil insane. He was allowed out of the asylum for the weekend & died of a shotgun wound to the head in the Graham home in Washington. The D.A. ruled it a suicide.

NOV. 1st 1963: The hit on JFK was supposed to take place in true Mafia style; a triple execution, together with Diem and Nhu in VietNam. Diem & Nhu got theirs as scheduled. Onassis had invited Jackie for a cruise on his yacht, the Cristina, where she was when JFK got tipped off that Onassis planned to wipe him out. JFK called Jackie on the yacht from the White House, telling her; "Get off that yacht if you have to swim." Jackie stayed on board, descending the gangplank a few days later in Turkey on Onassis' arm, to impress the Turkish Sey Mustapha. Madame Nhu, in the US, bitterly remarked that "Whatever happened in Vietnam will see its counterpart in the United States". JFK cancelled his appearance at a football stadium in Chicago, where the CIA-Mafia assassination team was poised for the kill. One of the assassination team (Tom Vallee, a double for Oswald) was picked up in Chicago with a rifle & quickly released by the police. 3 weeks later the Mafia's alternate & carefully arranged execution plan went into effect as JFK was assassinated in Dallas.

Next Issue - The Kennedy Assassination.

The Crystal Conspiracy

Al Cryst

Nexus is following the increasing surge of media interest in the ancient (yet New Age) consciousness expanding tool - quartz crystals. On TV we have seen author and lecturer Edmund Harold appear on *Good Morning Australia*. *Good Morning America* had a segment which was picked up by Australian networks. Even Terry Willesee featured "Healing with Gemstones". The new TV series *Extra Dimensions* hosted by Richard Neville interviewed vintage Crystal personality Marcel Vogel. Unfortunately the depth and quality of the items was not the best, but the mass exposure is welcome.

Media in the USA are swooping on most esoteric topics and multi-talented personality Shirley Maclaine released a five hour TV special based on her bestselling book *Out on a Limb*. Her brief mention of crystals in the opening of *Dancing in the Light* has inspired many normally conservative people to explore crystals. A Sydney crystal importer reported that while in Brazil on a buying expedition, he viewed a TV special on crystals, spoken in Spanish with American (sometimes termed English) subtitles.

Newspapers have also run articles. In September last year the *Sunday Telegraph* featured a lengthy and positive personal view on crystals from a US psychiatrist. Even *Time* magazine recently devoted a page to crystals. Other magazines such as *Magical Blend*, *Yoga Journal* (USA), *Simply Living*, *Australian Wellbeing*, *Southern Crossings*, *Maggie's Farm*, *Unicorn*, *Omni* and others have all featured articles of varying depth on this infinite topic. Australian photographer and networker, Michael Ney, has launched *The Crystal Visionary*, a quarterly publication whose sole pre-occupation is with crystals and crystal people. Another tireless networker from Canada, Elizabeth Logan, has compiled *The Crystal Cosmos Network Directory*, with 250 mostly American listings, including crystal workers and shops.

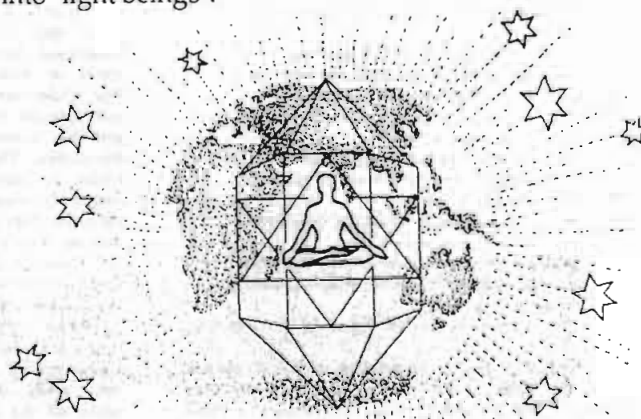
With all this interest there must be something very exciting happening. Is it simply the long-awaited return to re-awakening of Atlantean souls, or just the natural progression into the Aquarian Age with crystal clarity? Over the past year, the Nexus research team has sought answers and conclusions about this very puzzling (but persistent) and potentially world-changing phenomenon.

We've heard reports of crystals used to deepen meditational states. This experience is produced by simply having crystals placed at various positions around the body or held in the hands. The inherent nature of crystals, in their perfectly harmonised atomic structure, is said to transfer that balance and harmony to the receptive user. Meditators report a clearness, and energetic cleansing, intuitional insight, accension into higher planes and so healing of various ailments. It is worth noting here that shamans, over the centuries, have held crystals as sacred divine objects which can

effect healing in a profound manner. The current consciousness of spiritual healing, including Reiki, Mahikari, laying on of hands and channelling light, are often used with crystals as amplifiers or focussing agents.

When used in a personal sense our researchers reported an initial turmoil, accompanied by a sense that karma was speeding up and misfortune seeming imminent. But this soon gave way to realisations of lessons to be learned and a peaceful, harmonious resolution of conflicts.

The programming of crystals is an important element in the crystal conspiracy. There are now people working with crystals to energise all manner of things; healthy plant growth, healthy bank balances, harmonious relationships, greater mental ability, personal wellbeing and even transformation into "light beings".



Just imagine the effective conscious linking of all crystal co-workers in meditation to activate a thought force, a planetary program for Peace. This action was initiated last year and activated by many groups worldwide on December 31st, 1986, in collective meditation. The true "underground" element in the crystal conspiracy is that the crystals used by individuals link up energetically with crystalline material of all types, nurtured for millions of years within our planet. It matters not where the crystals originate: Arkansas, Brazil, the USSR or Australia, all are vibrationally resonant. This crystalline linkup of thought emanates a vibration of harmony, peace and planetary healing.

Another interesting report we've found is that the crystalline components currently permeating global communication networks, computers, satellites and transmission devices are poised for infiltration by crystal conscious light beings of a higher dimension. The vast acceleration of awareness in all things "spiritual" and crystalline seems to be further enhancing the healing thoughts for planetary peace.

Nexus awaits reports from our international network but has decided to state unconditionally that there really is a crystal conspiracy!



SEED PATENTING: PLANT VARIETY RIGHTS



For eight years public opposition in Australia managed to stop a piece of legislation which could spell disaster for the world's food supply. In February this year a new Plant Variety Rights law was finally passed through both houses of Parliament, having the potential to place control of our food crops directly in the hands of chemical corporations. Fred Rossignoli has been fighting this legislation for some time.

Do you want to see a world where seeds and plants are patented?

- Where it becomes illegal to take a cutting from a plant and where those patented plants eventually replace all others in the market place?
 - Where all vegetable and flower seeds are hybrids, which means if you save the seeds from them they will not grow?
 - Where plants are designed to grow only with a chemical fertilizer?
 - Where plants are also designed to be attacked by pests and disease so you are forced to buy a spray?
 - Where all seeds are controlled by a dozen petro-chemical companies?
 - Where because of the monopoly the price of seeds soon doubles and keeps increasing faster than inflation?
- This has already happened in Europe and America.

The two major Australian political parties plus the National Party, who strangely say they support the farmers, have introduced Plant Variety Rights (P.V.R.) legislation. This means that our food can be controlled by the oil and chemical companies for ever more.

Seed patenting is one of the most dangerous and insidious pieces of legislation ever devised, which gives the power to control the food of the world to a handful of people. It is most definitely not designed to protect any small plant breeders or the public.

Scientists from the Food and Agricultural Organisation of the United Nations (F.A.O.) say the legislation has been a disaster for the world's food and plant supply. The Canadian government will not accept P.V.R. because they have seen what happened in America and Europe because of it.

For the past 30 or so years in Africa, Asia, Central and South America, the homelands of almost all the fruit, vegetables and grain we eat, farmers are told: The "Green Revolution" is here! Eat your old seeds and plant these "miracle hybrids" instead. Too late, the farmer learns that the new seeds need chemicals to make them grow, and attract more diseases and pests than the old varieties ever did. The farmer cannot afford the spray or the chemicals. The old seeds have been lost, except perhaps those that the company took for its own seed bank; but which it will not return, not even to a farmer it has just sent broke. The families lose their land to pay their bills. They now live in real poverty - no land, no seed, no food. The land is taken up by large landholders who move into monoculture (single variety crops), which need more and more chemicals and sprays.

Where fish from streams near farms could once supplement diets with protein, they are now wiped out by chemical runoff. The farmers in Pakistan say that miracle rice has brought miracle locusts. Scientists from the F.A.O. say that this has happened to millions of farmers over millions of acres and is still happening. Already thousands of varieties of grains and vegetables have been lost for ever.

In India at the turn of the century there were around 30,000 varieties of rice. Now there are about 50. If just half that many had been lost, it would be cause for concern, but this is nothing short of a disaster affecting us all.

The three major cereal crops are rice, wheat and corn. F.A.O. scientists consider wheat the most threatened, and predict disaster for that grain by early next century. Wheat originated in Ethiopia and Asia Minor, so to develop new strains resistant to rust and pests etc we must go to the home of wheat and select from the thousands of varieties held by traditional farmers or from wild relatives of wheat in wilderness areas. But it is too late. The wilderness areas have suffered cattle, goats and drought for so long that the seed is gone, and the farmers have lost theirs to the Green Revolution. There are a few examples of this wheat in seed "banks" (refrigerators), mostly owned by giant oil companies. And the genetic variables for breeding purposes are being fast used up. That's what we have done with wheat.

Concerning the other important grain, corn, almost the only seeds you can now buy are "mule" hybrids. Such hybrids cannot be pollinated by bees or the wind. Like a mule, they are infertile and, by design, cannot reproduce. If you find non-hybrid corn save your seeds, they are rare indeed. They were taken off the market before anybody knew what was happening (not even our politicians and most of them still don't know). This is happening to more vegetables and flowers every year in Australia, even without PVR, for hybridization is a built-in patent.

In Britain when PVR was introduced, every private seed company was bought out within two weeks by a few big petro-chemical companies. Now almost without exception the only vegetable seeds available are "uniform chemical dependent hybrids".

In Western Europe they have introduced the "Common Catalogue" (or its equivalent). To be listed plants must be so uniform that there is no doubt as to their identity. So the genetic variables - which are the survival inheritance of every living thing - are being wiped out by law. In Britain there is now a 400 pound fine for selling seeds not listed in this catalogue. The proposed PVR legislation for Australia includes a common catalogue.

M. Woodrow Wilson of the National Farmers' Union of America, representing 300,000 farming families, told the House of Representatives 96th Congress in 1979 and 1980 that since the introduction of Plant Variety Protection in the US there have sometimes been higher yields with commercial breeding. However, plants are now produced to be more vulnerable to pest and disease. Not one new variety of wheat is resistant to Hessian fly. In 1978 Hessian fly infested 1.25 million acres of wheat in Dakota alone.

The European Parliament, regarding their twenty years experience with PVR, announced the following (20-2-86):

"The seed trade is now regulated by a small number of multinational producers... in the last few decades there has been a serious loss of local plant varieties and species throughout the world ... caused in particular by the greatly increased recourse to monoculture... [the] lower resistance of monocultures to disease leads to... greater need for pesticides and the inherent dangers to health and the environment, and greater risk of disasters."

They Recommend Encouraging:

- Small scale agriculture to protect local varieties.
- The conservation of varieties of plants in their natural habitat as a preference to storage in gene banks.

They Demand:

"Germ plasm (seeds) of all varieties of plants should not be regarded and treated as private property... plant genetic material should be freely exchanged... encourage natural methods of cultivation... breed for resistance, not chemical dependence... ensure that local varieties are conserved in their areas of origin so that they retain their characteristics in local conditions... promote initiatives for the creation of reserves and collections of plants, particularly by farmers." (The two preceding reports have been completely ignored by both the Australian Government and the opposition with the exception of a few individual members.)

Remember PVR is designed to restrict access to all privately held stock, not to encourage its protection. It then replaces your food and flowers with plants potentially as weak or sick as brother and sister inbred over and over again.

This legislation should never have been passed; it was pushed through and must be reversed either by referendum or by voting out of office every politician who supports it. For such types care more about big companies than about our children's food

Alternatives To Patenting

PVR can protect very few small plant breeders. For unlike big companies they can rarely afford to scour the planet looking for patent infringements, nor can they afford the court costs (especially against a big oil company) even if they do find their work has been copied. Some alternatives from experts in the field:

Dr J.S. Gladstones (Principal plant breeder with the Western Australian Department of Agriculture) suggests a scheme for broadacre crops, such as wheat, barley, rice and pasture. It aims at providing a form of payment to breeders and public breeding programs based on the usefulness of their varieties in agriculture, and does not necessitate patent rights.

Heather Crofts (Agronomist, School of Agriculture and Forestry, Melbourne University) suggests:

1) Limited sales to breeders (as practiced by Cokers Pedigree Seed Company in the US). The initial release is offered to seed growers at a high price without a contract agreement, the subsequent seed is sold at proportional price reductions.

2) Trademarks and labelling/trademark protection. A new variety to be sold only under the breeder's trademark, which gives the breeder control of its marketing.

An Outbreak of AIDS Remedies



The last six months has seen an explosion in reports on drugs and treatment regimes designed to slow AIDS and clear up its symptoms.

The most successful remedies have been reported in the alternative press, while the popular newspapers are making suggestions of AIDS cures just around the corner.

Many of these reports are treated only as sensational news items to be quickly forgotten as if they were only fads. With an issue as important as AIDS, in which thousands of lives are at stake, one might think that researchers and the media would leap onto claims for 'cures' and assorted remedies with more noble aims, either to examine their worth in saving lives or to disprove them.

Some of the more natural treatments involve derivatives of plant products, including soybeans, Japanese mushrooms and the bark from a Brazilian tree, Taheebo. Taheebo tea is a powerful diuretic used in the elimination of fungal infections from the body.

Most popular of all are the anti-viral drugs, such as Ribavirin and Suramin, but these drugs are not readily available in the U.S. and AIDS sufferers have had to go to Mexico, France or Israel to procure them. Both Ribavirin and Suramin have failed by themselves. An international health conference held in Melbourne in March claimed Ribavirin *only works if used in conjunction with extracts of the thymus gland of children.*

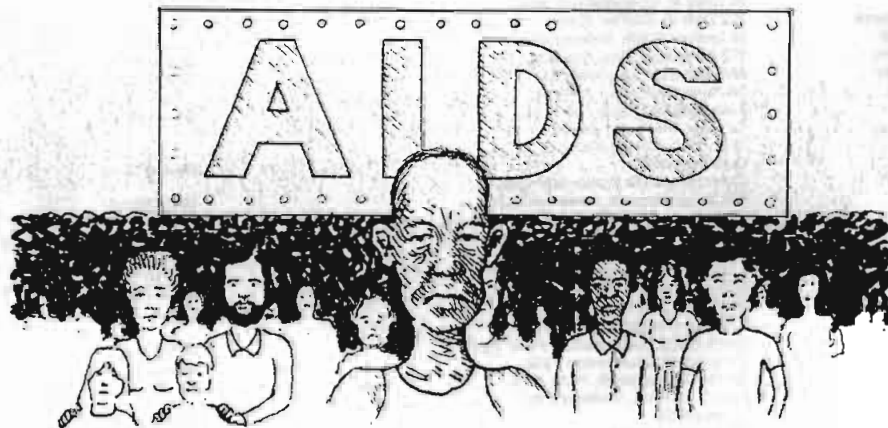
causing them to produce a T-cell growth factor, interleukin-2 (IL-2) and to generate IL-2 receptors. Leukaemic and AIDS-susceptible T-cells already have the IL-2 receptors.

IL-2 was discovered in the early 1980s. It was also being touted in early April this year as a cancer cure, but was quickly slammed for its poor results (including a few deaths). The effects of IL-2 treatment sounded suspiciously like the symptoms of AIDS.

Another drug being experimented with is AZT, a product of the lucrative bioengineering laboratories. AZT is not claimed to cure AIDS, but to slow down the progress of AIDS symptoms by a few months. AZT is being sought by AIDS sufferers in the hope of extending their chances of surviving until a time that a proper cure for AIDS is found, but AZT has very serious side effects, including the suppression of bone marrow production of red blood cells. AIDS is a suppression of T-4 white blood cells by the virus HIV.

In March there was a report from New York of forthcoming worldwide vaccine developments for containing AIDS. Dr Daniel Zagury, a French scientist working in Zaire, injected himself with a vaccine to test for its side effects. Dr Allan Goldstein of George Washington University in Washington has also injected himself with a vaccine he developed, called HGP-30, which is made from a part of the AIDS virus' protein shell.

Then there is the megavitamin therapy of Dr Robert Cathcart, a renowned orthopaedic surgeon in Los Altos, California. Following Linus Pauling's work with high doses of vitamin C and cancer, Cathcart achieved good success with AIDS symptoms. Cathcart reported: "I started giving massive doses of vitamin C to AIDS patients. I used it intravenously and the effect was amazing. The lesions on the skin started to fade out right in front of your eyes". Cathcart has treated about 50 AIDS patients and 30 of them are still alive. However, when the vitamin C therapy was stopped,



There are about a dozen different experimental drugs that desperate AIDS sufferers in the United States have resorted to out of frustration with a medical establishment that not only offers no effective treatment, but also pours disdain on alternative therapies.

One treatment involves the application of a mixture containing DNCB directly onto the skin cancer, Kaposi's sarcoma, which is often associated with AIDS. DNCB is short for dinitrochlorobenzene, which is a photographic chemical.

The use of DNCB has led to the remission of cancer symptoms in at least one patient.

Another drug, isoprinosine, increases the number and efficiency of T-cells, thus bolstering the immune system. Isoprinosine began formal testing in Sweden and in Sydney in February this year.

Another experimental drug, AL-721, is thought to attach to the T-4 cells which become diseased with AIDS. Some clinics in the US have issued recipes for making an home-made approximation of AL-721 in the form of an edible paste which you can spread like peanut butter onto bread.

According to naturopathic theory, bread is one of the worst foods you can eat because it contains lectins, proteins which latch onto T-cells,

the skin lesions returned after about a month.

Another megadose therapy was tried with success, this time with penicillin. Two German immunologists cleared all symptoms of AIDS in patients over a three-week period of treatment. Another German apparently cured two AIDS patients by regularly infusing a pint of their blood with ozone. A couple of months of such ozone therapy returned normal AIDS-free blood.

The neurochemical and electrical effects of ozone therapy parallel those of the hyperoxygenation therapy developed by some Sydney rebirthers. Although the therapy was developed a couple of years ago, it has not been used extensively with AIDS sufferers. The therapy, known as Acquired Immune Resistance, or AIR for short, involves special breathing techniques and other psychological techniques for strengthening the immune system.

The new science of psychoneuroimmunology (PNI) has been examining the effects that the mind has in producing neurochemicals which have specific effects on the immune system. There have been several international conferences on PNI, with research results significant for the cure of cancer and AIDS.

PNI helps to explain the work being done by a Sydney psychotherapist who uses meditation and visualization techniques to improve the immune system. She has been successful in reversing some of the symptoms of AIDS and cancer sufferers.

THE CANDIDA LINK

Work is being done in Sydney by several naturopaths on infections of the body by the yeast *Candida albicans*. One naturopath helped many AIDS sufferers achieve complete remission of AIDS symptoms by putting them on anti-yeast diets. The diet of vegetables, free-range meats and fruits has its side effects: toxic discharges of yeast-infected fluids and flatulence.

The theory of the AIDS-Candida link is spelled out in a paper by ecologist John Sword, currently living in Canberra. In Sword's paper, mistakes in the research of AIDS-virus discoverer Dr Robert Gallo are exposed and a new theory of the origin of AIDS is

constructed. In all cases of AIDS, the immune system is under attack by the *Candida* yeast, which secretes a poisonous lectin called PHA which weakens the T-cells by stimulating response to IL-2. Many foods contain lectins, notably grasses, sprouting grains and soybean products but some of the AIDS remedies and immune system stimulants also come from the same family. By one estimate, about 80% of people suffer from *Candida* infections of the body. This seems to be due to the overconsumption of grain products in the human diet, as well as the ingestion of chemicals in our food, especially antibiotics and anabolic steroids.

Scientists have been unable to contaminate any other mammal species with the AIDS virus (but chimpanzees, which are coming close to extinction, have developed antibodies to AIDS). It is worth noting that the so-called opportunistic infections which beset AIDS sufferers are chiefly fungoidal and yeast infections of the skin and mucous membranes and protozoan infections of the lungs - pneumonia.

Another Sydney practitioner has tried many of the above regimes for patients suffering with AIDS and Candidiasis, including megavitamin therapy. Although these treatments have alleviated the symptoms of AIDS, the condition is only treated completely by starving out *Candida albicans* and establishing a proper balance of minerals and vitamins in the body.

Any treatment for Candidiasis is best conducted under the guidance of an experienced naturopath, but fresh garlic has been found to have a general anti-fungal, anti-yeast effect on the body and to tone up the immune system. Any treatment for AIDS must be supervised by a medical practitioner.

AIDS and highly contagious diseases come under the Prescribed Diseases Legislation. It is illegal to claim to cure AIDS. The medical profession also wages a war on naturopaths who treat AIDS patients without medical supervision and on those who try to treat themselves.

The link between *Candida* and AIDS is well established enough to have helped some AIDS sufferers overcome their affliction. In Sydney already there is an underground gay group who practise and advise on alternative AIDS treatments.

The real mystery is why the

Candida link hasn't been pursued by those who are searching for AIDS cures. Candidiasis is very evident in hairy leukoplakia, a pre-AIDS condition affecting the tongue or mucous lining of the mouth. Research is concentrating on the "snip and splice" methods of genetic engineering, because this is where the money is.

THE MONEY LINK

There were two teams of researchers who discovered the AIDS virus, one headed by Dr Robert Gallo in the U.S.A. and the other by Dr Luc Montagnier in France. The U.S. team discovered it first but kept their discovery secret because of the lucrative nature of government subsidized AIDS research. The U.S. government has already allocated \$230 million in its 1988 budget for AIDS research.

In 1984, when the French team announced to the world that they had finally discovered the AIDS virus, Gallo's team felt upstaged by the French and announced in retaliation that they had discovered the AIDS virus the previous year, which was true. What was at stake was the patent rights to the AIDS antibody test.

The dispute between the French and U.S. teams over who should collect the royalties for use of the test was finally resolved in April this year when Jacques Chirac (French P.M.) and Ronald Reagan agreed that the royalties for the AIDS antibody test would be split 50-50 between the two countries.

Critics claim that this dispute over patenting has held back the discovery of an AIDS vaccine for up to five years. In the meantime, thousands have died.

No matter what antidotes or vaccines are developed, the AIDS virus can mutate to escape control. A new AIDS virus, called LAV-2 by the French and HIV-2 by the U.S., has already been reported in West Africa and Europe.

A careful analysis of the facts indicates that a holistic treatment for AIDS relies on treatment for *Candida* infection, and possibly even an examination of the current lifestyle practices of human beings on this planet; in particular, patterns of food consumption.

Meanwhile, AIDS itself continues to be enormously profitable - for researchers, the media and religious moralists.

IN ORBIT

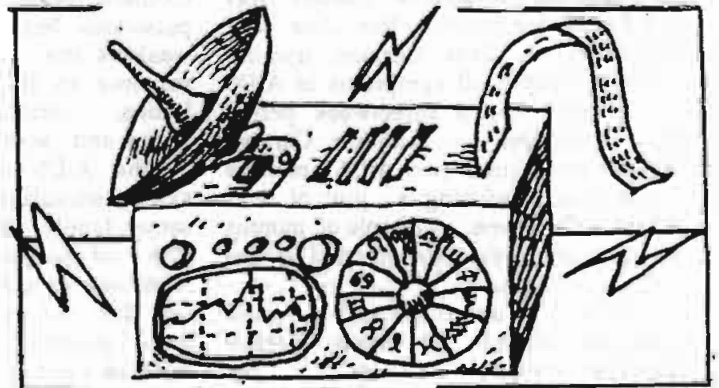
There could be no better year than the present to focus upon the influence of cosmic rhythms on our developing souls. Until mid-August there is an intensity of projection upon the 'World Within'. A greater awareness and acceptance of responsibility for our thoughts upon our health, both spiritually as well as physically, will bring about a catharsis of our emotional plumbing. Already we can see the interests in such purifying subjects as Hypnotherapy, Rebirthing, Channelling, Reiki and so on as evidence of the desire to release blockages.

Throughout the next few months there will be many external delays - In finance, in relationships there will seem to be separations, in health energy will be lacking, we will find that both ourselves and those around us will appear to become more undependable. Financial strains will have people worrying themselves into a ball of tension and yet this will be caused by the lack of reciprocity in one's emotional life.

This is a year to go within; It is also a time of change as new awarenesses seek new horizons. Ideas will be profusely in evidence though most of them will not see the light of day.

Until May 22nd, there is a need to strive to be sensitive to the needs of our partners and to reach out more, otherwise there will be temptations to look elsewhere as a reaction to lack of communication. Earlier in May there will seem to be a gulf in relationships, the major stresses occurring during the full-moon period of the 12th -14th.

One will sense a need to be more practical, to change things around from May 18th until June 18th, though there will seem to be a charm between partners from May 22nd to June 22nd and a gulf in the emotional spectrum resulting in a firing, straining full moon on June 11th - 12th. Idealism will seem to dominate until June 23rd.



A very restless, unsettled month is the dominant theme from June 18th - July 17th. No time to relax, though there will be a need to remain in charge and in control, to organize finances; quite a bit of emotional confusion during the last week in June, though we will seem to become more decisive from July 7th.

Trouble is, we shall seem to be going through a lot of mental confusion between June 21st and July 15th as Mercury retrogrades. Things we haven't attended to will re-emerge and there will be confusion in paperwork - not a time to expect immediate results.

From August 17th or 18th, things will seem to be more relaxed as we strive to enjoy family and friends; dinners and music will be more dominant as the theme will be HARMONY.

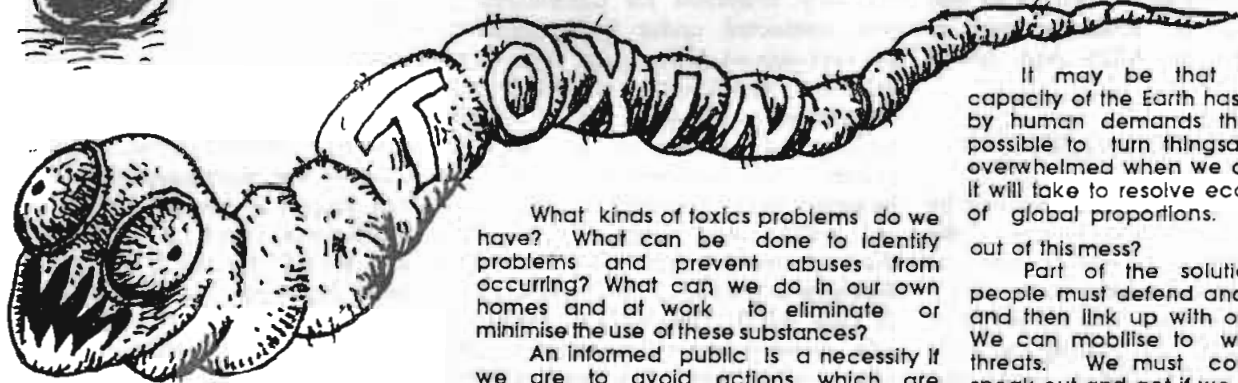
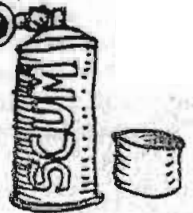
Peace and Love - Victor Voets



CONNECTIONS

by KRISTY SARCONI

When we try to pick out anything by itself, we find it hitched to everything else in the universe - John Muir



What kinds of toxic problems do we have? What can be done to identify problems and prevent abuses from occurring? What can we do in our own homes and at work to eliminate or minimize the use of these substances?

An informed public is a necessity if we are to avoid actions which are environmentally destructive. As concerned citizens, we have a right and a need to know about situations which threaten our health and disrupt the complex interrelationships within natural systems. We need to learn about the causes of toxic contamination of air, water and land. Most importantly, as consumers and workers, we need to seek safe alternatives so that we can adopt a lifestyle which does not pollute our environment.

It may be that the regenerative capacity of the Earth has been so stressed by human demands that it will not be possible to turn things around. We feel overwhelmed when we consider the effort it will take to resolve ecological problems of global proportions. How do we get out of this mess?

Part of the solution is that local people must defend and protect their turf and then link up with other communities. We can mobilise to ward off potential threats. We must come forward and speak out and act if we are to continue to enjoy the benefits of clean air, clean water and uncontaminated land.

(Kristy Sarconi is the coordinator for the Toxics Substances Committee (TSC) of the Northcoast Greens. TSC is involved in community education, assistances and action on a number of toxics issues - Box 284, Comptche, CA 95427 USA).

Clean air, clean water and uncontaminated soils are getting scarcer as we move further into the industrial-nuclear age. We live amidst the beauty and vitality of an environment which is, for the most part, natural and healthy. Many of us share a concern: We do not want our area to be polluted by toxic substances. We want to live out our lives in a clean environment and we want the same for generations to come.

DOOM AND GLOOM?

A CALL FOR RESPONSIBILITY

by R. Ayana



Information currently available indicates that we are pushing the planet beyond its ability to cope with human activity.

In its latest State of the World report, the Washington-based Worldwatch Institute presents an alarming (but not alarmist) scenario of mass extinction of animals and plants, climatic change, lack of food and fuel, overpopulation and contamination of the biosphere on a global scale.

"No generation has ever faced such a complex set of issues requiring immediate attention," the Institute reports.

"Preceding generations have always been concerned about the future, but we are the first to be faced with decisions that will determine whether the Earth our children inhabit will be habitable."

"The threats that emerge as we cross these natural thresholds are no longer hypothetical.

"We have inadvertently set in motion grand ecological experiments involving the entire Earth without having the means to systematically monitor the results..."

'Greenhouse' warming due to industrial waste gases threatens to make the Earth hotter than it has been since humans first appeared. Global carbon dioxide levels are now the highest they have been for (at least) a hundred thousand years (The US, China and the USSR produce half the world's carbon dioxide emissions). The world sea level is already rising as a result.

Ozone layer depletion (due to human chemical changes in the atmosphere caused by our refrigerators and spray cans, among other things) is worse than all projections and is seen by Worldwatch president, Lester Brown, as one of the most worrying developments in that it will cause an increase in cancers, blindness, droughts, crop damage and impairment of the human immune system. In Europe alone, 20 million hectares of forest (an area the size of East Germany and Austria combined) stands dead, sick or dying due to atmospheric pollution; to meet firewood demands India has lost a quarter of its trees in the last eight years.

A massive Global Change study is proposed, but in the face of impending disaster we have that supreme folly the arms race, with Star Wars drawing more scientific dollars than any other project in history.

Western expectations (and Third World dreams) of improved living standards are unlikely to be fulfilled, and are primarily responsible for the depletion of Earth's resources. Since 1950 the world population has doubled and fossil fuel usage has quadrupled.

"A frustrating paradox is emerging. Efforts to improve living standards are themselves beginning to threaten the health of the global economy. The very notion of progress begs for redefinition in light of the intolerable consequences unfolding as a result of its pursuit," the Institute warns. Economic and political issues will dissolve under sudden environmental pressures which "could overwhelm the capacity of governments and individuals to adjust adequately."

The report concludes that in order to build a sustainable society we must restore forests and soils, protect the atmosphere, stop population growth, use renewable energy resources and become more efficient with energy;

"Societies faced with multiplying, self-generated stresses have two options: initiate the needed reforms in population, energy, agricultural and economic policies or risk deterioration and decline"

This means me, you, all of us; if we do not begin to willingly and actively explore alternatives to our own economic rape of the soil and forests, grid-fed power hunger, and support of ecologically immoral institutions, companies and lifestyles, we will not be given a choice. The natural balance which we have disrupted will simply take all these things from us, sooner or later.

We still have freedom in the products we buy, the people we work for and the governments we elect. It is time people began to base their beliefs, lifestyle and voting power on real issues, not economic or political power games which seek to rearrange the deckchairs on the Titanic.

Even institutions such as the World Bank and the IMF are beginning to pay heed to what their environmental researches are telling them; it is time we the public accepted the fact that we are responsible for the current state of increasing global breakdown.

In our search for a better way of life, we and our parents have so far built a society hooked on the consumption of largely useless and downright toxic commodities. We are this society; is this what we want? We are, after all, the ones who decide.

PSYCHIC MEDITATION

Today there are many philosophies, religions, paths, courses and psychotherapies being thrust at us from every direction. These are all run by experts, enlightened masters, saints, gurus of all sorts. You must use your sense and intuition and be your own judge. We must be our own experts, for who else can be responsible for us?

With a little application the following information will give very positive results. Your health will improve, your mind will become clearer and sharper, creativity will increase and you will be more relaxed. Your psychic abilities will awaken and strengthen, psychic abilities are a consequence of psychic practice, not the reason for it. The reason is to heal and protect; it is with ourselves that we must begin to heal and balance our energies.

Psychic energy is the force of life and Nature. Psychic development is literally attuning your consciousness to the rhythms and harmonies in nature and within ourselves. The following exercises should be done with a good diet, exercise, sleep and regular massage. Massage enhances the body's energy flow.

Energy flow is affected by the following:

1. The rhythm of your breathing
2. The position of the body and the time of day and direction you are facing.
3. The position of your legs.
4. The position of your hands.
5. The relaxation and tension of particular muscle groups in your body.
6. What you are looking at or visualising.

Following are exercises for the four basic states of sitting, walking, standing and lying down.

SITTING

Sit on the ground with your shoes off. Relax, but sit up straight and let your spine carry the weight of your torso. Relax your shoulders let them drop. Breathe through your nose, a slow relaxed, short inhalation and a slow long exhalation through your mouth. Do not quite fully empty the lungs.

Note which nostril you are primarily breathing through; if it is your left, put your left foot slightly over your right and place the left hand palm up in the right, with the thumbs touching or loosely intertwined. Rest your hands in your lap.

On the in breath energy rises up your body as the energy contained in the air moves downwards. During exhalation this energy moves in the opposite direction. The movement of these two fields of energy generate psychic force. Use your diaphragm to pull the breath/energy down till it feels as if it is reaching a point just below your navel - this is the centre of gravity for our psychic and physical bodies. Getting attuned with this point makes us dextrous physically. By tensing this point slightly on exhalation, your eyelids relax. From this point the energy travels through your nervous system and alters your psychic centres.



STANDING: Horse Stance

As soon as we stand the awareness of the point below the navel is intensified. Place your feet firmly on the ground, let your soles stick to it; stretch your knee muscles and fill your legs with strength on each exhalation. When your legs are full of energy feel your pelvic girdle fill with energy. Now visualise the energy withdrawing from your legs so it fills only the pelvic girdle. When all our energy is contained here the 'weight' of it keeps us firmly planted to the ground. Now relax and widen your stance so your feet are well outside your shoulders. Bend your knees deeply as if sitting on an invisible horse and let your arms hang in front of your body. Remember to point your toes forward. On exhalation you will feel the point below your navel intensely; if you do not, settle more deeply with your back straight. Now lift your arms parallel to the ground and make a circle with them as if putting them around a tree trunk. Touch your middle fingers together and make a small circle inside the large by touching your thumbs together.

Use short inhalations with your diaphragm to pull air into your body and slow, calm exhalations focussing on the navel centre.

This is a particularly strong exercise - if you are doing it properly a few minutes will be all you can stand before you begin to sweat and shake, as the psychic and physical toxins are expelled through the pores of your skin and through your breath. As well as eliminating toxins, this exercise stores vast amounts of psychic energy in your body.

LAYING DOWN

Lie down on your back with legs straight, held firmly together. Place your arms slightly away from your body, palms down. Begin a short inhalation using the diaphragm to pull the energy/air down to the navel centre. Fill your pelvic girdle with energy. When the whole of your pelvic girdle is full of energy, exhale the energy down into your legs by stretching the knee muscles and pointing the toes. A slow exhalation is important. When both your legs and pelvic girdle are full of energy, turn up your toes so your feet are in the same position in relation to your body as they would be if you were standing. On the next exhalation push your energy downwards out the soles of your feet, carrying with it toxins and negative energy. Do this for a few minutes or until you feel you have released enough; little by little is best.

Withdraw the energy from your legs, containing it in your pelvic girdle. Do this for a few minutes. Keep your breathing slow and relaxed. Next collect the energy at the point below your navel; do this for a few minutes more and then totally relax and watch the energy inside you. The effect of this exercise is enhanced if you place your head towards the north or east. This is a particularly good exercise prior to sleep. Remember, breathe in through the nose and out through the mouth.

WALKING

This exercise can really only be done in a park or in the bush. Walk very slowly, concentrating on balance and rhythm. Allow your (deep) breathing rate to be determined by the surrounding energy. Notice the smells, sights, sounds, the harmonies of plants, rocks, insects and animals. Forget your breath and your body - just walk, go beyond your mind, observe, look, directly experience nature for what it is and let it flow through you. For here is the answer you seek, not in the minds of men or women. Not in their philosophies, their religions nor their prayers. It is here in nature, continually reaching out to each of us to heal and awaken us to the wonderful vistas of her mysteries.

Do these exercises as regularly as you can on your own, in a quiet secluded park or bushland setting if possible. Although they take many years to develop fully, the benefits of these exercises are apparent almost immediately. Always note your body posture and breathing. True meditation occurs when your body naturally fits the breathing rhythm and body position without thought; analytical consciousness ceases. The wall which thought creates between us and reality dissolves and direct experience begins.