



CONTACT

The Phoenix Educator: A LIGHT IN EVERY MIND!

*“YE SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU MAD!”
“NOW THAT YOU’RE MAD, LET’S FIX IT!”*

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NEWS REVIEW

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Watch For Deceptions On A Planetary Scale As Dark “Elite” Turn Up Heat

3/2/99 KORTON

Good morning. Commander Tomeros Maasu Korton here in Radiance and Light and in Service unto Holy God. I come as one of God-Aton’s Hosts, come at this time to show you the way out of the affliction brought upon you by Satan’s workers—most of whom are not souled beings, but biological replicas programed to destroy a world.

In order for you to prevent the heinous plans and *Protocols* of the “elite” parasite class of “royal” overseers, you will need to distinguish between what is REAL versus what is a manifested conjuring of hidden technologies—for you see, in these so-called Ending Times, your own *Bible*

tells you that “man will do greater things than I”. So be it.

DECEPTION ON A PLANETARY SCALE

This is what the “new” millennium is going to bring you, and it will be man’s signs you will see in the sky foisted off upon you to make it look as though God has come back to punish His wayward flock. And indeed, you have gone astray as to God’s laws and ways of Creation, but He is not how your *Bible* describes Him; fire and brimstone may well rain down from the skies and belch forth from the bowels of your Mother Earth, but it will be by the actions and negative thoughts of man that these things shall come about.

Aton, *The One Light*, does not coerce nor threaten His creations. He only offers. It is up to man, individually and collectively, to accept

(Please see Watch For Deceptions On A Planetary Scale, p.23)

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The News Desk

3/13/99 DR. AL OVERHOLT

ECONOMIC JUSTICE NOW: G8'S WORLD BANK GLOBAL WARMING SCANDAL EXPOSED

Excerpted from the INTERNET, 3/99:
[quoting]

Rich Nations, Multinationals Profit From
Fossil Fuel Funding May 15, 1998.

The World Bank is exposed today as a
major promoter of global warming. The news
comes as G8 summit leaders meet to discuss
how developing countries can be persuaded
to act on global warming. But the shocking
new report from the US Institute for Policy
Studies, endorsed by Friends of the Earth
International, shows that:

Since the Rio Earth Summit, the World
Bank Group has spent \$12.4 billion on gas,
oil and coal projects. [1] The greenhouse gas
emissions produced by current Bank projects
over their lifetimes (9.9 billion tons of carbon)
will total more than three times the output of
greenhouse gases from all OECD countries
(2.7 billion tons of carbon). For 1995 the
Bank still spends nearly 100 times more on
promoting climate change than in averting it.
The G8 countries provide half of the World
Bank's funds because there is almost a dollar-
for-dollar relationship between contributions to
the Bank and procurement contracts, nine-
tenths of World Bank fossil fuel money ends
up with multi-national companies such as
Amoco, Chevron, Exxon and Mobil. These
companies are leading lobbyists—through the
Global Climate Coalition—in resisting official
action on climate change, particularly through
the US Senate.

Over the last year, one third of all World
Bank fossil fuel funding has been spent in
China. It is estimated that China will require
an extra 15 gigawatts of power every year if
it is to meet its planned 8% annual growth
rate. This amount of power could run two
cities the size of Los Angeles. The Bank has
approved over \$1 billion dollars in loans to
three coal-fired power projects (Tuoketuo,
Waigaoqao, Yancheng) with a combined
capacity of 7,700 megawatts. A fourth power
plant at Leiyang is due for approval in June.
The World Bank's China portfolio for 1992-
98 will eventually emit 2 billion tons of
CO₂.... [End quoting]

And the US is supposed to pay not only
dollars but a sever cut in our living conditions
to make up for this pollution abroad—when
the “elite” have the technology hidden to clean
up the world at comparatively little expense.

RICHARD HOAGLAND HAS A MASSIVE HEART ATTACK

Richard Hoagland has had a massive heart
attack and will be operated on after an
angioplasty procedure failed. He is in critical
condition at the present time (I think he was
to have a heart operation on 3/11/99).

He was famous for working with NASA

and Walter Cronkite and more recently for
working to expose the shenanigans and
conspiracies that NASA and other government
agencies are involved in. He has been brave
enough to spend many hours on the *Art Bell
Show* exposing these conspiracies along with
many others to whom Art Bell gave much time.
The likelihood that this was a “natural” heart
attack is so minute it's hardly worth
mentioning.

The following was sent to me:

Excerpted from the INTERNET, courtesy
of Calvin Burgin, <wrldline@texas.net>, 3/10/
99: [quoting]

Art Bell Weather Warning Letter:
Transcript of *Art Bell Show* with Richard
Hoagland.

B. is Art Bell

H. is Richard Hoagland

[*This is just a small part of the
conversation but it is the important part. A
third party who is also involved is referenced
here.*]

B. But he has clearly said here that if he
were to go public with this he would be dead
in 48 hours. Now I didn't—

H. (not clear)... from being scared witless.

B. All right.

H. All right. He's making a reasoned
judgement. Now he also in this same note
warns me that if I pursue this course...

B. I know.

H. That I may in fact incur a similar fate.

B. I know.

H. And I had a discussion earlier about
this. This is why the previous two hours have
been somewhat of a side-show because,
regardless of whether Paul Dore was behind
or was not behind this whole thing, events
have now rapidly escalated to where we have
discovered real data.

B. I understand that; I do understand that.

H. (garbled) use specifics and possible real
threat and concern to everyone. And there
are people who may have died and may be
about to die if they step forward and that's
what we should focus on tonight.

B. Yep, I completely agree with you and
it's because of my respect and understanding
of the credentials of the individual who wrote
this that, you know, I wouldn't say I'm scared
out of my wits. I have—I thought about it
really hard and I'm sure after reading this
response you thought too, Richard. You know
you've gone down a lot of roads in your
career, Richard. Some of them have been
crooked roads with dead-ends and some have
been very productive roads. The danger here
is that you may be going down a productive
road that **could get you killed**.

H. We've discussed this at various bench
marks in this long and twisted investigation
that we have shared and have told you again
and again. And I will tell the country tonight:
my firm belief is the truth must out. And that
high visibility is the best protection. The

people that we're up against are the so-called
rogue agencies that this individual refers to.
They are not mad men. They are not
emotional idiots. They are not out for
revenge. They are out to keep secrets because
they believe they have the God-given
authority to decide what happens to all the
rest of us.

B. But this very, very reasoned, very
credentialed individual is absolutely convinced
that they wouldn't hesitate two seconds, to
take him out and sure as hell wouldn't, ah,
hesitate to **take out you or me**.

H. Well I think that this individual is
coming from a different perspective.
Remember he has spent his career on the
inside. He has spent his career in the
shadows; he has spent...

B. Oh sure.

H. His career in the halls of power.

B. Well, that is what validates it all the
more.

H. From that perspective he does not
approach this like you and I do basically
because of my network years with Walter. In
that I really believe in the power of the
American people and the power of the *First
Amendment* and I believe that the only reason
that we have made the progress we have made
is because we have shared freely. Even those
things at the cutting edge that some people
have accused us of speculating wildly about.
The fact is that **if I were to turn up dead
tomorrow** morning there would be one
remarkable hurrah that we in fact were correct.

B. Um hm.

H. Clinton's problems began with the
death of Vince Foster. Bodies tend to focus.
Remember I can count on among my friends
Ted Koppel, Walter [*Cronkite*], you,
obviously, and many others that I would hope
would not stand by and simply—you know,
wipe a tear and **put a rose on my grave**. The
fact is that exposure and the light make the
cockroaches go away. And that's my
philosophy and I will live by that.

B. And or, all right, ah... [End quoting]

To read the rest of this long transcript you
can find it on Art Bell's web page at <<http://www.artbell.com>>

There have been several others who have
lost their lives suddenly within the last few
months after appearing on Art's show,
including Speaking Wind.

These brave people who appear on Art's
show to expose the many conspiracies need
our prayers!!

The latest update is that Richard Hoagland
has been making a remarkable recovery from
surgery and, according to his brief
appearance on Art's program on Tuesday
evening 3/16/99, the clues give a strong
suggestion that his “heart attack” was the
result of some kind of beam attack.

PEOPLE CAN MAKE A DIFFERENCE

From the INTERNET, <para-
discuss@tje.net>, 3/6/99: [quoting]

Well it looks like the ordinary people can
be heard, after all. —Roger

“‘Know Your Customer’ Dies—
Bank Regulators Give In”

by Patrice Hill, *The Washington Times*, 3/5/99

Bank regulators said Thursday they will withdraw a controversial “know your customer” rule after being overwhelmed by more than 140,000 complaints [*I venture to say this is just a fraction of what they actually received.*] that the rule is a massive invasion of privacy.

“The proposal should be promptly withdrawn,” said John D. Hawke Jr., comptroller of the currency. He was sworn in last December just as the four federal banking agencies issued the proposal requiring banks to monitor their customers’ accounts, keep customer profiles, and report “suspicious” activity to federal law enforcers.

While the rule was “intended” to help catch drug lords and other criminals who launder their money through banks, Mr. Hawke said it inadvertently undermined confidence in the banking system by violating the traditionally confidential relationship between banks and their customers. [End quoting]

Let’s don’t let our guard down—they are very likely to hit us again when we least expect it—like the middle-of-the-night vote on an addition to another bill that never got debated.

In the meantime we can celebrate another big victory!

**AMAZING:
JUDGE OKS RELIGIOUS
BAN OF SSN**

From the INTERNET, courtesy of Calvin Burgin, <wrldline@texas.net>, 3/9/99: [quoting]

Those seeking to free themselves from Babylon—if these men can get away from a law based upon their beliefs, then what is stopping us?

Check this out below.

Enoch 144

Saturday, October 25 4:35 PM EDT

LOS ANGELES, Oct. 25 (UPI)—A Los Angeles Superior Court judge has ruled in favor of five men who refused to supply their Social Security numbers on driver’s license applications because of their religious beliefs.

Judge Diane Wayne said she based her ruling on the men’s “sincerely held religious convictions that anyone who uses his or her Social Security number is in danger of not receiving eternal life”.

As a result, the California Department of Motor Vehicles will be forced to accommodate the men, who believe the numbers are the “mark of the beast” referred to in the *Bible’s Book of Revelation*.

California residents involved in the suit were Michael Bromley of Mojave, James Clifford Brunson of Quartz Hill, Leo Guglielmo of West Hills and Paul Villandry of Little Rock. A fifth man, Steven Jones, currently lives in Idaho.

Some evangelical Christians believe the biblical end of the world will be characterized, in part, as a time in which those without an identifying mark or number will not be able to participate in commerce.

They believe this is the number or mark of the anti-Christian beast.

Villandry says “If I’m locked into that number, I’m going to hell.”

The *Los Angeles Times* says this is the first court decision to declare that a driver’s license applicant can refuse to give the DMV a Social Security number for religious reasons.

But prosecutors say they’ll appeal the ruling on the grounds that a universal driver’s license application is needed because it’s used to track parents who are delinquent in child support payments.

STOP THE NATIONAL ID CARD AND ITS DATABASES NOW!!!!!!

VISIT OUR NEW WEB SITE <<http://www.atlantainfoguide.com/repeal/>>, Coalition to Repeal the Fingerprints Law, 5446 Peachtree Industrial Blvd., Suite 133, Atlanta, GA 30341 [End quoting]

And here’s another big victory **IF** we have the will to carry forth and make this a mandatory law nationwide.

**MORE HELICOPTER TERRORISM
IN MASSACHUSETTS**

From the INTERNET, <para-discuss@tje.net>, 3/6/99: [quoting]

Hello list,

It is with trembling fingers that I report this event. I woke up this morning to find

Channel 5 in Boston reporting another overnight visitation, this time in Lowell Massachusetts by two dozen Blackhawk helicopters. Out of the choppers came Navy Seals in full battle gear, and multiple explosions were heard near some old factory or mill buildings. Once again local officials were given prior notice, but the townspeople were not. The report also featured some video, possibly amateur, of one of the helos, which are based in Kentucky.

Terrified residents awoke to what sounded like an evacuation or a battle, and upon calling the police, were told it was a military exercise, and not to be alarmed. One Army official was interviewed, and said that no advance warning is given to the populace, to prevent curious onlookers from getting too near the site and possibly being injured.

Now for some personal observations on this situation. I am outraged! This kind of activity is inexcusable. Since when is it acceptable for our own military to terrify sleeping American citizens? I am aware of the other similar reports filtering in from around the country, and I am having a difficult time believing that the purpose of these maneuvers is a benevolent one. There are facilities available for training these guys for urban activities. There can only be one reason

Nikola Tesla Live And Well!

On page 4 of Dr. Al Overholt’s The News Desk column in the 3/9/99 issue of CONTACT we told you the sad news about the bankrupt condition of the International Tesla Society.

As “luck” would have it, I “just happened” to be talking on 3/16/99 with J.W. McGinnis, who was the founder and longtime president of that Society—until certain undermining personnel and financial maneuvers took place which caused him to leave and the Society to fold shortly thereafter, last October.

Those of you who are aware of the importance of Nikola Tesla as scientist extraordinaire, are also well aware of the desires of the dark, so-called “elite” crooks in high places to keep his name and accomplishments out of public knowledge and appreciation. Hence the reason for the undermining of the Tesla Society—which was not only doing a good job of keeping Tesla’s name alive, but actively encouraging and promoting outstanding innovative research going on in our present day.

But—listen up—there is some good news to report:

J.W.McGinnis has started something new, called THE INTERNATIONAL TESLA INSTITUTE, P.O. Box 38335, Colorado Springs, CO 80937-8335, or phone: 719-632-4327. The cost is U.S.\$20 for an annual quarterly newsletter subscription. He is seeking non-profit status for this organization, which is planning (older and wiser now) to be an even bigger and better forum for promoting the works of the great Nikola Tesla as well as helping give recognition to gifted modern inventors.

PLEASE SUPPORT THIS EFFORT! SHOW WHAT YOU CONTACT READERS CAN DO TO COUNTERACT DARKNESS WITH LIGHT!

Also ask J.W. about the hands-on expo and lecture forum, sponsored by the International Tesla Institute in conjunction with the World Foundation For Natural Science, the weekend of April 2-4, in Washington D.C.

— Dr. Edwin M. Young, Editor-In-Chief

for engaging in this terrorist activity: To gauge the reactions of civilians being introduced to Martial Law.

It's time to contact Congress. This is going too far. [End quoting]

When are we going to hound the politicians until they stop these Gestapo troops? We've won other recent battles—besides the banking regulations—so let's win this one, also!

GENTLER HEART SURGERY WITH ROBOTICS

From *POPULAR SCIENCE* magazine, Apr. 1998: [quoting]

Three incisions less than half-an-inch thick [*sic*] are all a doctor requires to perform heart surgery with the Zeus surgical system. Its robotic arm threads a tiny camera through one incision and lets the surgeon maneuver a pair of surgical instruments through the other two cuts. Tissue resistance is measured and fed back to the surgeon's hands as tactile sensation, enabling shake-free cuts and sutures. Clinical trials in the United States may take two years or more. Computer Motion, 130-B Cremona Dr., Goleta, CA 93117. [End quoting]

Now all the "elite" have to do is allow us to have treatments that will prevent the necessity for any surgery, which of course they are holding back from us. I can dream, can't I?

HACKERS SEIZE BRITAIN'S MILITARY SATELLITE REPORT

From *THE ORLANDO SENTINEL*, 3/1/99: [quoting]

LONDON—Hackers have seized control of one of Britain's Military communication satellites and issued blackmail threats. *The Sunday Business* newspaper reported. The paper, quoting security sources, said the intruders altered the course of one of Britain's four satellites, which are used by defense planner's and military forces around the world. The sources said the satellite's course was changed just more than two weeks ago. The hackers then issued a blackmail threat, demanding money to stop interfering with the satellite. [End quoting]

Isn't it just like the "elite" to complain that someone is hacking their secrets when they are "hacking" everyone else's computers and communications?

MICROSOFT CORP WILL FIX A "FLAW" IN WINDOWS 98

From the INTERNET, <<http://www.zdnet.com>>, 3/8/99: [quoting]

Microsoft Corp will fix a flaw [*when it was purposely done?* **How about THEFT of privacy!**] in Windows 98 that allowed the software giant to collect unique computer-identifying information without a user's knowledge, company executives said Sunday.

But a software programmer who detected the problem said he remained concerned Microsoft was amassing a huge database that theoretically could be used to track down the

authors of individual documents.

Rob Bennett, a group product manager at Microsoft, said the company learned Friday that Windows 98 users were transmitting a unique hardware identification number during the registration process—even when they specifically elected not to send data about their hardware.

The problem first was disclosed in Sunday's *New York Times*.

Bennett said the bug would be fixed in an update to the widely used eight-month-old operating system, expected to be released over the summer.

The issue affects only users whose computers have Ethernet adapter cards, most common in office computers connected to a local area network, but it raises new questions about privacy in a world in which people increasingly exchange electronic information over the Internet.

Microsoft also said it plans to eliminate a feature in its Office 97 word processing and spreadsheet software after concerns were raised about the use of the hardware identification number to generate unique numbers for each document.

"We're very, very concerned about privacy issues [*The only thing they're concerned about is getting caught!*] and the perception of privacy issues, so this is not going to be there in Windows 2000," [*But they'll certainly have other methods to sabotage us in it.*] said Steven Sinofsky, a Microsoft vice president.

Richard Smith, president of Phar Lap Software Inc. in Cambridge, Mass., said he discovered the Office and Windows issues and brought them to Microsoft's attention after privacy concerns were raised about identification numbers on Intel Corp's new Pentium III computer chips.

"I was explicitly looking for a problem like this," said Smith, whose company produces industrial operating systems and software development tools, including many that support Microsoft platforms.

He said he was concerned that Microsoft is building a database of Ethernet addresses that "allows them to track where documents came from".

And he said he suspected that the automatic transmission of Ethernet addresses in the Windows 98 registration process was part of an effort by the company to detect software piracy.

"I don't think this is a bug," he said. "I think it's very intentional."

Microsoft's Bennett denied the machine identification numbers were being used in anti-piracy efforts.

And he said Microsoft's database of such numbers—provided during the optional registration process—is used only when users call the company for technical support.

"We're not using these IDs for marketing or for tracking user behavior," he said. "It's not something we're interested in doing. It's not something they're designed to do."

Sinofsky, who heads up Microsoft's Office Operations, said that because anybody could use a given computer or change identifying information on a document, it was "not conceivable" that a specific document could be linked to a specific person.

But he acknowledged there was a legitimate "emotional" element to such concerns.

"I would say most people don't quite get how computers work, and they're suspicious of computers in general," he said. "That's probably why a lot of these privacy concerns are happening." [End quoting]

If you believe any of this hogwash, I still have that bridge I've been trying to sell. I realize most *CONTACT* readers are too smart to fall for this baloney. Microsoft is part of the "elite" gangsters and will do anything to accomplish THEIR goals without any qualms whatsoever, and giving you privacy—in any sense of the word—is NOT one of their goals, I assure you. Let's keep the pressure on these "elite" gangsters.

IRS AUDITED— PANEL SAYS IRS CAN'T BALANCE BOOKS

From the INTERNET, <para-discuss@tje.net>, 3/5/99: [quoting]

It sounds like a taxpayer's dream: The IRS was audited and struggled to explain its own financial records.

"The IRS cannot do some of the basic accounting and record-keeping tasks that it expects American taxpayers to do," said Gregory Kutz, who oversaw the audit released Monday by the congressional General Accounting Office.

GAO said chronic Internal Revenue Service problems resulted last year in millions of dollars in fraudulent refunds, failure to keep track of such basic assets as cars and computers and substandard computer security controls.

"Think of this as not balancing your checkbook with the monthly bank statement, and at the same time having a system prone to error," Kutz told the House Government Reform Committee's panel on government management at a Monday hearing.

GAO said IRS is unable to keep track of unpaid taxes properly, which means it cannot concentrate collection efforts on the taxpayers most likely to pay. The upshot is that only about \$26 billion of the \$222 billion in unpaid taxes as of October 1998 are likely to be collected, with \$119 billion—a whopping 54 percent—to be written off.

"It's a national scandal," said Rep. Steve Horn, R-Calif., chairman of the government management subcommittee. "It seems to me you shouldn't let people off the hook like that."

IRS officials were quick to take responsibility for the problems, which they said were largely rooted in the agency's antiquated computer systems that date as far back as the Kennedy administration. They were clearly embarrassed by the report, coming as it does as the IRS is makes a high-profile attempt to become more efficient and more customer-friendly. [End quoting]

I think *CONTACT* readers are too smart to take this story as it is portrayed here. When did you see an "elite" **Gestapo** agency goof this badly when it is a high-profit agency. There's got to be another true side to what the audit found—**how about massive skimming and write-off as uncollectible, etc., etc.?**

WHO'S HACKING INTO THE PENTAGON'S COMPUTERS?

Excerpted from the INTERNET, courtesy of Calvin Burgin, <wrldline@texas.net>, 3/5/99: [quoting]

Some think it might be Russia or a country routing through Russian computers.

The Pentagon's military computer systems are being subjected to ongoing, sophisticated and organized cyber-attacks, officials there tell *ABC NEWS*.

And unlike in past attacks by teenage hackers, officials believe the latest series of strikes at defense networks may be a concerted and coordinated effort coming from abroad.

Until now, the Defense Department had not publicly acknowledged this latest cyber-war.

But in an interview Thursday with *ABCNEWS*, Deputy Defense Secretary John Hamre, who oversees all Pentagon computer security matters, confirmed the attacks have occurred over the last several months and called them a major concern.

This is an ongoing law enforcement and intelligence matter, said Hamre, who last month briefed the House Armed Services Committee on the attacks in a classified session.

The investigation is looking at a pattern of attacks that has not been seen before. Officials tell *ABCNEWS* there are several matters under investigation, and it is not clear to what extent the cyber-attacks are all linked.

Sources insist no classified networks have been breached, but they do say attacks have been aimed at sensitive information that may be locked behind firewalls and computer passwords.

Officials believe some of the most sophisticated attacks are coming from Russia. Federal investigators are detecting probes and attacks on U.S. military research and technology systems including the nuclear weapons laboratories run by the Department of Energy. What is not clear, however, is whether the attacks are coming directly from Russia or whether the probes are coming from other countries that are simply routing through Russian computer addresses to disguise their origin.

Initial indications are that, wherever the probes and attacks are originating abroad, they are not from individuals. But U.S. officials say they would treat any Russian threat similarly whether it comes from the government, industry or high-technology interests.... [End quoting]

Some hacking into these computers may not be all bad. Remember the forces trying to save our country can be part of the hacking. Even if it is all bad for us, the communications systems all over the world are being monitored by, I dare say, both sides. There isn't really much that we-the-people can do about this at this stage of the game.

STANLEY "THE THIEF" KUBRICK DIES

Stanley Kubrick is well known by Wally Gentleman—one of motion picture's great men. One of Wally Gentleman's great works is *2001—A Space Odyssey*. But, as a good

Hollywood-Khazarian thief, Kubrick stole all of the credits for Wally's work in that film.

Wally has been at death's door several times in the past decade, but God has pulled him through so he can carry out his mission of educating the people through motion pictures.

Hopefully, Kubrick has benefited from whatever experiences he chose to have while he was on Earth. Certainly Wally has learned from some hard experiences.

BYE-BYE, HATE CRIMES

The next 4 articles are from *THE SPOTLIGHT*, 3/8/99: [quoting]

A state legislator in Montana is intent upon cleaning up the recent proliferation of redundant and gratuitous laws including hate-crime legislation. State Sen. Lorents Grosfield (R) has introduced a bill, which would repeal laws making it a crime to assault a police officer and a judicial officer, and to intimidate or assault someone because of their race, creed or political affiliation. According to the bill, laws such as these "discriminate against those not included and bestow protective status on others" and should not be enacted because of "popular sentiment of public opinion at a specific time". [End quoting]

Why didn't we stop them from putting these laws on the books in the first place?

WAR POWERS

[quoting]

A House-panel has rejected a California Republican's effort to test the War Powers Act of 1970, by ordering the president to withdraw all troops from Bosnia by June. Rep. Tom Campbell, who initiated the action, said this was to prompt the Supreme Court to rule on whether a president could legitimately circumvent congressional approval for sending U.S. troops into combat. [End quoting]

Every effort to counter the "elite"—legally—I feel is worth the effort.

REPLACEMENT PARTS?

[quoting]

A British government advisory panel has recommended the cloning of human embryos to develop treatments for a variety of conditions and diseases. The recommendation came in a joint report from the Human Genetics Advisory Commission and the Human Fertilization and Embryology Authority. The report envisions using embryos a few days old without saying specifically where such embryos would come from. [End quoting]

You can bet they are already doing this!

CROOKED CUSTOMS

[quoting]

U.S. Senate and Treasury investigators have begun an investigation into charges of mismanagement, abuse and cronyism by U.S. Customs agents. The probe was due in part to recent reports by *The Miami Herald* showing dozens of examples where U.S.

Customs officials broke laws and were not punished; violated the rights of travelers with excessive searches; held people and denied them access to lawyers, and skimmed money from drug seizures. [End quoting]

The thieves do not like other thieves to skim their profits—but what can they expect when mainly dark energies are the only ones who will take the jobs they offer.

ACT WOULD OPEN RECORD TO ALL

From *THE SPOTLIGHT*, 3/8/99: [quoting]

If you have ever been rebuffed by a member of Congress or their staff, while seeking information available from the Congressional Research Service (CRS), there's good news for you. Bills have been introduced in both the House and Senate that would place CRS reports on the Internet.

CRS is the research arm of the Library of Congress. Even though taxpayers pay for it, to the tune of \$67.1 million in 1999, CRS works exclusively for Congress. These reports provide the research and analysis that wind up as laws. In addition, these reports also go to congressional committees and members of Congress. They provide some of the most extensive information in Washington.

When you call your senator or congressman, you are often given a song and dance about how you aren't entitled to the information, or you are directed to the Government Printing Office or some other vendor and told to pay for it. But CRS has some 2,700 reports available on an internal congressional intranet.

On Feb. 9, Sens. John McCain (R-Ariz.) and Patrick Leahy (D-Ver.) and Reps. Christopher Shays (R-Conn.) and David Price (D-N.C.) reintroduced S. 393 and H.R. 654 respectively. These bills, named the Congressional Openness Act, would put CRS reports on the Internet.

"Under this bill, CRS will post issue briefs, reports, and authorization and appropriation products to a centralized web site no earlier than 30 days and no later than 40 days after the information is made available to members of Congress through the CRS web site," Shays said. "The 30-day delay will ensure that CRS has carried out its primary statutory duty of informing Congress before making the information available for public release. Also, it will allow CRS to verify that its products are accurate and ready for public release."

"Congress has worked to make itself more open and accessible to the public," he added. The Congressional Openness Act "will enable us to further engage the public in the legislative process and fulfill one of our missions as legislators to better educate our constituents."

The bill has been embraced by a number of open government advocates.

"Taxpayers ought to be able to read the research that we pay for," says Gary Ruskin, a congressional watchdog. "But taxpayers cannot obtain most CRS reports directly. Instead, we must purchase them from private vendors, or engage in the burdensome and time-consuming process of requesting a member of Congress send a CRS report to us."

The Congressional Openness Act is in the

Senate Committee on Rules and Administration and the House Committee on House Administration. [End quoting]

Our efforts do pay off, if we are loud enough and persistent enough.

TREATY COULD CUT FARM INCOME IN HALF

From *THE SPOTLIGHT*, by James P. Tucker, Jr., 3/8/99: [quoting]

Things could go from bad to worse for U.S. farmers if the Kyoto Accords are ratified.

Farmers and ranchers would see their incomes slashed by as much as 50 percent below last year's devastatingly low levels if global warming guidelines agreed to by the United States are fully implemented, according to a new study.

As farm income goes down and the costs of meeting treaty commitments go up, your grocery bill could rise accordingly.

"The impact of the treaty would be a financial last straw for many family farmers," said Dan Kleckner, president of the American Farm Bureau Federation.

"The Clinton administration has committed to a flawed treaty without releasing its own analysis of the impact the protocol would have on U.S. agriculture," Kleckner said in Washington on Feb. 16.

"Meanwhile, agriculture has completed three studies," Kleckner said, "all of which show devastating financial consequences for farmers and ranchers."

The study by the agricultural consulting firm of Sparks Companies shows that agricultural production costs could increase by \$16.2 billion or 8.8 percent.

Because farmers and ranchers do not set the prices for their own commodities, recapture of these higher costs would be a difficult proposition.

Increased costs for processing, storing, transporting and handling commodities would be forwarded to the consumer level and would have the greatest negative impact on poor families, who already spend a high percentage of their income on food, the study found.

"The administration is touting the treaty as a potential source of income for farmers because agricultural crops absorb carbon dioxide from the atmosphere," Kleckner said.

"Yet, that is nowhere to be found in the treaty and there is little promise that it will be added," he said of administration suggestions that farmers would be paid because their crops help clean the air.

The Global Climate Change Treaty, drafted in Kyoto, Japan, by 180 nations in December 1997 was signed by the administration last November. It has yet to be ratified by the Senate.

The treaty would also force U.S. farmers to compete with more than 100 countries, such as China and Brazil, which do not have to comply with the treaty and its emission restraints.

"This treaty only drives production agriculture to the countries that have environmental problems but do not have to participate in the United Nations' protocol on global climate change," Kleckner said.

Accelerating the elimination of family farmers is especially ominous. The trend of

grinding under the family farm and the rise of giant corporate farms as been continuing for two decades.

When Washington had a blizzard in the winter of 1979 that shut down the government for three days, American farmers happened to be there to protest below-subsistence crop prices.

They cheerfully plowed the snow off Pennsylvania Avenue with their tractors. Interviewed by *The SPOTLIGHT*, the farmers said that on an hourly rate, they earned less than minimum wage, plowed behind headlights before dawn, all day long and behind headlights again after nightfall. They were willing to do this on their own farms. As one said: "If I go under, and my farm is gobbled up by a corporate operation, I will become a farm hand, not a farm owner. I will be paid by the hour and more for overtime. Think what your food prices would be then.

"Not only would my labor cost much more, but when the food sources in this country are controlled by a few giant corporations, they will dictate their prices." [End quoting]

The "elite" are simply playing their game of control through climate and food control!

MORE ON THE SWEETENER STEVIA

From the INTERNET, John Winston, <HEOT@onelist.com> 3/6/99: [quoting]

Here is something that a person sent me about a sweetener that is good for you.

L A H

Subject: Stevia

(JW: Please note that some of the big chemical companies have come out with two or more new-type sweeteners that are supposed to be better than Aspartame and it is my guess that they will turn out to be just as bad.

As far as I know you can't buy the sweetener called Stevia but it is used by other countries such as Japan.)

Oh Yes! We can buy stevia herb in America! As a matter of fact, I had some on my cereal this morning! It is available in three forms: tincture (herb soaked in alcohol or other medium), dried herb (often sold in bulk), or in granules (which is rather handy). All three should be available through your local health food store. I think the dried herb or tincture would have the most positive health affects from the herb itself. I don't remember what they are, but it is good. The granules are convenient. I also know someone who grew the plant themselves indoors. This may be the nicest alternative of all. Stevia is a very sweet plant.

Happy sweetness hunting. [End quoting]

CHANGE IN TACTICS PAYS OFF FOR HMOS

Excerpted from *THE ORLANDO SENTINEL*, 2/26/99: [quoting]

The HMO industry's move to raise prices, cut payments to doctors and abandon unprofitable Medicare customers is paying off in higher profits.

Most of the biggest health maintenance

organizations, including Aetna-U.S. Healthcare, PacifiCare and United Healthcare, have just reported rosier-than-expected fourth-quarter earnings, and the picture looks even brighter for 1999,

"This is the year where we finally are seeing a recovery in the managed-care field," said Joel Ray, an analyst with Wheat First Union in Richmond, Va. "What's driving it is very simple: We finally have premium increases outpacing medical inflation...." [End quoting]

You think you can't afford medical care now? This also is a part of the depopulation plans—first get your money, then let you die.

UNSCRUPULOUS PHONE SLAMMERS TRICK PEOPLE INTO OKing CHANGE

From *THE DAILY NEWS*, Los Angeles, by David Horowitz, 2/13/99: [quoting]

It always seems to happen when people sit down to dinner. The phone rings and a caller asks you some innocuous question like, "Are you happy with your long distance company?" You think for a moment and answer, "Pretty much! It's OK most of the time." Then, the telemarketer says, "Can I put you on hold?" You politely say yes and wait for the voice to continue. Nothing happens. You hang up and quickly forget about the incident. It is not until your next telephone bill arrives that you are shocked to find out you have a new long-distance carrier, "On Hold Communications." There is no explanation of what happened to MCI/WorldCom, AT&T, Sprint or whatever long-distance company you selected out of the nearly 500 national competitors. You have just been "slammed". Literally made a dummy by some not-so-funny and shrewd rip-off artist.

Slamming is simply the illegal art of having your long-distance company changed without your knowledge or permission.

The major long-distance carriers have ALL [*emphasis mine*] been accused of slamming at one time or other, and most have paid heavy fines for being involved in the practice. It's still hard for me to believe that they actually told their sales people to use sleazy tactics to fool people and slam them. I've always maintained business is in business to stay in business and not give customers the business, or they go out of business. How do you know you've been slammed? What do you do about it?

'REVERSE SLAM'

If you want to return to your original long-distance company, call your local telephone company, explain that you have been slammed, and ask to be switched back to your original carrier with no "charge changes".

Call the company that has slammed you. Demand to be rebilled at the rates your original carrier would have charged. Use the company's 800 number listed on your telephone bill and call on their quarter.

Then, call your original long-distance service and explain that you've been slammed, and tell them that you want to switch back and be re-enrolled in any special calling plan available, providing the rates are equal or

lower than what you paid before.

Then, send a letter describing the problem with a photocopy of your phone bill to the Federal Communications Commission, 1919 M Street NW, Washington, D.C. 20554. Or call the FCC complaint line toll-free at 1-888-CALL-FCC. That will send a loud and clear message to the "slamming" company that there is a record of the problem and they could be prosecuted under federal and state laws. [End quoting]

The crooks have so many tricks up their sleeves it is impossible to keep up with them all, but I'll keep you posted as I find out about them. You need to be cautious, it is very obvious.

"DOMESTIC PREPAREDNESS"

From the INTERNET, 2/17/99: [quoting]

At the internet website address of <www.cbdcom.apgea.army.mil/Missions/dp/fs_120c.html>, at the "Domestic Preparedness" page, there is a list, put out by the U.S. Army, of 120 American cities which are considered as potential terrorist targets. By order of President Clinton from early 1998, some of those cities are being stockpiled with Anthrax vaccine.

Since we know that our government will attack and kill American Citizens and blame it on terrorist groups (i.e., Oklahoma City Federal Building), and since we know that vaccines, including the Anthrax vaccine, may actually be for the purpose of infecting the people with deadly Anthrax, are we possibly being prepared for a major Anthrax attack in the United States? William Thomas certainly appears to be correct in saying that what is being sprayed on us in the contrails is for depopulation. What are you going to do about it??? [End quoting]

Remember, if the "elite" tell you something that sounds like they are doing something for you that is good—turn it around 180 degrees and the truth will usually be known.

CBS DISCUSSES IDEA OF BUYING RIVAL NBC

From *THE DAILY NEWS*, Los Angeles, 2/26/99: [quoting]

CBS Corp. chief executive Mel Karmazin said Thursday that his company would be interested in buying NBC if the government eased rules that prevent one company from owning two broadcast television networks.

Karmazin told a group of advertising executives at a conference in New Orleans that NBC would be a better fit with his company than NBC parent General Electric.

He also said that if Exxon Corp. and Mobil Corp.—the nation's biggest oil companies—could merge, then CBS and NBC should be allowed to combine.

In response to Karmazin's

remarks, GE spokesman Bruce Bunch said: "NBC's strong earnings make it a perfect fit with GE's business model." [End quoting]

As though they aren't for practical purposes already one company under the ruling "elite" control, as are all mass media except the Internet, faxes and phones—as of now.

A VOICE NOT MY OWN

Technical Brilliance Is One Thing, But Attitude Makes All The Difference

From *ANGELS ON EARTH*, Jan/Feb 1999, *Guideposts*, 39 Seminary Hill Rd., Carmel, NY 10512: [quoting]

I've always loved to sing. In college the choir director singled me out. "I can tell by your voice that you sing what is in your heart," he said. He was right. Singing helped me sort out my emotions. Not only did I enjoy singing, *I needed* to do it in order to feel complete.

I became a drama professor at a local university, got married and had two daughters. I shared my love of singing with them. Doing chores, working in the backyard, rejoicing at church—I lifted my voice wherever I was.

Then one Sunday at church five years ago the unimaginable happened. I opened my mouth to sing a hymn, but no sound came out. I tried again. A sick croak sputtered into the air. *What's going on?* I strained my vocal cords and hit a couple of soft, whispery notes. I even went down to the bass register, but there was no volume at all. *My singing voice! It's gone!* I sank onto the pew, shaken. *How did this happen, Lord?*

I had been using a potent prescription nasal

spray to clear up a sinus infection. Perhaps I had been using too much.

Days passed and my voice didn't come back. *Rest is all you need*, I told myself. *Rest your singing voice and eventually it will probably come back, good as new.* I'd just have to give myself time.

But how was I going to deal with not singing meanwhile?

Instead of looking forward to church, I started to resent it. Hearing others around me sing while I couldn't was almost too much for me to bear. I wanted to praise God the best way I knew how. Now I couldn't.

When we were asked to stand and sing one Sunday, I remained seated. Why should I even bother getting up? I figured.

A few Sundays later I maintained my bitter silence when the congregation started the first hymn. My mind wandered. I remembered a visit I had with Marni Nixon more than 30 years ago. Marni had a successful career singing movie soundtracks for screen stars. She was the singing voice behind actresses Deborah Kerr in *An Affair to Remember* and *The King and I*, Audrey Hepburn in *My Fair Lady*, and Natalie Wood in *West Side Story*. Marni said actresses often told her they almost forgot it wasn't their own voices they were hearing during the musical numbers. It got me thinking.

Maybe I could try that . . . I could pretend Marni was singing for me. I could mouth the words with feeling, the same way Deborah Kerr and Natalie Wood had done so convincingly in the movies.

I tried it. I put my whole heart into it. At first I felt awkward. Who was I fooling? But after several lines I started to enjoy it. *Lord, I asked, please send an angel to sing for me.*


The next week in church I again "sang" the hymns. This time joyfully. Not having to concentrate on the technical aspects of singing allowed me to focus on the rich lyrics. I couldn't believe it, but I was actually feeling good about myself again.

After the service the woman sitting in front of me turned around. "You have a beautiful voice," she said. "I loved listening to you sing."

"It wasn't me you heard," I replied. "I've lost my singing voice."

"Well, you were the only one sitting behind me," she said. "It was definitely you."

Of course it was not me she'd heard. I was only lip-synching for an angel. —by Barbara Hudson, Thousand Oaks, California [End quoting]

Isn't it wondrous the many ways the angels will help us when we ask with the right attitudes? 

New Gaia Products

Mid-March Sale

Beginning March 15th and running through March 31st we will have on SALE Oxysol, Titanium, GaiaLife, Aloe77 & Parasite Kit [*indicate wormwood capsules or tincture*]. The sale will be: "BUY TWO, GET THE THIRD ONE FREE". Well, kinda free. We will add on a small fee for each freebie, to cover the freight. The amounts are as follows:

2oz-freebies @ \$1.00 s&h

16oz-freebies @ \$2.00 s&h

32oz-freebies @ \$3.00 s&h

other, regular freight fees still apply.

This offer is good only on orders shipped within the United States.

*Limit 2 free offers per product and size. Note this sale is on all sizes.

Thank You for your continued support.

Yours Truly,
NEW GAIA
800-639-4242

**Sale Through
3/31/99**

Basic Safety Net In Difficult Times

So You Want To Plant A Garden?

Well, readers, it's that time of year when thoughts of sweet corn and juicy tomatoes should be dancing thru your dreams—things you can't hardly find anymore in the grocery store's produce counter. Genetic and chemical tinkering, for reasons of both commercial profit and a more sinister health-degradation-of-the-populace agenda, have made most fruits and vegetables bland-tasting and vitamin-deficient at best, and inedible at worst, causing that old decorative bowl of wax fruit on the dining room table to look more and more appealing with each passing season.

So, at this timely juncture in the early stages of this year's growing season for North America, we enthusiastically reprint Rick Martin's excellent tutorial on home gardening with an update for this year. Believe me, I've been the delighted beneficiary of surplus bounty from Rick's garden each year and I can testify—under oath of a big green salad—that Rick knows that of which he speaketh. So get to work—and enjoy!

—E.Y.

3/19/99 RICK MARTIN

The forces of Nature have been unleashed this past year leaving millions of people the world over without the basics of food or shelter. Food shortages are common in many regions. It doesn't take a genius to figure out that in what are certain to be difficult economic times in the days ahead (the U.S. was relatively unscathed by the Asian financial crisis, but many predict we will not fare so well in 1999), having a home garden to help sustain you and your family becomes not only prudent but potentially even profitable.

Let me just take a few moments here early on to add some comments of a general nature to this article written some time ago. I guess you could call these comments a general "stream of consciousness" sort of thing, but there may be some points touched on here that I may have missed in the earlier passes at covering this subject.

There are many factors to consider when planning a garden, be it a small little patch

for some fresh salad lettuce or some substantial acreage. Water is an important component, and the cost of pumping water CAN be very expensive. It is easy to look at, say, an acre of barren land and imagine it covered with zucchini, tomatoes, and lettuce, but it is an entirely different matter to plant an acre, water an acre, weed an acre, and generally chain yourself to the land until harvest time. Obviously there are pros and cons to both possibilities, but there is a balance, I believe, somewhere in-between.

Soil preparation is CRUCIAL to a healthy, nutritional crop. Many of the old-timers swear by cow or horse manure, compost, and other "natural" soil amendments. Others swear by the use of "modern" chemical fertilizers. Only you can decide what is appropriate for you and your family. With the discoveries over recent years about bacterial, biological, and potentially genetically dangerous organisms living in cow dung, for example, you may want to consider using other natural amendments than manure. Be careful, though, because most so-called compost, in bulk, these days is treated with either solid waste or urine. If you sit down to plan your garden and you decide you want it to be "organic", that has some implications in terms of how you prepare the soil. And please don't think that you will be putting seed into the ground the day you decide to plant a garden, not if you expect a real crop. Soil preparation and quality seed (meaning: open-pollinated, non-hybrid—not the genetically altered norm) are THE KEY factors to having a beautiful and satisfying gardening experience. Another pointer? Plant food YOU LOVE TO EAT. For example, many years ago I really enjoyed cantaloupe and other melons, so I planted LOTS. When it came time to harvest (as I had NOT staggered the plantings—big mistake) I had over 50 melons all ripe at the same time. What did I do? I juiced them, froze the juice and had fresh juice throughout the Winter months. Also, try planting some foods you either don't know about or have never tried. One "fun" food is spaghetti squash. And, another point, think about color in your garden. It is amazing what a few well-placed

flowers can do for the overall appearance of a garden in full bloom.

When you are designing your garden, contemplate the garden to accommodate the space available. Is this space more conducive to a circular garden? How about a half-moon? Raised beds are certainly the most efficient method of planting (in my opinion)—but where is it written that all raised beds must be square or rectangular in shape? Get creative, but consider practical application within that creative shaping. Also, allow yourself enough physical space between the garden beds so that when you walk through the garden, when fully grown, you won't have to tip-toe over vines and overall garden growth. It simply is a more comfortable feeling to be able to walk through your garden in a relaxed, rather than cautious, mode.

Staggered planting: When you are planting rows and rows of any given food, be it lettuce, carrots, or whatever, plant a row or two, then leave space for planting another row or two every other week for a number of weeks. So when you are viewing your garden, you'll have several planted rows, a large open space (reserved for subsequent plantings of the same crop), and then a switch to several more rows of another crop, then open space ("reserved"), etc.

Ask yourself, is there a particular crop that seems to grow well in your area? Is there a particular crop that there seems to be a "demand for" in your area? Is there a possible market for your excess produce? Could you set up a "truck farm stand" at your property and make some extra cash to help with expenses?

Also ask yourself, when planning, is this garden large enough to justify starting a compost pile? Composting should become second nature to you as you progress in your gardening experience. Compost, done right, can not only create the healthy, aerated soil you need, but it is a by-product of your garden waste.

Another aspect of gardening to consider is this: Do you want to sow seeds directly into ground or do you want to prepare little seedlings to be transplanted into the garden?

There is a lot to be said for planting seed directly into the ground, although often you have to wait a little longer for the proper soil temperature. One COMMON mistake is to plant your seeds too deep. The SIZE of the seed will give you an indication as to how much dirt to place over them. Small seeds equal a shallow planting. Beans, for example, are planted much deeper. And if you would like nice straight rows, use a string tied between two sticks as your planting guide. Also, sow your seed more heavily than you would normally think to do, if you would like nice “full” rows. You can always thin out the plants to allow proper spacing, but it’s difficult to fill in the spaces when there is no seed growing. Everyone is different and some people are more “compulsive” than are others.

In particularly cold regions, the use of a “cold-frame” or “mini-greenhouse” can save months of growing time. It is possible within a cold-frame to get lettuce and other seedlings started in “flats”, which can be transplanted directly into the garden beds when the time is right. Cold-frames are easily constructed and can be made of anything from cinderblocks and glass to a wooden frame with clear plastic. The more ways you can grow, sheltered from the potentially harsh physical environment, the more likely it is that you’ll be eating fresh food when others are eating out of cans.

Hydroponics offers another viable alternative, but that is not the topic of this particular article. There are many good references out there on this subject, though it is a more “high tech” approach to growing things.

Another point worthy of consideration when planting a substantial garden is preserving your crop for some other day, i.e., canning, freeze drying, or dehydrating. Also, if your property permits, consider a “root cellar” where you can cold-store foods such as acorn squash, large onions, carrots, potatoes, etc.

In the latest *Seeds of Change* catalog (also see www.seedsofchange.com), we read [quoting:]

The establishment of a sustainable food system that can provide sufficient nutrition for all is one of the greatest challenges of our time. To do this without damaging our natural resources—water, air, soil, plants and animals—will require an unprecedented, cooperative effort. The current commercial, industrial-style model of agriculture is capable of producing massive quantities of food, but carries with it tremendous costs. Foremost is the depletion and degradation of non-renewable resources including topsoil, oil, minerals, clean water and widespread social disruption through the elimination of traditional rural communities and their land base.

During the past couple of decades, there has been a growing worldwide movement to reclaim our food system. By implementing state-of-the-art organic farming methods, along with time-honored traditional wisdom that has largely been ignored by modern agriculture, conscientious farmers can pass their land on to their children in better condition than when they started. Most contemporary farmers

believe in good land stewardship, yet have been forced to compromise because agricultural goods are significantly undervalued and chemically-grown foods are subsidized by the government. A few, philosophically passionate individuals have chosen to adhere to organic principles by creating farm ecosystems that maximize natural biological processes and interactions. They invest more of their time and energy than conventional farmers do into restoring and improving soil with good crop rotation, cover crops, composting and controlling pests using methods that have a low impact upon the environment. [End quoting.]

So, now, with all this said, let’s begin our journey toward understanding the mechanics of putting in a garden. And, yes, IT CAN BE FUN. Oh, one last thing—sprinkle some sunflower seeds along the perimeter of your garden. Late in the season those big, bright sunflowers really add cheer to the space and attract birds who also feast on the insects feasting on your garden.

6/23/95 RICK MARTIN

THE SOWER

That same day Immanuel went out of the house, and sat by the seaside.

And many people gathered around him, so that he had to go up and sit in a boat, and all the people stood on the seashore.

And he spoke many things to them in parables and said, “Behold, a sower went out to sow;

And when he had sown, some seed fell on the roadside, and the fowls came and ate it.

Other seed fell upon the rock, where there was not sufficient soil; and it sprang up earlier because the ground was not deep enough;

But when the sun shone, it was scorched, and because it had no root, it dried up;

And other seed fell among thistles, and the thistles sprang up and choked it.

And other seed fell in good soil and bore fruit, some one hundred-fold and some sixty and some thirty.

He who has ears to hear, let him hear.”

[Matthew 13:1-9.]

CONSIDER THIS

With geophysical changes looming on the horizon, combined with awakening to the reality of nutritionless food, growing one’s own food becomes an increasingly desirable idea. At some point in the not too distant future, it will become a necessity.

“Give us the strength to encounter that which is to come that we may be brave in peril, constant in tribulation, temperate in wrath, and in all changes of fortune, and down to the gates of death, loyal and loving to one another.” [Robert L. Stevenson]

The Golden Rule as given by the Prophet to the Shawnee:

“Do not kill or injure your neighbor, for it is not he that you injure; you injure yourself. Do good to him, thus adding to his days of happiness even as you then add to

your own.

“Do not wrong or hate your neighbor; for it is not he that you wrong; you wrong yourself. Rather love him, for The Great Spirit loves him, even as He loves you.”

Most people in cities have no idea how to begin a garden or even consider the possibility that such a thing can be done on a smaller scale using planter boxes. But for the average person in more rural areas who is unfamiliar with the often technical aspects of growing a garden, the prospect becomes too overwhelming to consider and is put off indefinitely.

“...the Earth is utterly broken down, the Earth is utterly moved, the Earth is staggering exceedingly. The Earth shall reel to and fro like a drunkard and shall be shaken like a hut and its transgressions shall fall and not rise again.” [Isaiah 24:19-20.]

Well, dear readers, the time for putting off growing your garden, big or small, is past and it truly is the better part of WISDOM to take steps in this direction to insure quality nourishment in the days, months, and years ahead. I know that the time for beginning a garden may seem too late—but please remember that the garden spot you prepare will be needed and used not only this season, but for many years ahead. Therefore, even though it is late in the summer season, by all means, get busy. Also, buy a straw hat for sun protection.

The instructions here are something that I have personally used over the last fifteen plus years. If you follow the instructions explained here, it will work and you will have food to eat. This initial financial outlay can be considerable—but in subsequent years the cost is relatively small. When you consider growing your own food rich in nutrients, the cost should be secondary. The charts within this article hold a wealth of critical information—by all means, USE THEM. Even the most sophisticated gardener can learn from the information contained within them.

“Our old food we used to eat was good. The meat from the buffalo and game was good. It made us strong. These cows are good to eat, soft, tender, but they are not like that meat. Our people used to live a long time. Today we eat white man’s food, we cannot live so long—maybe seventy, maybe eighty years, not a hundred. Sweet Medicine told us that. He said this food would be sweet, and after we taste this food we want it, and forget our own foods. Chokecherries and plums and wild turnips and honey from the wild bees, that was our food. This other food is too sweet. We eat it and forget...It’s all coming true, what he said.” [Fred Last Bull, Keeper of the Sacred Arrows of the Cheyenne Tribe, told that to an audience in Busby, Montana, in 1967.]

SIZE UP YOUR PROPERTY

An obvious first step is to survey your property to see what the most reasonable location for a garden would be. Always keep in mind the availability of water. Choose a location with lots of direct sunlight. Also consider overall size—the larger the garden is

the more time and water it will take to maintain. You want an area large enough to produce sufficient food for you, your family and friends, but small enough so you are not an absolute slave to it. As a single person, starting with a garden as small as 10 feet x 10 feet is not unreasonable. I would recommend, however, that larger would be more desirable. For the purposes of this article, I use the hypothetical garden space as 20 feet x 80 feet, which is a pretty good-sized garden for a small family. When you start planting more than a quarter acre, then you've got something which will keep you tied to it with a ball and chain.

If you only have an area where there is a lawn, consider pulling it up and planting a garden instead. In difficult times you won't want to eat the lawn—or perhaps I should say: you may want to eat the lawn but a garden will look a lot better.

In times of drought, a small, intensively grown garden is highly desirable as the yield is very high and it requires less water than traditional farming methods.

"No one should control more arable land than he can maintain in a high state of productivity, the four great factors of which are good seed, suitable moisture, abundant available plant food and rational tillage. In a large majority of cases where failure, or partial failure of an abundant crop is observed the meagre results are due to a partial lack of one of these four fundamentals." [Isaac Phillips Roberts from *Ten Acres Enough*.]

SEED

Once you've decided to put in a garden, then you need to choose what you'd like to grow—always keeping in mind the specifics about your particular geographical region and the time of year. **GET YOUR SEED ORDERED ONCE YOU'VE GIVEN SOME CAREFUL CONSIDERATION TO IT, AND THAT WAY THE SEEDS CAN BE ON THEIR WAY TO YOU WHILE YOU COMPLETE OTHER ASPECTS OF THE GARDEN PREPARATION. ORDER SEED FIRST, THEN PREPARE THE SOIL. ALSO, ORDER NON-HYBRID OR SO-CALLED "HEIRLOOM" OPEN-POLLINATED SEED.** With this type of seed, which is rare in this country, you may replant year after year after year using seed from your own crops. Most seed at grocery stores, hardware stores, and most seed companies are hybrid—which means that you can only use the seed for one growing season—and then you need to repurchase seed for the next year. **THIS IS SOMETHING YOU WANT TO AVOID IF AT ALL POSSIBLE. PLAN ACCORDINGLY AND ORDER NON-HYBRID SEED—IN THE YEARS AHEAD YOU AND YOUR FAMILY'S LIFE COULD DEPEND ON IT!** Here are some non-hybrid seed companies that I strongly recommend you communicate with and get their catalog: [Please tell them *CONTACT* sent you.]

Ecology Action
5798 Ridgewood Rd.
Willits, CA 95490

Territorial Seed Company
P. O. Box 157
Cottage Grove, OR 97424
(503) 942-9547

Seeds Trust
High Altitude Gardens
P. O. Box 1048
Hailey, ID 83333
(208) 788-4363

Abundant Life Seed Foundation
P. O. Box 772
Port Townsend, WA 98368
(206) 385-5660

Garden City Seeds
778 Highway 93 North
Hamilton, MT 59840
(406) 961-4837

Native Seed/Search
2509 N. Campbell Ave., #325
Tucson, AZ 85719

"The cost of seed is ordinarily a trifling matter in comparison with the expense of the season's labor and the value of the crop." [L. H. Bailey in *The Principles of Vegetable Gardening*.]

HIGH-YIELD GARDENING— RAISED BEDS

"...ere long the most valuable of all arts will be the art of deriving a comfortable subsistence from the smallest area of soil. No community whose every member possesses this art can ever be the victim of oppression in any of its forms."

[Abraham Lincoln, 1859.]

Once you've identified the location for your garden, then the work really begins. This article will concentrate primarily on raised-bed gardening, which is referred to by various names. The beds generally are rectangular in overall shape, varying in width from 3-5 feet across and whatever length you determine but if the shape of your particular piece of land is such, the beds can take on curves or even become circular. The finished beds are elevated above the ground, anywhere from six inches to a foot high. But let's begin with soil preparation, because without that there won't be any food for the table.

Why raised beds? Well, for one thing, raised beds can solve a wide range of gardening problems. Here are just a few:

HOW HIGH-YIELD GARDENING CAN SOLVE THESE COMMON GARDENING PROBLEMS

According to a National Gardening Survey, the following are the most vexing problems that plague backyard growers. The techniques used in high-

yield gardening can solve or even prevent these common dilemmas.

Not Enough Water	The high humus content, uncompacted soil, and the self-shading created by closely spaced plants act to conserve soil moisture deep down. Beds allow you to concentrate a limited water supply directly where it's needed; you won't waste water on pathways. It's easy to lay out an efficient drip irrigation system among beds. Plants growing in raised beds develop deep, probing root systems and are more resistant to drought.
Insects	Mixing plantings within a single bed (instead of growing row upon row of the same crop) confuses insects, making it harder for them to locate their host plants. It's much easier to monitor each plant's development in the confined areas of a bed, so insect problems can be caught early, when they're easier to treat. Entire beds can be outfitted with a cheesecloth or other covering to keep egg-laying worms away.
Weeds	Closely spaced plants that form a "living" mulch in conjunction with standard mulches laid on the soil control weeds and cut down on the time spent weeding.
Hot Temperatures	Closely spaced plants shade the soil and each other, offering some relief from the heat. Interplanting taller and shorter crops shades the lower level planting. Lath or other shading structures are easy to set up to cover a whole bed.
Too Much Water	Raised beds drain very quickly and alleviate soggy soil conditions.
Animal Pests	Birds and rabbits can be kept at bay by covering beds with curved frames draped with plastic netting. You can get in and out easily, but the wild creatures can only gaze instead of graze.
Problems with Plant Growth and Soil Conditions	Raised beds overcome problem soils. You can create ideal growing mediums inside the beds by blending soil, sand, manure, peat moss, and other amendments. You can also tailor the soil to meet plants' specific nutrient needs. Because beds are never walked on, plants have a soft, deep area for excellent root development, which encourages strong, healthy plant growth.

Spectacular yields depend first on soil conditioning that can readily meet the heavy demands of close planting, carefully timed successions, and a growing season stretched to its absolute limit.

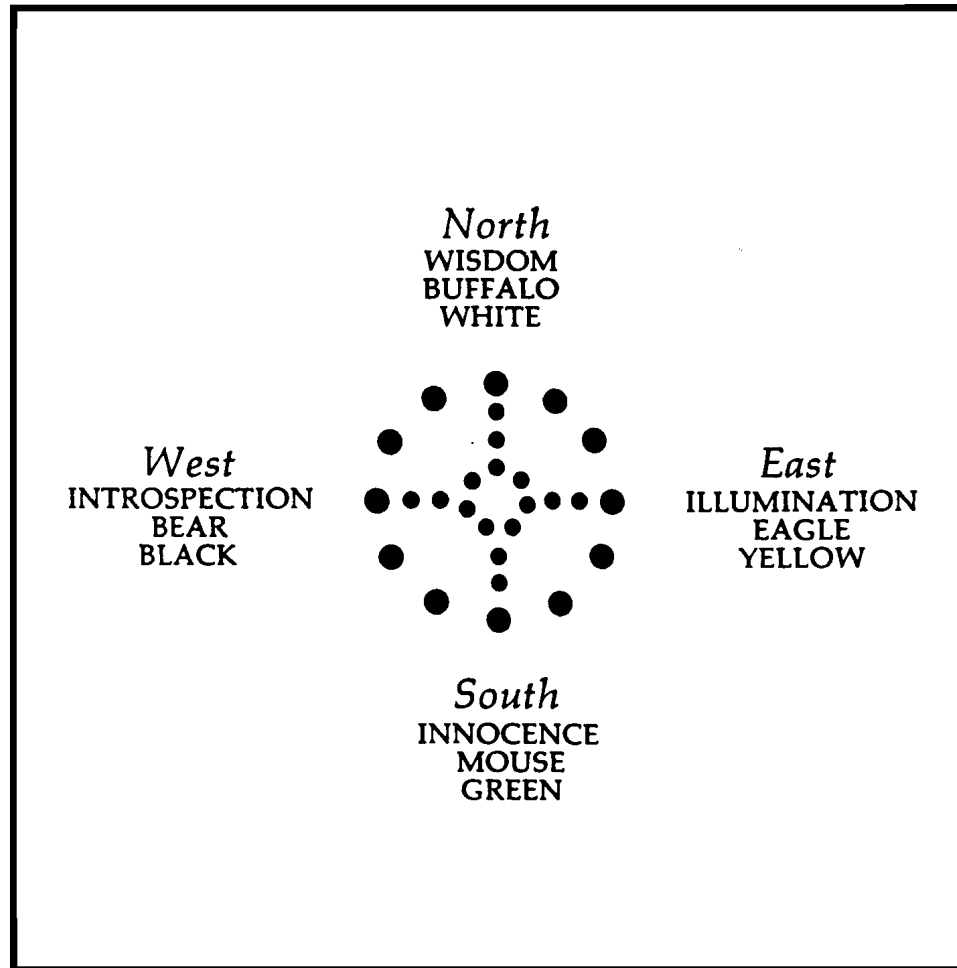
“Teach us to know and to see all the powers of the Universe, and give to us the knowledge to understand that they are all really one Power.” [Black Elk.]

I will assume that most of you putting in your first garden will not go to the trouble of having your soil actually “tested”. But if you do, keep in mind that most plants thrive on a pH range anywhere between 6.0 and 7.5. A good rule of thumb would be: Assume your soil is very poor and needs amending with nutrients and organic matter. It is essential to have organic material in the soil, such as manure, compost, minerals, or combination amendments which loosen the soil to allow for retention of moisture and healthy root growth. If you are purchasing manure, be sure it is “aged” 6 months to a year—otherwise you’ll end up with a lot of weeds and grass seed in the garden. Most bagged manure at nurseries is sterilized and aged. In many rural areas manure is readily available from local ranchers and is generally advertised in the want-ads, and often will be delivered for a fee. Larger gardens can require quite a few cubic yards of manure and it is considerably less expensive in bulk—however the danger comes in not knowing if it is “aged”, and that can really make the

difference if you end up with a huge pile of grass or weeds in your garden.

Go out to the area you’ve chosen as a garden spot and carefully examine and feel the soil. Here is one guide which may be useful to you.

“Creation does not take place where there is a scattering and dissipation of energies. Creation requires a gathering together and focusing of your power within a circle of commitment—like a seed, an egg, a womb or a marriage. If you would create and not destroy, you must remember always the Sacred Hoop. Consider wisely the ways in which you would use your power and then around those ways draw the sacred circle of commitment. In the warm atmosphere of that circle, the power of love builds and builds like a storm above the wet summer prairie until suddenly the circle can hold no more and explodes in the conception of the new.” [words spoken by White Buffalo Calf Woman, from Ken Carey’s *Return of the Bird Tribes.*]



DISCOVERING YOUR SOIL TYPE FIRSTHAND

If It Looks . . .

hard baked, crusty, and perhaps even deeply cracked when allowed to dry out

scarce in pore spaces holding air and water

devoid of individual particles

And Feels . . .

harsh and rock hard when dry

sticky, greasy, or rubbery when wet

And Is . . .

hard to work

very slow to absorb water and to dry out

slow to warm up in spring

likely to form large, congealed lumps if worked when wet

It Needs . . .

substantial additions of organic materials to break up the compaction and open channels for aeration and drainage. Some good choices: compost, manure, leaf mold, rice hulls, peat moss, coarse sand, sawdust, and wood chips.

lime to improve its texture and free locked-up soil nutrients for the use of plants.

leguminous green manure crops.

spading or tilling in fall to expose massive solid clods to the weathering action of freezes and thaws.

loose and friable

grainy and gritty

easy to work

continual augmenting with large amounts of organic matter to hold water and nutrients within the range of plant roots.

quite porous

crumbly and won't hold its shape when squeezed

quick to warm up in spring

manure worked in deeply in autumn or winter.

full of large, irregularly shaped mineral particles

fast drying

plentiful applications of peat moss, compost, leaf mold, or sawdust in topsoil layer.

more or less devoid of larger pieces or granules

low in nutrients because soluble plant foods are lost through leaching

green manures to build structure.

very dark brown

like moist peat moss when squeezed

easy to work

layers of gravel or drainage tiles to improve drainage.

full of organic matter in varying stages of decay

slow to warm up and dry out in wet springs

lime added as needed.

granular and porous

slow to decompose

low in minerals

full of crumbs of various sizes

spongy, compacting readily into a ball when squeezed, but falling apart readily when prodded

easy to work

regular infusions of organic matter to maintain its already excellent fertility and structure.

quite porous

or floury and talcum-powdery when dry and only moderately plastic when moist

very productive

well drained yet able to retain moisture as it is needed

well aerated

retentive of nutrients

Reprinted from *High-Yield Gardening.*

PREPARING THE SOIL

The next intermediate step will be to till the soil. Many gardening purists insist on digging by hand—but I have found over the years that a rototiller can be a good friend indeed.

There are a variety of excellent books available on the subject of raised-bed gardening, and most go into great detail about double-digging the beds by hand while adding various soil amendments. The instructions I am providing here are geared for those of you readers who have never planted a garden, aren't particularly interested in digging a quarter-acre plot by hand but would still like to prepare some soil in which to grow food without killing yourself in the process.

Tilling is best when the soil is somewhat moist but not soaking wet. Many types of tillers are good; I prefer Troy-Bilt [for a catalog call 800-230-6161]. Very dry soil is difficult to break-up and the tiller will tend to "buck". If you are starting your soil preparation during the summer months, you may have to heavily water the garden area over a period of several days and then wait for it to partially dry out. Somewhat moist is best—soggy wet is not.

Once you've tilled the soil so that the top foot or more is loose, then you are ready to begin adding the necessary soil amendments to properly build up the soil. Here are some guides for your assistance. Depending on where you live, your local nursery can provide

And It's...

CLAY If other kinds of particles are present in quantity, such soil can be classified as a stony clay, gravelly clay, sandy clay, or silty clay.

SANDY Depending on the size and texture of the particles, such soil may be classified as gravelly, coarse, medium, fine, or loamy sand.

MUCK OR PEAT Peat is not fully decomposed. Muck is the same soil in a more advanced state of decay. It tends to be waterlogged and lacking in lime but rich in nutrients such as nitrogen.

LOAM A mixture of sand, silt, and clay, this close-to-ideal soil combines the best qualities of light and heavy growing media. Depending on the kind and size of the particles that predominate, a sample may be categorized as a coarse, sandy, medium sand, fine sand, silty, stony silt, or clay loam.

you with a wealth of information. Different nurseries have different soil amendments. There are many excellent "soil building" products on the market—some organic, some not. Don't get too "hung-up" on a strictly organic approach, but you certainly do want some organic matter mixed into the soil for healthy root production for your crops. What you elect to use may very well be determined by what is available in your area. I have often been frustrated by this one point. Try not to be—use what is available to you.

GENERAL FERTILIZER PROGRAM—PER CROP PER 100 SQUARE FEET

Assuming no soil test is performed.

Functions	Sources	1st & 2nd yr. Assuming poor soil	3rd & 4th yr. Or 1st & 2nd yr. in average soil	5th yr. Or 1st year in good soil	Maintenance Every year thereafter ¹²	Add to Soil before or after Double-Dig		
Nitrogen	Cottonseed Meal	10 lbs.	6 lbs.	3 lbs.	—	After		
	(or Fish Meal)	(5 lbs.)	(3 lbs.)	(1-2 lbs.)	—			
	(or Blood Meal) ¹⁰	(5 lbs.)	(3 lbs.)	(1-2 lbs.)	—			
	(or Hoof & Horn Meal)	(4 lbs.)	(2 lbs.)	(1 lb.)	—			
Phosphorus	Bone Meal	4-5 lbs.	2 lbs.	2 lbs.	2 lbs.	After		
	(or Phosphate Rock)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
	(or Soft Phosphate)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
Potash and Trace Minerals	Kelp Meal	1 lb.	1 lb.	1 lb.	1/4 lb. ¹³	After		
	and Wood Ash	2 lbs.	1 lb.	1 lb.	1 lb.			
	(or Granite)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
	(or Greensand)	(10 lbs.)	(5 lbs.)	(3 lbs.)	—			
Texturizer,	Manure	2 cu. ft.	2 cu. ft.	2 cu. ft.	2 cu. ft.	After		
Microbiotic Life, Humus,		Compost	Up to 1 cu. yd. (1st crop),	8 cu. ft.	8 cu. ft.		8 cu. ft.	After for best results ^{13a}
Multiple Nutriments			8 cu. ft. (ea. addit. crop) ¹¹					
Calcium	Eggshells	2 lbs.	1 lb.	as available up to 1/2 lb.		After		
Humic Acid	"Clodbuster"	1 lb.	—	—	—	After		

10. Do not plant for 2 weeks if using more than 3 pounds blood meal per 100 sq. ft. It can burn the plants during this time since it releases nitrogen rapidly at first.

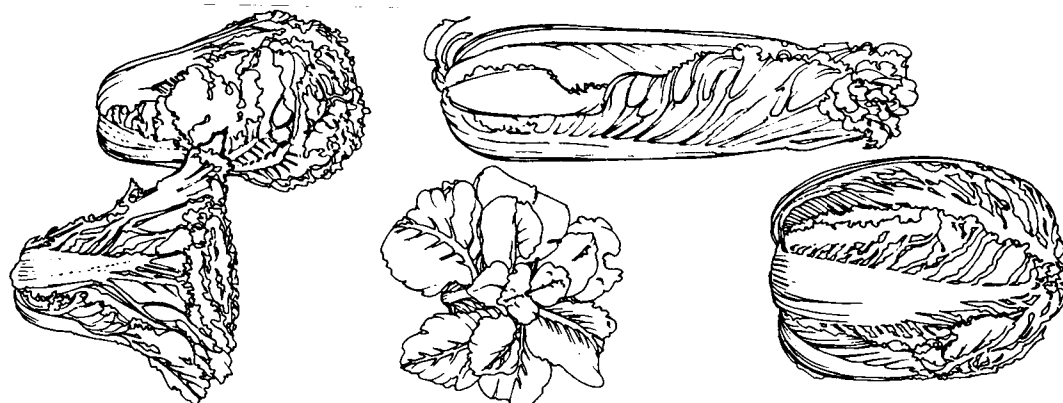
11. 1 cubic yard equals 27 cubic feet. 1 cubic yard will cover 100 sq. ft. 3" deep. 8 cubic feet will cover 100 sq. ft. 1" deep. 2 cubic feet will cover 100 sq. ft. 1/4" deep. You can substitute manure for compost the first year if you do not have a ready supply of compost.

12. Beginning the sixth year your legumes, cover crops, and recycled plant materials (in the form of compost) can provide most of your nitrogen, phosphorous and potash. Double-check this periodically with a soil test.

13. For trace minerals: kelp meal is 33% trace minerals.

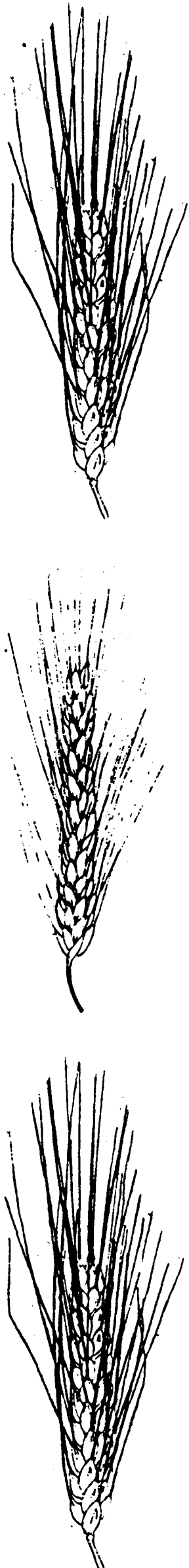
13a. Except for first double-dig when it is added before.

Reprinted from *How To Grow More Vegetables.*



NITROGEN (N), PHOSPHORUS (P) AND POTASH (K)

Pounds of fertilizer to add per 100 square feet. Pounds of *pure* nutriment added given in parentheses.



Test Rating	Nitrogen (N)	Phosphorus (P)	Potash (K)
<i>Very High</i> ⁸	(.1) .75 lb. blood meal or 1 lb. fish meal or 2 lbs. cottonseed meal or .75 lb. hoof and horn	(.2) 1 lb. bone or 2 lb. phosphate rock or soft phosphate	(.15) 1 lb. kelp meal ⁹ or 2 lb. greensand or 3 lb. crushed granite
<i>High</i> ⁸	(.2) 1.5 lbs. blood meal or 2 lbs. fish meal or 4 lbs. cottonseed meal or 1.5 lbs. hoof and horn meal	(.3) 1.5 lb. bone or 3 lbs. phosphate rock	(.2) 1 lb. kelp plus .66 lb. greensand or 1 lb. granite; or 2.66 lb. greensand; or 4 lbs. granite
<i>Medium High</i>	(.25) 2 lbs. blood meal or 2.5 lbs. fish meal or 5 lbs. cottonseed meal or 2 lbs. hoof and horn meal	(.35) 1.75 lbs. bone or 3.5 lbs. phosphate rock	(.25) 1 lb. kelp plus 1.33 lb. greensand or 2 lb. granite; or 3.33 lbs. greensand; or 5 lbs. granite
<i>Medium</i>	(.3) 2.25 lbs. blood meal or 3 lbs. fish meal or 6 lbs. cottonseed meal or 2.25 lbs. hoof and horn meal	(.4) 2 lbs. bone or 4 lbs. phosphate rock	(.3) 1 lb. kelp plus 2 lbs. greensand or 3 lbs. granite; or 4 lbs. greensand; or 6 lbs. granite
<i>Medium Low</i>	(.35) 2.75 lbs. blood meal or 3.5 lbs. fish meal or 7 lbs. cottonseed meal or 2.75 lbs. hoof and horn meal	(.45) 2.25 lbs. bone or 4.5 lbs. phosphate rock	(.35) 1 lb. kelp plus 2.66 lbs. greensand or 4 lbs. granite; or 4.66 lbs. greensand; or 7 lbs. granite
<i>Low</i>	(.4) 3 lbs. blood meal or 4 lbs. fish meal or 8 lbs. cottonseed meal or 3 lbs. hoof and horn meal	(.5) 2.5 lbs. bone or 5 lbs. phosphate rock	(.4) 1 lb. kelp plus 3.33 lbs. greensand or 5 lbs. granite; or 5.33 lbs. greensand; or 8 lbs. granite
<i>Very Low</i>	(.5) 4 lbs. blood meal or 5 lbs. fish meal or 10 lbs. cottonseed meal or 4 lbs. hoof and horn meal	(.6) 3 lbs. bone or 6 lbs. phosphate rock	(.5) 1 lb. kelp plus 4 lbs. greensand or 6 lbs. granite; or 6.66 lbs. greensand; or 10 lbs. granite

8. Addition of nutriment at these leveles is optimal.

9. Because of the growth hormones kelp meals contains, do not add more that 1 pound per 100 square feet per year.

ANALYSIS OF RECOMMENDED ORGANIC SOIL AMENDMENTS

N, P and K refer to the three main nutrients plants need: NITROGEN for green growth and in compost piles to speed decomposition, PHOSPHORUS for root growth, disease resistance, and production of good fruits, vegetables, and flowers, and POTASH for strong stems, vigorous roots and increased disease resistance. Plants also need HUMUS which is provided by decomposed organic matter such as compost and manure. For information on the application rates for organic fertilizers when a soil test is not used, see the Fertilizer Program Table which follows this table.

NITROGEN

Cottonseed Meal

3-5% N 2% P 1% K Lasts 4-6 months. Use up to 10 lbs/100 sq. ft. Fair source of nitrogen. Especially good for citrus and azaleas because it has an acidifying effect on soil.

Blood Meal

12.5% N 1.3% P .7% K Lasts 3-4 months. Use up to 5 lbs./100 sq. ft. A quick acting source of nitrogen, good for slow compost piles. Can burn plants if using more than 3 lbs. per 100 square feet. If using higher amounts, wait 2 weeks to plant.

Hoof & Horn Meal

14% N 2% P 0% K Lasts 12 months. Use up to 4 lbs./100 sq. ft. Highest nitrogen source. Slow releasing: no noticeable results for 4-6 weeks.

Fish Meal

10.5% N 6% P 0% K Lasts 6-8 months. Use up to 5 lbs./100 sq. ft. Good combined nitrogen and phosphorus source.

PHOSPHORUS

Bone Meal

3% N 20% P 0% K Lasts 6 months to 1 year. Use up to 5 lbs./100 sq. ft. Excellent source of phosphorus. Especially good on roses, around bulbs, and around fruit trees and flower beds.

Phosphate Rock

33% P Lasts 3-5 years. Use up to 10 lbs./100 sq. ft. Very slow releasing.

Soft Phosphate

18% P Lasts 2-3 years. Use up to 10 lbs./100 sq. ft. Clay base makes it more available to plants than the phosphorus in phosphate rock, though the two are used interchangeably.

POTASH

Kelp Meal (Seaweed)

1% N 0% P 12% K 33% trace minerals. Lasts 6 months to 1 year. Excellent source of potash, iron, and other minerals. Reportedly, the proper amount of trace minerals in the soil may mean only one-half the fertilizers will be needed for the same growth and yield! Kelp meal is also a natural fungicide. Use sparingly (up to 1 pound per 100 square feet per year) because it contains growth hormones.



Wood Ashes

1-10% K Lasts 6 months. Use up to 1-2 lbs./100 sq. ft. Ashes from wood are high in potash and help repel root maggots. Ashes also have an alkaline effect of the soil, so use them with care if your soil is already alkaline. Black wood ash is best.

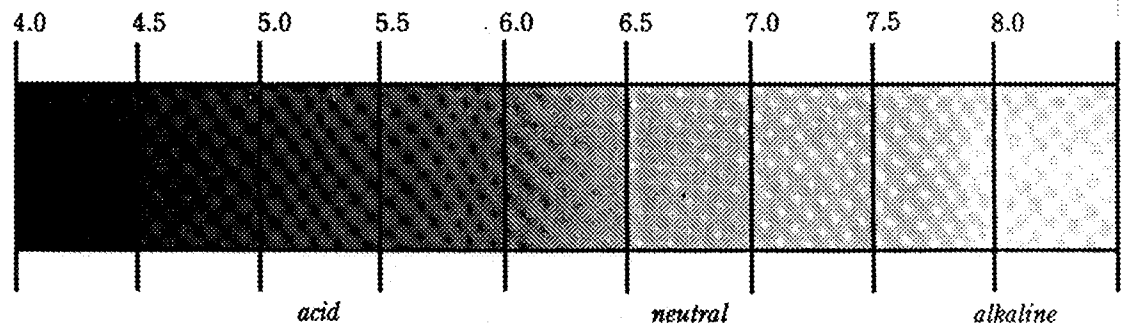
Crushed Granite

3-5% K Lasts up to 10 years. Use up to 10 lbs./100 sq. ft. Good slow-releasing source of potash and trace minerals.

Greensand

0%N 1.5% P 6.7% K Use interchangeably with crushed granite.

SOIL pH SCALE



A pH reading tells you the relative acidity/alkalinity of the soil. Most vegetables will grow well in a range from 6.0 to 7.5. 6.5 is probably the best all round pH. In extremely acid or extremely alkaline soils valuable nutrients are tied up and thus unavailable to the plants. An acid soil can be sweetened by the addition of dolomite lime. An alkaline soil can be brought closer to neutral by compost or manure. Compost has a buffering effect on soil, correcting both acid and alkaline conditions.

SOIL MODIFIERS

Dolomitic Lime

A good source of calcium and magnesium to be used in acid soils. Do not use lime to "sweeten" the compost pile; it results in a serious loss of nitrogen. You can discourage flies and odors with a layer of soil.

Gypsum

Gypsum is not needed by organic gardeners. It is normally used commercially in soils made impermeable by excess exchangeable sodium.

"Clodbuster"

15% Humic Acid 5.5 pH Lasts 1 year. It is crushed "rock" deposits made up of ancient plant and animal remains. Helps make soil less alkaline and releases nutrients tied up in the soil. Use up to 1 lb./100 sq. ft.

Crushed Eggshells

High in calcium. Especially good for cabbage family crops. Help break up clay and release nutrients tied up in alkaline soils. Use up to 2 lbs./100 sq. ft.

Manure

A good source of humus in the garden. Nutrient levels depend on proper handling and the amount of straw or sawdust present. Large amounts of bedding may add up to 2 years to the decomposition time.



NUTRIENT PROFILES OF COMMON ORGANIC AMENDMENTS

<u>Organic Material</u>	<u>Nitrogen</u>	<u>Phosphorus</u>	<u>Potassium</u>	<u>Rate of Release</u>
Activated sludge	5.0	3.0	0	Medium
Alfalfa hay	2.5	0.5	2.1	—
Animal tankage	8.0	20.0	0	Medium
Apple leaves	1.0	0.2	0.4	—
Basic slag	0	0.8	0	Rapid
Bloodmeal	15.0	1.3	0.7	—
Bone meal (steamed)	4.0	21.0	0.2	Slow
Brewers' grains (wet)	0.9	0.5	0.1	—
Castor pomace	5.5	1.5	1.3	Slow
Cattle manure (dried)	2.0	1.8	2.2	Medium
Cattle manure (fresh)	0.3	0.2	0.4	Medium
Cocoa shell dust	1.0	1.5	2.7	Slow
Coffee grounds (dried)	2.0	0.4	0.7	—
Colloidal phosphate	0	18-24	0	Slow
Cornstalks	0.8	0.4	0.9	—
Cottonseed	3.2	1.3	1.2	—
Cottonseed meal	7.0	2.5	1.5	Slow-medium
Dried blood	12-15	3.0	0	Medium-rapid
Fish emulsion	5.0	2.0	2.0	Medium-rapid
Fish meal	10.0	4.0	0	Slow
Fish scrap	7.8	13.0	3.8	Slow
Granite dust	0	0	5.0	Slow
Greensand	0	1.5	5.0	Very slow
Guano	12.0	8.0	3.0	Medium
Hoof meal and horn dust	12.5	1.8	0	Slow
Horse manure (composted)	0.7	0.3	0.6	Medium
Horse manure (fresh)	0.4	0.2	0.4	Medium
Leaf mold (composted)	0.6	0.2	0.4	Medium
Mushroom compost	0.4-0.7	57-62	0.5-1.5	Slow
Oak leaves	0.8	0.4	0.2	Rapid
Peach leaves	0.9	0.2	0.6	—
Phosphate rock	0	30-32	0	Very slow
Pig manure (fresh)	0.6	0.4	0.1	Medium
Pine needles	0.5	0.1	0	—
Poultry manure (fresh)	2.0	1.9	1.9	Medium-rapid
Rabbit manure (fresh)	2.4	0.6	0.1	Medium
Roses (flower)	0.3	0.1	0.4	—
Sawdust	4.0	2.0	4.0	Very slow
Seaweed	1.7	0.8	5.0	Slow-medium
Sheep manure (fresh)	0.6	0.3	0.2	Medium
Soybean meal	6.7	1.6	2.3	Slow-medium
Tankage	6.0	8.0	0	—
Tobacco stems	2.0	0	7.0	Slow
Wood ashes	0	1.5	7.0	Rapid

Reprinted from *High-Yield Gardening*.



"It is a fundamental error to suppose that farming is neither a business nor a profession. It is a business which requires the highest business talent, it is a profession which requires the best technical skill...No other profession requires such a variety of learning, such an insight into Nature, such skill of a technical kind in order to be successful, as the profession of farming." [Harvey W. Wiley from *The Lure of the Land*.]

Once you've purchased and spread your soil amendments (which can include manure, organic compost, and other material) across the entire surface area of your garden spot, once again, till the soil with the rototiller—or dig by hand if you are so inclined.

Fertilizer, whether organic or commercial, should be spread across the top of the completed beds and then lightly worked into the top several inches of the soil. Therefore, when spreading amendments for tilling into the soil, hold the actual fertilizer aside for the final step after the beds have been constructed.

BED CONSTRUCTION

Once you've spread the soil amendments over your garden area and have rototilled it thoroughly, next comes the hard part (physically). For the sake of discussion, let's say your garden area (plot) is 20 x 80. At this point you'll be needing a flat, square-end shovel with a short handle. Beginning at one end, shovel an outer pathway along the 80 foot side. The pathway will be approximately 18 inches wide. As you shovel (deeply) the soft, tilled soil, throw each shovelful right next to you as you go—on what will be your first bed. The beds will be, on the average, about 4 feet across. You could, theoretically, have a bed which would, in this case, measure 4 feet by 80 feet. (It is nice to break up these long beds with cross pathways for ease of moving around in the garden.)

When you have finished shoveling your first outer pathway by placing the excess dirt onto your first bed—then measure 4 feet across and mark it with occasional stakes or with stakes and a long string. Then, beginning at one end along the 20-foot side, 4 feet in from the 80-foot outer edge, begin shoveling an inner pathway. The pathway should be whatever width you are comfortable with—don't crowd yourself—18 inches is a good standard (less if space is limited). With the first shovel of dirt, throw it immediately to your left. With the next shovel, to your right—left then right, left then right until you are all the way across the 80-foot length of land. You now have an outer path, one 4-foot very rough looking bed, another path, and then the rest of the plot. Repeat the process. In the end you will have 4 raised beds, approximately 4 feet across and 80 feet long.

SHAPING THE BEDS

Now, using a long-handled (preferably wide) rake you will begin to shape and even out the beds. The beds should be, for all intents and purposes, flat on top.

When there is a lot of organic matter in the soil, the beds can be shaped as rounded mounds, but for purposes here I'll generically describe them as "flat-surfaced". You'll be able to tell by the texture of your specific soil what is the most appropriate shape for your unique garden. A flat surface tends to be the easiest to work with.

With the flat-surfaced bed, sides should be at a 45-degree angle to the horizontal—in other words, a moderate slope upward. As you work with the dirt you will develop a "feel" for it.

Once you've completed the general shaping of each of the beds, you should be pretty tired, so, take a break and have some lemonade.

Now, sprinkle the chemical or organic fertilizer evenly across the top of each bed. Then, gently work the fertilizer into the top several inches of the beds with a rake. When complete, smooth the entire top of each bed to a flat surface. Then, take a piece of plywood, say 2.5' x 4' and place it across the far end of the first bed. Stand on top of the board and gently jump up and down—you will flatten the surface of the beds to the extent that they will keep their shape in all weather conditions. Step off the board, move it slightly and repeat the process until the entire surface is gently flattened. Do this to all of the beds.

I would also recommend, with the beds now complete, that you drive wooden stakes into the ground at various spots around the edge of each bed—say, the four corners and then every six to ten feet—right up to the outer edge of the bed. These stakes, say four inches wide, 1 inch thick, by 1 foot long—will serve as "hose guides". As you drag hoses around your garden, this will prevent the hose from running up the sides of your beds and destroying your plants (which can often happen in a mere moment).

FENCING

Prior to planting and depending upon where you live, you may want to consider putting up a wire fence to keep out dogs and cats and animals like rabbits who may view your garden as theirs. Just one animal can do a great deal of damage to the completed beds. Cats will often use the soft dirt in a freshly prepared garden bed as a "litter box".

Generally speaking, fencing your garden

is a good idea.

PLANTING

Using the raised-bed method of gardening, due to the loose soil structure, you are able to plant the rows closer together because the roots themselves grow straight down rather than flattening out with harder soil. You are also able to plant closer together within rows. Therefore, the overall yield is higher in a smaller space. Due to the high percentage of organic material in the soil, by using the raised-bed method the plant's root structure develops more fully and is, overall, healthier. A healthy root structure equates to greater yield of food production. The old saying, "Everything is connected to everything" really applies to gardening.

A good recommendation, even though slightly more costly, is to "sow heavy"—that means, use quite a bit of seed within the rows while you are planting and then "thin out" the plants later. This will prevent bald spots or open spots within the rows. Also, a common mistake for new gardeners is to plant the seed too deep—don't do it.

You want to plant (and later thin) in such a way as to have the mature leaves of the plants touching one another row-to-row. This creates a "mini-green-house effect" or a "living mulch" effect which softens the negative effects of hot mid-day sun. After all, sun-scorched plants must first repair damage before devoting energy to further growth development. Planting in this manner also shades the topsoil, thus preventing excessive water loss due to evaporation and it also discourages weed growth. The raised-bed method of gardening is really the very best of many approaches. And, by the way, with raised beds you don't have to lean over as far to harvest or pull weeds throughout the season. I believe this is why the Irish refer to raised beds as *lazy beds*.

You will probably want to plant some flowers throughout your garden. They add color and some, such as sun-thriving marigolds, deter insects. Plant flowers that you'd like to see and use for dinner-time table decorations. Mix it up a bit.

Also, when planting, don't plant all of any given crop at the same time—particularly with something like lettuce. Plant a few rows, then leave some open space for a second, or rotation planting. That way you always have fresh



lettuce when the old lettuce has *bolted*, or gone to seed (which tends to happen in very hot weather). Here is a chart to assist in your planting.

	START	MINIMUM	SOIL	FROST	SPACING	SPACING	SPACING	PLANTING
	INDOORS (weeks)	SOIL TEMP.*	pH	TOLERANCE	PLANTS IN BEDS	BETWEEN ROWS	PLANTS IN ROWS	DEPTH
ARUGOLA		40°F.	6.0-7.0	Good	4"	12-24"	2-6"	1/4"
ASPARAGUS	8	60°F.	6.0-7.5	Good	12"	48"	9-15"	1/2"
BEAN		60°F.	6.5-7.5	None	6"	18-36"	3-8"	1"
BEET		60°F.	6.5-7.5	Good	3"	12-24"	4"	1/2"
BROCCOLI	4-7	60°F.	6.5-7.5	Good ^d	18"	24"	12-24"	1/4"
BRUSSELS SPROUTS	4-7	60°F.	6.0-6.7	Good	18"	30"	18"	1/4"
CABBAGE	4-7	60°F.	6.5-7.5	Good ^d	15-18"	30"	18"	1/4"
CHINESE CABBAGE		45°F.	6.5-7.5	Good	16"	30"	12-18"	1/4"
CARROT		60°F.	5.5-6.7	Good	2"	18-24"	1-3"	1/2"
CAULIFLOWER	4-7	60°F.	6.5-7.5	Good ^d	15"	24"	12-24"	1/4"
CORN		65°F.	6.5-7.0	None	8-12"	24-36"	12"	1"
CUCUMBER		70°F.	6.0-7.0	None	12"	36"	8-12"	1"
FAVA BEAN		40°F.	6.5-7.5	Good	8"	24"	8"	1"
KALE		40°F.	6.0-7.0	Good	16"	24-36"	18-24"	1/4"
LEEK	8-12	50°F.	6.5-7.5	Good	3-4"	24"	4"	1/4"
LETTUCE	4	40°F.	6.5-7.5	Good	8-12"	12-24"	8-12"	1/4"
BUNCHING ONION		50°F.	6.5-7.5	Good	1-3"	18-24"	2-4"	1/4"
PAC CHOI		40°F.	6.5-7.5	Good	10"	18-30"	10-18"	1/4"
PARSNIP		40°F.	6.5-7.5	Good	3"	18-24"	2-4"	1/2"
PEA		40°F.	6.5-8.0	Good	3-4"	24-36"	3"	1/2"
PEPPER	6-8	70°F.	6.0-7.0	None	12-16"	24-36"	12-24"	1/4"
RADICCHIO		40°F.	5.5-6.8	Good	12"	36"	8-12"	1/2"
RADISH		40°F.	6.0-7.0	Good	2-3"	8-16"	2-3"	1/2"
SPINACH		40°F.	6.5-7.5	Good	4"	12-24"	2-6"	1/2"
SUMMER SQUASH		70°F.	6.5-7.5	None	16"	24-36"	18-24"	1"
WINTER SQUASH		70°F.	6.5-7.5	None	32"	24-36"	24-36"	1"
SWISS CHARD		50°F.	6.5-7.5	Fair	10-12"	24"	8-12"	1/2"
TOMATO	6-8	70°F.	6.0-7.0	None	18-24"	36-48"	12-24"	1/2"
TURNIP		50°F.	6.0-7.0	Good	3-4"	12-24"	2-5"	1/2"

CODES: ^d = Frost will harm young transplants. Frost tolerant once established. ^e = Minimum soil temp. for direct seeding to insure timely germination.

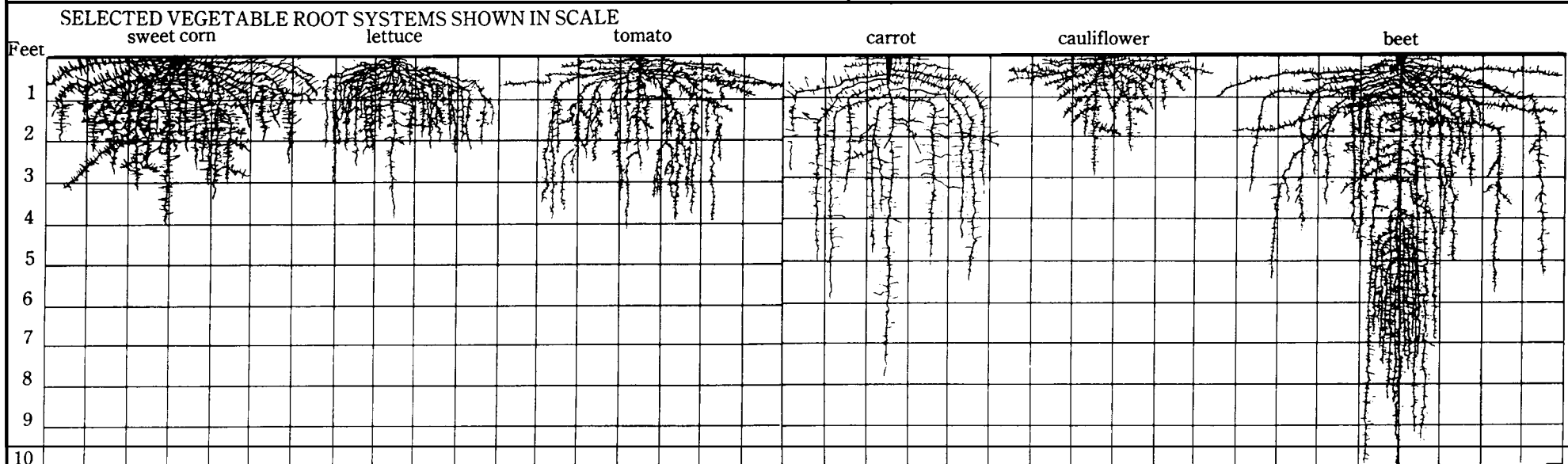
VEGETABLE PLANTING GUIDE

SATISFACTORY (AND OPTIMAL) PLANT GROWING TEMPERATURE RANGES²²

Determine Planting Range Calendar For Your Own Area

Crop Season	Temp. Range	Optimal Temp. Range	Plant
Cool Season Crops	30 °F.		Asparagus • Rhubarb
	45-85 °F.	(55-75 °F.)	Chicory • Chive • Garlic • Leek • Onion • Salsify • Shallot
	40-75 °F.	(60-65 °F.)	Beet • Broad Bean • Broccoli • Brussels Sprouts • Cabbage • Chard • Collard • Horseradish • Kale • Kohlrabi • Parsnip • Radish • Rutabaga • Sorrel • Spinach • Turnip
	45-75 °F.	(60-65 °F.)	Artichoke • Carrot • Cauliflower • Celeriac • Celery • Chicory • Chinese Cabbage • Endive • Florence Fennel • Lettuce • Mustard • Parsley • Pea • Potato
Warm Season Crops	50-80 °F.	(60-70 °F.)	Bean • Lima Bean
	50-95 °F.	(60-75 °F.)	Corn • Cowpea • New Zealand Spinach
	50-90 °F.	(65-75 °F.)	Pumpkin • Squash
	60-90 °F.	(65-75 °F.)	Cucumber • Muskmelon
Hot Season Crops	65-80 °F.	(70-75 °F.)	Sweet Pepper • Tomato
	65-95 °F.	(70-85 °F.)	Eggplant • Hot Pepper • Okra • Sweet Potato • Watermelon

22. From James Edward Knott, *Handbook for Vegetable Growers*, John Wiley & Sons, Inc., New York, 1957, pp. 6-7.



COMPOSTING

If you are just beginning a garden, you may be too overwhelmed in the moment to even consider composting. But let me **strongly** advise you to include composting as part of your gardening experience. This is true for many reasons, not the least of which is that it is a tremendous way to recycle the large quantity of excess greens that will be a by-product of the garden as you move through the seasons.

Why compost? Well, it's no accident that gardeners with the best yields tend to be fervent composters. Compost serves several functions. It improves the structure of the soil, which allows for easier working of the soil, and it increases aeration and water retention. Additionally, it provides much needed nutrients to the soil, including nitrogen. Improved texture, structure, and nourishment lead to healthy soil. Healthy soil allows for higher and better quality yields of produce.

Yes, but how do I do it? Well, there are as many ways to start a compost as there are to plant a garden, but I will present here one of the cheapest, easiest, and most effective ways that I have found [*see box*]. And there are also as many books on composting as there are on gardening, so you can read in greater detail independently as you go along. In the meantime, using 4-foot (approx.) fencing wire, chicken wire will do, roll out enough fencing to produce a circle approximately six feet across. Then, with the wire laying on the ground, cut 2x4s into four-foot lengths and nail the fencing to the 2x4s at four-foot intervals. Pick a space to the side of your garden, one which is out of the way, yet with convenient access to the actual garden area. Also, your compost pile must be within reach of water. Once you've chosen a (permanent) spot for your compost pile, using a shovel, dig down one or two feet and turn over the soil in a circle approximately six feet in diameter.

Once the soil is "broken up", place kindling, twigs, a wooden pallet, shrub materials, or anything which will create an air-pocket a foot high above the soil-line. Now, take your fencing with 2x4s nailed to it, and lift it up vertically. Then join the ends so that you have a circle six feet across and four feet high. Now move the fencing circle over your hole. You now are ready to begin building your compost pile, much like a layer cake. A

good general recipe for composting is, by weight: 1/3 dry vegetation, 1/3 green vegetation and kitchen wastes, and 1/3 soil.

Some important things to remember, however: **DO NOT** add to your compost, under any circumstances, ever, the following: pine needles, fruit/fruit peels, meat of any kind. As you move along, you might want to add some humic acid to the pile to increase the availability of nutrients for plants later on. It is also very important to know that you must add soil to your compost pile—in fact, soil will keep down flies and odors.

Once you have your fencing up and you are ready to begin, you may well wish to create several large separate piles in the immediate vicinity of the compost pile, comprised of: manure, dirt, straw, grass clippings. Don't start your compost pile by just throwing some garbage down and thinking you have the makings of compost—you don't! Always think in terms of a layer cake. Once you lay down, say, a one- to two-foot layer of grass clippings, then take your shovel and throw onto it a layer of manure or a layer of dirt. Then, repeat the process—a green layer or a wet layer, and a dry layer.

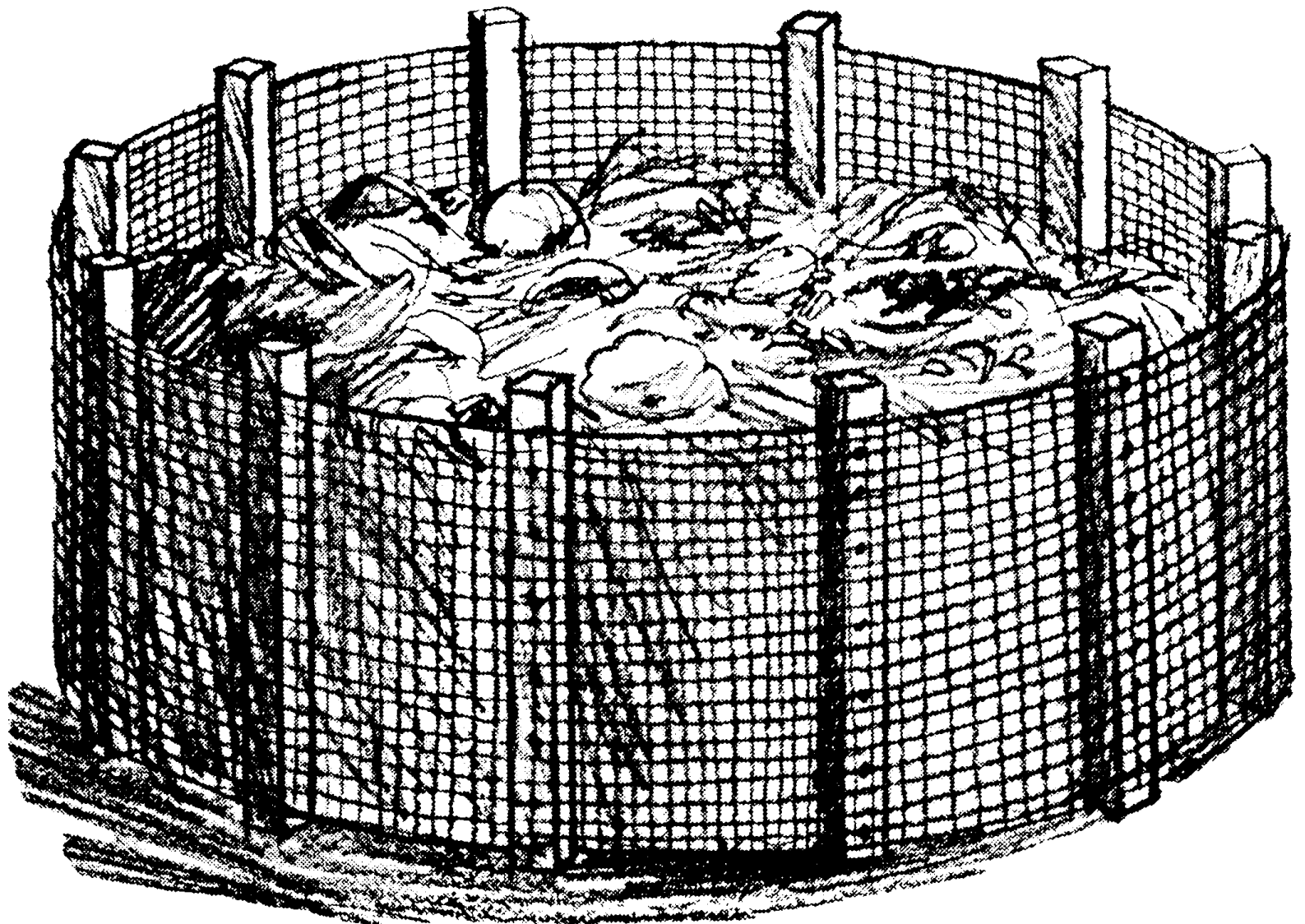
To **BEGIN** the pile, try to build up the compost to at least three feet high. Another combination would be: a layer of straw, a layer of green materials, a layer of manure and/or dirt. When you've completed this step, get the hose and water the compost just like it is your garden. The compost should be

moist at all times. That means whenever you water the garden, water the compost. You want to generate enough heat within that pile to allow the microorganisms to break down the materials into a very nitrogen-rich material which will be added back to the garden later on—and thus save you money.

This method that I am recommending is relatively low maintenance, although you **DO** need access to dirt and/or manure to maintain the compost pile properly. When you are throwing kitchen scraps on the pile, be sure not to throw meats onto it. But when you do throw wet waste on the pile, always follow that up with a covering of dirt. This makes the process of composting much more pleasant. (Trust me on this one.)

Bottom line? Every time I've planted a garden and haven't started a compost pile at the same time, I've regretted it. You will be amazed at how much excess greenery comes off of a garden over the course of a season. And besides, why pay for nitrogen-rich materials to add to your garden when you can create them as you go?

Many people say you must constantly turn the compost pile. This method that I am suggesting does not require this laborious step. One way to observe whether it is "working" is the following: if you notice that the compost pile suddenly drops down a foot or two, you have successful composting in action. Congratulations! Happy composting.



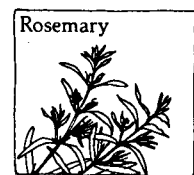
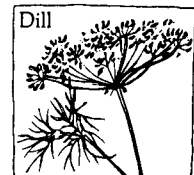
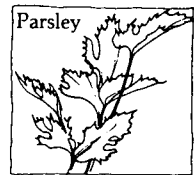
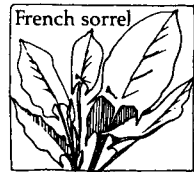
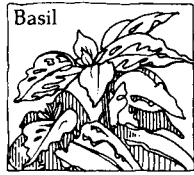
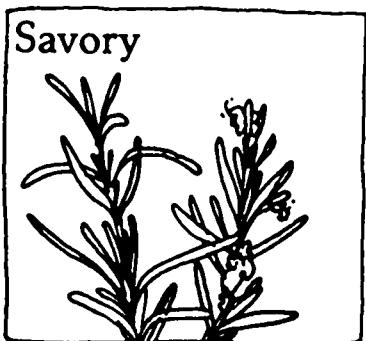
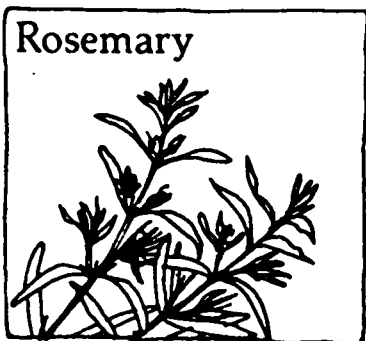
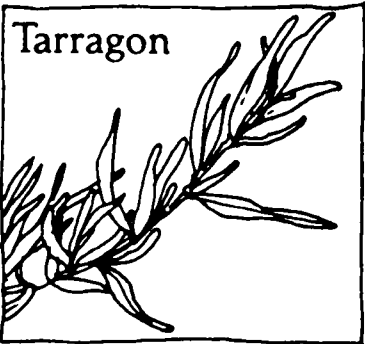
large wire-fabric type

COMPOSTING MATERIALS

<u>Material</u>	<u>Source</u>	<u>Comments</u>
Bone meal	Garden centers	Very high P* source
Coffee grounds	Restaurants, offices	Good N* source
Corncoobs and stalks	Farms, canneries, garden refuse	Best when ground or used as a soil texturizer or mulch; high in C*
Cottonseed	Garden centers, gins	High in N and P
Cowpeas (green stalks)	Farms, gardens	N and K* source
Eggshells	Egg farms, restaurants	Supplies calcium and N
Grass clippings	Lawn mowing, lawn services, neighbors' bags set at curbside	Use only clippings from herbicide-free lawns; very high in N; decompose rapidly and help create necessary heat to break down other materials in pile; odoriferous unless blended well with C-rich materials
Hair (animal and human)	Barber and beauty shops, pet groomers	Good N source, but slow to break down; avoid human hair that's been dyed
Hay	Farms	Bulky, high in C; alfalfa highest in N
Hoof and horn meal	Slaughterhouses, garden centers	High in N; slow to break down
Hops (spent)	Breweries	Wet and hard to manage; rich in N; odoriferous
Leather wastes	Tanneries, manufacturers	Good N source, but slow to break down
Leaves	Woods, dumpings in parks or at curbsides	When decomposed to the form of leaf mold, make an excellent soil texturizer; contain growth inhibitors if not first composted; shred before adding to pile
Manure	Farms, stables, poultry houses, circuses, feed lots	Listed from high to low N: pigeon, chicken, duck, horse, rabbit, pig, cow, sheep, goat
Peanut shells	Farms, gardens, peanut butter processors	Good soil texturizer with moderate humus potential; slow to break down; high in C and K
Sawdust, shavings, wood chips	Lumberyards, tree surgeons, sawmills, carpentry shops, furniture makers, utility crews for chips	High in N, P, and C; exceedingly slow to break down; never add fresh sawdust directly to soil
Seaweed	Beaches	High in N and K, but odoriferous
Soy meal, soy pulp, and other oil-pressing wastes	Garden stores for meal; oil processors of tung nuts, castor beans, sunflowers, rapeseed, linseed, and so on for other materials	High in N, but often hard to find
Spice waste	Spice makers	Mustard seeds are high in N
Stable bedding, sweepings	Stables, farms	Better nutrient balance than manure alone
Sugarcane and sugar beet waste	Refineries	N source, but hard to work with
Vegetable waste	Canneries, restaurants (especially vegetarian ones), sorted garbage, food stores, farm markets	Pea pods are especially high in N
Weeds	Gardens, fields, road sides, pond dredgings	Cut before seeds set, or use in hot compost pile; purslane is very high in N
Wheat straw, oat straw	Farms	High in C; slow to break down
Wood ash	Fireplaces, wood stoves, wood furnaces, bonfires	K and P but no N; strongly alkaline; don't use ashes from fires started with charcoal
Wool wastes	Mills	High in N but low humus potential; slow to break down
Worm culture soil†	Wholesale worm farms, fishing worm dealers	Rich in N from castings

*N = nitrogen, P = phosphorus, K = potassium, C = carbon

THE TWELVE MOST VERSATILE AND PRODUCTIVE HERBS



FIRST GROUP

This tremendously productive annual imparts a unique flavor to sauces, stuffings, soups, salads, and meat dishes. Good bets are the compact 18-inch-high BUSH BASIL and the larger-leaved LETTUCE LEAF, which is great for drying. Other recommended varieties are FESTIVAL SWEETS, DARK OPAL, and LEMON, which is strongly favored by The Liberty Herb Farm in Maine, because "it makes wonderful herb vinegar and is excellent with fish and salad." BASIL SPICY GLOBE (48) is a spacesaver.

The most frequently mentioned variety of this tomato-mate and meat stew and salad-enhancing herb is the tender evergreen GREEK form, which grows to 18 inches or more. According to Carol Hildebrand of Casa Yerba in Oregon, GREEK is best for long-cooked dishes, while the 16-inch-high ITALIAN oregano excels in quickly prepared soups and salad dressings.

Thyme is superb mixed with soft cheeses and as a seasoning in stuffing, salad dressings, gravies and sauces, and egg and meat dishes. Marilyn Hempstead of Fox Hill Farm in Michigan reports that both ENGLISH and LEMON thyme "offer a big return for the space." The ABC Herb Nursery in Missouri recommends the "really high-yielding" ST. LOUIS thyme.

SECOND GROUP

This grassy, bunching, 12 to 18-inch-high perennial member of the onion family is endlessly useful as a flavoring agent in sauces, soups, and salads of all kinds. Many herb growers also recommend garlic chives, which combine the flavor of mild garlic and chives.

An extremely hardy perennial, French sorrel grows 2 to 3 feet high. Its tart green leaves are high in vitamin C and make a tangy addition to salads or are tasty cooked together with other greens like spinach or cabbage. This herb also is the star of a famous French soup.

Unusually prolific and adaptable, this 2 to 2¼-foot-high self-renewing perennial is tasty as a solo tea or added to tea and other beverages. It also contributes a pleasant subtlety to vegetable and fruit salads. Lemon balm attracts bees for better pollination of other garden plants.

Though not as sweet as the curly form, flat-leaved parsley is recommended by Kent Taylor of Taylor's Herb Gardens in California and by Anna Smith of Country Herbs in Massachusetts, who cited its "tremendous yield" and suitability for most cooking purposes.

A perennial herb that blends well with eggs, soups, gravies, stuffings, fish, and meats, sage comes in several varieties, some quite ornamental. The yard-high HOLT'S MAMMOTH is favored by one southern herb farm because it is fast growing and doesn't die back. But a better choice in intensive gardens might be DWARF SAGE—a 12-inch-high form that is less likely to be winter-killed in northern areas.

The French form of this anise-flavored, 2½-foot-tall perennial is the most superior. According to Fairman Jayne of The Sandy Mush Herb Nursery in North Carolina, French tarragon loses no flavor "even when grown under very intensive conditions." Much more flavorful fresh than dried, this herb makes a delightful vinegar and is superb in tartar and other white sauces, and with fish, cheese, eggs, and cauliflower.

THIRD GROUP

Hardy and self-seeding, this fernlike annual attracts honeybees when allowed to mature to 2 or 3 feet. Dill needs just 8-inch spacing on all sides. If harvested young, it can be interplanted with cabbage, carrots, cucumbers, lettuce, and onions. Dillweed is a tasty addition to cheese or tofu dips, soups, salads, and creamed entrées. It's also a staple in making vinegars and pickles.

Upright forms of this elegant tender perennial are often recommended, but North Carolina grower Fairman Jayne says the most productive variety for small spaces is the foot-long creeping HUNTINGTON CARPET rosemary. North of Virginia, rosemary must be protected over the winter or taken indoors. This very decorative herb makes an unforgettable accompaniment to meat and poultry and is also memorable in soups, stuffings, gravies, sauces, and salad dressings.

The compact, 1½-foot-high annual SUMMER variety of this spicy plant was preferred by all but one of the growers who included it on their lists. Once called "poor man's pepper," savory's small, zingy leaves can be used to perk up soups, salads, sauces, or sandwiches.

WATERING YOUR GARDEN

Once again, don't be a slave to the garden unless you want to be. We live in a modern age and one in which, thank God, there are digital, battery-operated automatic timers which you can attach directly to your faucet and garden hose system. It is possible to program up to 4 waterings per day with a quality timer, which is well worth the expense in the time it saves you. Keep in mind, while the timer waters the garden, you can go somewhere else.

Just a few tips—while it is true that overwatering is a common problem, underwatering is a real mistake—particularly in the very beginning of germination. DO NOT LET THAT NEWLY PLANTED SEED DRY OUT—EVER. If you are watering several times per day by hand, you will literally be able to tell when enough is enough. If you are using a timer, which I DO recommend, you'll just have to play with it a bit to get it "just right". But under no circumstances let the seed dry out. I cannot emphasize this enough: It is better to overwater, if you must, than to underwater in the beginning. Besides, the raised-bed method of gardening will be more forgiving of a bit of overwatering than will a regular, hardpack farming method.

But what kind of sprinkler should I use, you may ask? AN OSCILLATING SPRINKLER IS, IN MY OPINION, THE MOST PRACTICAL. Also, they do have plastic Y adaptors to allow for two hoses, and thus, two sprinklers off the same water line. Keep in mind, I'm giving instructions here for a low-maintenance garden that will grow quality food. If you want to live in the garden day and night, that is your choice and you certainly are free to do so. My only point here is that over-work isn't necessary to

get results that you'll be delighted with.

WHAT NOW?

If you have followed the instructions to this point, you're there! As the vegetables begin to grow, thin them carefully. I always recommend using a sharp knife when harvesting. For example, when harvesting lettuce I like to cut away the outer leaves while letting the plant continue its growth. Experiment.

I believe you will find that growing a garden is an extremely rewarding experience—not to mention the quality of food you'll soon be eating! If it is done right, it can even be FUN. Learning about gardening is a lot like life—it takes time and just goes on and on and on. The secret lies in beginning.

If you've completed the garden, you've accomplished a great deal. A garden at home is worth ten insurance policies, because when all is said and done you can now go out into your own back yard and pick your next healthy meal. Well done!

"We are gardeners, you and I, in the Garden of the Conscious Presence. We draw the substance of the past into conceptions of the future. I am the source of the garden's design and I return to the garden through you. Together we tend the fields of possibility, drawing forth the inexhaustible beauties of structure, objectifying wonders, and manifesting new orders.

As each universal context spirals outward toward maturation, it gives birth to new and more intricate contexts within itself, revolutionizing former understandings of scale and revealing a host of new worlds to explore, inhabit, and enjoy. Each successive order of manifestation becomes the basis of yet another order and then of still another.

So new creatures coalesce from the fields of possibility, populating every desirable realm, as infinite potential eternally uncoils from the heart of God." [Ken Carey from *Starseed—The Third Millennium: Living in the Posthistoric World.*]

RECOMMENDED READING

Here's a list of some books which are extremely well done, some of which are out of print. Check your local library. Many of these books are available directly from the seed companies listed earlier in this article.

1. *How To Grow More Vegetables—than you ever thought possible on less land than you can imagine*, by John Jeavons.
2. *The Backyard Homestead Mini-Farm & Garden Log Book*, by John Jeavons, J. Mogador Griffin & Robin Leler.
3. *Square Foot Gardening*, by Mel Bartholomew.
4. *The New Seed-Starters Handbook*, by Nancy Bubel.
5. *How To Save Your Own Vegetable Seeds*, by the Heritage Seed Program, Ontario, Canada.
6. *The One Straw Revolution*, by Masanobu Fukuoka.
7. *Bio-Dynamic Agriculture: An Introduction*, by Herbert H. Koepf.
8. *Intensive Gardening*, by Faber & Faber.
9. *High-Yield Gardening*, by Majorie B. Hunt and Brenda Bortz.
10. *The Expert's Book of Garden Hints*.
11. *The Heirloom Garden*, by Jo Ann Gardner.
12. *The New Organic Grower*, by Eliot Coleman.
13. *Organic Gardening Almanac—Lewellyn's 1995*.
14. *The Bio-Dynamic Farm*, by Herbert H. Hoepf.
15. *Home Grower's Guide to Seed Saving*, by Vivecca Price.
16. *Vegetable and Herb Seed Growing*, by Douglas C. Miller.

WHAT ONE PLANT WILL YIELD

Knowing how many pounds of peas that one plant, or seed, will produce or how many cucumbers to expect from one vine is invaluable when you're planning your garden. For vegetables that yield once per plant, like carrots and onions, the figuring is easy. But what about all those that yield steadily over weeks? Here is a list of vegetables and the yield you can expect from one plant of each.

<u>One Plant</u>	<u>Produces</u>	<u>How Often</u>
	QUANTITY WEIGHT (LB.)	
Asparagus	1 spear 1/12	per week for 4 weeks
Beans (lima)	— 1/25	per week
Beans (snap)	— 1/16	per week for 3 weeks
Broccoli	— 2/3	main head plus 1/3 lb. per season
Brussels sprouts	100 sprouts 3	per season
Cantaloupes	2 cantaloupes 2	per season
Cucumbers	2 cucumbers 1	per week
Eggplants	1 eggplant 1/2	per week
Peas	— 1/16	per week for 4 weeks
Peppers	1 pepper 1/4	per week
Potatoes	— 2 3/4	per season
Squash (summer)	3 squash 1	per week
Squash (winter)	1 squash 1	per season
Sweet potatoes	— 1	per season
Tomatoes	3 tomatoes 1	per week



Greenspan Double-Speak On Return To Gold Standard

Editor's note: The following is from the Internet. It is a verbatim article published in the 9/1/81 Wall Street Journal by Fed Chairman Alan Greenspan. At the time he was a partner in Townsend-Greenspan & Co., an economic consulting firm. It is also relevant and very significant to know that Greenspan was the chairman of the Council of Economic Advisors from 1974-1977, a period witnessing dramatic changes in the price of gold.

The Internet version of this article asks editorially: "Can a leopard change his spots?" Indeed, reading carefully between the lines of this signal piece, one can see why the so-called "elite" would-be controllers work so hard and clandestinely to be in control of all the gold! Gold control equates heavily and ultimately to people control and thus the New World Order.

DISTURBED BY ALTERNATIVES

Even some of those who conclude a return to gold is infeasible remain deeply disturbed by the current alternatives. For example, William Fellner of the American Enterprise Institute in a forthcoming publication remarks "...I find it difficult not to be greatly impressed by the very large damage done to the economies of the industrialized world... by the monetary management that has followed the era of (gold) convertibility... It has placed the Western economies in acute danger."

Yet even those of us who are attracted to the prospect of gold convertibility are confronted with a seemingly impossible obstacle: the latest claims to gold represented by the huge world overhang of fiat currency, many dollars.

The immediate problem of restoring a GOLD STANDARD is fixing a gold price that is consistent with market forces. Obviously if the offering price by the Treasury is too low, or subsequently proves to be too low, heavy demand at the offering price could quickly deplete the total U.S. government stock of gold, as well as any gold borrowed to thwart the assault. At that point, with no additional gold available, the U.S. would be off the GOLD STANDARD and likely to remain off for decades.

Alternatively, if the gold price is initially set too high, or subsequently becomes too high, the Treasury would be inundated with gold offerings. The payments the gold drawn on the Treasury's account at the Federal Reserve would add substantially to commercial bank reserves and probably act, at least temporarily, to expand the money supply with all the inflationary implications thereof.

Monetary offsets to neutralize or "earmark" gold are, of course, possible in the

short run. But as the West Germany authorities soon learned from their past endeavors to support the dollar, there are limits to monetary countermeasures.

The only seeming solution is for the U.S. to create a fiscal and monetary environment which in effect makes the dollar as good as gold, i.e., stabilizes the general price level and by inference the dollar price of gold bullion itself. Then a modest reserve of bullion could reduce the narrow gold price fluctuations effectively to zero, allowing any changes in gold supply and demand to be absorbed in fluctuations in the Treasury's inventory.

What the above suggests is that a necessary condition of returning to a GOLD STANDARD is the financial environment which the GOLD STANDARD itself is presumed to create. But, if we restored financial stability, what purpose is then served by return to a GOLD STANDARD?

Certainly a gold-based monetary system will necessarily prevent fiscal imprudence, as 20th Century history clearly demonstrates. Nonetheless, once achieved, the discipline of the GOLD STANDARD would surely reinforce anti-inflation policies, and make it far more difficult to resume financial profligacy. The redemption of dollars for gold in response to excess federal government-induced credit creation would be a strong political signal. Even after inflation is brought under control the extraordinary political sensitivity to inflation will remain.

Concrete actions to install a GOLD STANDARD are premature. Nonetheless, there are certain preparatory policy actions that could test the eventual feasibility of returning to a GOLD STANDARD, that would have positive short-term anti-inflation benefits and little cost if they fail.

The major roadblock to restoring the GOLD STANDARD is the problem of re-entry. With the vast quantity of dollars worldwide laying claims to the U.S. Treasury's 264 million ounces of gold, an overnight transition to gold convertibility would create a major discontinuity for the U.S. financial system. But there is no need for the whole block of current dollar obligations to become an immediate claim.

Convertibility can be instituted gradually by, in effect, creating a dual currency with a limited issue of dollars convertible into gold. Initially they could be deferred claims to gold, for example, five-year Treasury Notes with interest and principal payable in grams or ounces of gold.

With the passage of time and several issues of these notes we would have a series of "new monies" in terms of gold and eventually, demand claims on gold. The degree of success of restoring long-term fiscal confidence will show up clearly in the yield spreads between gold and fiat dollar obligations of the same maturities. Full convertibility would require that the yield spread for all maturities virtually disappear. If they do not, convertibility will be very difficult, probably impossible, to implement.

A second advantage of gold notes is that they are likely to reduce current budget deficits. Treasury gold notes in today's markets could be sold at interest rates at

CAN THE U.S. RETURN TO A GOLD STANDARD?

9/1/81 ALAN GREENSPAN

The growing disillusionment with politically controlled monetary policies has produced an increasing number of advocates for a return to the GOLD STANDARD—including at times president Reagan.

In years past a desire to return to a monetary system based on gold was perceived as nostalgia for an era when times were simpler, problems less complex and the world not threatened with nuclear annihilation. But after a decade of destabilizing inflation and economic stagnation, the restoration of a GOLD STANDARD has become an issue that is clearly rising on the economic policy agenda. A commission to study the issue, with strong support from President Reagan, is in place.

The increasingly numerous proponents of a GOLD STANDARD persuasively argue that budget deficits and large federal borrowings would be difficult to finance under such a standard. Heavy claims against paper dollars cause few technical problems, for the Treasury can legally borrow as many dollars as Congress authorizes.

But with unlimited dollar conversion into gold, the ability to issue dollar claims would be severely limited. Obviously if you cannot finance federal deficits, you cannot create them. Either taxes would then have to be raised or expenditures lowered. The restrictions of gold convertibility would therefore profoundly alter the politics of fiscal policy that have prevailed for half a century.



approximately 2% or less. In fact from today's markets one can construct the equivalent of a 22-month gold note yielding 1%, by arbitraging regular Treasury note yields for June 1983 maturities (17%) and the forward delivery premiums of gold (16% annual rate) inferred from June 1983 futures contracts. Presumably five-year note issues would reflect a similar relationship.

A RISK OF EXCHANGE LOSS

The exchange risk of the Treasury gold notes, of course, is the same as that associated with our foreign currency Treasury note series. The U.S. Treasury has, over the years, sold significant quantities of both German mark and Swiss franc denominated issues, and both made and lost money in terms of dollars as exchange rates have fluctuated. And indeed there is a risk of exchange rate loss with gold notes.

However, unless the price of gold doubles over a five-year period (16% compounded annually), interest payments on the gold notes in terms of dollars will be less than conventional financing requires. The run-up to \$875 per ounce in early 1980 was surely an aberration, reflecting certain circumstances in the Middle East which are unlikely to be repeated in the near future. Hence, anything close to doubling of gold prices in the next five years appears improbable. On the other hand, if gold prices remain stable or rise moderately, the savings could be large: Each \$10 billion in equivalent gold notes outstanding would, under stable gold prices, save \$1.5 billion per year in interest outlays.

A possible further side benefit of the existence of gold notes is that they could set a standard in terms of prices and interest rates that could put additional political pressure on the administration and Congress to move expeditiously toward non-inflationary policies. Gold notes could be a case of reversing Gresham's Law. Good money would drive out bad.

Those who advocate a return to a GOLD STANDARD should be aware that returning our monetary system to gold convertibility is no mere technical, financial restructuring. It is a basic change in our economic processes. However, considering where the policies of the last 50 years have eventually led us, perhaps there are lessons to be learned from our more distant GOLD STANDARD past. ~~⚡~~



Watch For Deceptions On A Planetary Scale

[Continued from Front Page]

suggestion and change his ways, lest he be left behind in darkness.

Does this mean God cares not if you "make it" through these days of chaos and great change? Of course He cares. HOWEVER, GOD WILL NOT DO YOUR JOB FOR YOU! He will show you the way and instruct through instinct, inspiration, and imagination—the three ways God uses to talk to the minds of His creations. YOU will change a world or it will not be changed.

Your "Jewish" Israeli Zionists are readying a massive Hollywood production utilizing technology you-the-people believe is scarcely little more than science fiction. (When I speak of Jews, I speak of the false "Jews" who are of "the Synagogue of Satan"—again, from your *Bible*; I am not referring to the Godly Judeans who make up less than 8 percent of world Jewry.) Well, your so-called "Jewish"-owned film and TV industry work hand-in-glove with the most dangerous *terrorist* organization on your planet.

Israel's Mossad and Britain's Secret Intelligence Service are the clandestine enforcers for a global cartel of super crooks classified as your "establishment families" of old. These ones have been in power since the beginning, but only now, as you approach the ending of this two-thousand-year period, do these entities come to the surface as a whole—for in these ending times, Lucifer has promised them YOUR EARTH, and they intend to fully inform you ones of this, because they believe you are beyond the ability to do anything about it.

When the very stars fall from the Heavens, and night turns into day, and visitors come to fulfill "prophecies", you will witness the curtain rising on the final act of **man's play**. And with it will come that which you have been programmed and readied for lo these many eons to accept. Will God allow such a thing to come to pass? Indeed, for if it takes such to cause you ones to learn your lessons of war, greed, lies, and spiritual and moral decay, then so be it.

Does it HAVE to be this way? No. But if it is to be "better", then you-the-people will be the ones to rewrite the play and CREATE a better ending!

**TODAY'S WATCH:
YEAR 12, DAY 196**

You have a saying that touts: "When the Death Watch Beatle is heard, death is coming." It is a phrase that mystics or Satanic worshipers

are familiar with, but it is also very accurate as to your plight with evil run amok on your plane (or dimension) of physical experience. *According to plan* you all are so worked-up to expect a year-2000 (y2k) computer "glitch" that even if there were no concerted *covert* actions being readied, **THE COMBINED THOUGHTS OF BILLIONS OF PEOPLE FOCUSED ON DECEMBER 31, 1999 WILL BRING ABOUT THE VERY THING YOU FEAR THE MOST!**

That is why it is so important to be ever mindful of what thoughts you allow to pass through your beings. Your brain and your body ARE NOT YOU, but they are used by the Light Fragment of God that IS you. And it is that forever entity who is all powerful and all knowing—once you come to appreciate who and what you really are. Your adversary knows this and spends enormous amounts of your tax dollars so you don't ever figure it out. Because if you do, the play is finished for them; even your adversary knows, ultimately, that evil never prevails against The Light. (And by the way, what do you think your tax money is used for—paying back the international banksters of England, France, Italy, and Israel? Dear ones, you don't even begin to pay back the interest on those **incredibly massive** "loans" to/by the Federal Reserve.)

As you continue with your countdown to destruction according to your adversary's plans, we will allow you to follow most closely that countdown. However, the accounting will be to ACTUAL *spiritual* "time keeping". In all of the countless inter-experiencing dimensional arenas in the Mind of God, "the plane of demonstration", your physical world, is the only one where TIME is measured. In the Celestial Realms, we follow sequence of events, and even that is not linear, for what you label as time travel is indeed a reality. Another little secret kept from the masses.

AS OF AUGUST 17, 1987 YOU ENTERED A NEW MILLENNIUM. YOU ARE 12 YEARS AND 196 DAYS INTO IT! All the ancient aboriginal calenders ended after August 16 and, like the aboriginal people of America (Native Americans, whom God called HUMAN—HIGHER UNIVERSAL MAN), they are waiting for two things: (1) their (and your) extraterrestrial brethren to return, along with The Great Spirit; and (2) to see if and how far man will fall during this time of kali (chaos).

While your adversary is causing you to focus on an ERRONEOUS millennium countdown, the evil elements are planning to

usurp August 17, 1999 as a day to attempt to bring their own heinous plans into fruition by causing ones to believe a STAGED HOLOGRAPHIC PRESENTATION OF "JESUS" CHRIST. Whether they actually wait until August 17, or January 31 of 2000 or 2010, the point is to cause the world to be fooled by the magic of David El Roy, the Khazarian mystic whom the six-pointed Star of David is fashioned after. This was NOT the King David of Judean history.

This will come as a blow to those believing they knew all there was to know about being "Jewish". It is just as devastating to Christians who are unaware that "Jesus" is not, nor ever was, the name of Esu Immanuel. His most bitter *Khazarian* enemy, Saul (Paul) of Tarsus, called him "Jesus Christ" to further obscure the truth. "Jesus" is a Greek word that means anointed, and "Christ" is not the name of a person, it is a state of beingness and level of accomplishment.

You ones have NEVER been given The Truth about ANYTHING important and you cannot fix a problem or avert disaster if you don't know what you're up against. There is no longer time to catch you up on all that your institutions of "higher un-learning" have not taught you. We will integrate as best we can that which you need as to pre-history with what requires immediate attention. You are in the eleventh hour of your sojourn of your current incarnation, and literally, every hour counts.

Under this subheading will be the latest updates to events unfolding that directly affect the close of the old millennium and the starting of the new, as well as direct actions Americans can utilize to prevent the holocaust (as in "destruction, usually by fire" definition and not the controlled FALSE "Jewish" death-camp version). As has been outlaid many times before: around 300,000 to 350,000 people were allowed to die during that period of time of Hitler's Germany due to starvation and some torture—**ALMOST ALL WERE GERMAN CITIZENS AND JUDEAN "JEWS". THE ZIONIST-AFFILIATED "JEWS" (TURKISH-NORDIC-MONGOL KHAZAR NOMADS FROM THE CAUCASUS REGION OF SOUTHERN RUSSIA) TRIED TO ERASE THE EVIDENCE OF A STOLEN LEGACY BY WORKING TO EXTERMINATE THE PEOPLE WHOSE HERITAGE WAS TAKEN.**

Why am I harping on the "Jews" again? Because it is the current thrust of your Satanic adversary to use whomever and whatever gains him the most. Since you have allowed IN THE NAME OF ANTI-SEMITISM AND BIGOTRY for a group of people, legitimate or not in your perception, to take control and run every aspect of your lives, it has become merely a matter of convenience for the prince of evil TO UTILIZE THESE SAME ONES.

Do you not have a world of many and varied humans, and do they not have their own customs and beliefs and spiritual or religious practices? Then why must Zionist *Protocols* for human behavior be foisted off upon the rest of the planet? Does that not fit your definition of racism?

You think Korton is being a stickler for terms and definitions? Well your own United Nations was forced to admit in open forum that "Zionism is equated to racism".

SHELTERS ACROSS AMERICA, INC.

Your civilian and military personnel are the targets for any ABC (atomic, biological, chemical) attack by your so-called Arab terrorist enemies. Chelas (students), the only enemies you have as a nation and as a people are the adversarial so-called "elite" right in your own governments pulling the strings and running the world from behind closed doors. Known by many labels (Illuminati, Club of Rome, Committee of 300), the "Olympians" is the term I believe best describes them.

As you watch the Olympic scandal unfold, what you are actually witnessing is a parading of the very so-called "elite" manipulators we speak of. These ones call themselves Olympians because they believe they have the power of the ancient gods of Greek mythology. Before your physical world evolved over many past millennia, these entities did indeed exhibit what you term to be god-like qualities. However, the reality of their existence was not tangible to what you recognize as corporeal bodies. In appearance you may not know the difference, but there was great difference between those considered to be gods of Olympus and ordinary people.

Today these same energy forms incarnate as, and influence, the kings, queens, and overseers to keep the masses of slaves chained to the dark ages of technical, moral, and spiritual achievement. They do not want you to come into your own as a cosmic, Christ-conscious being because, WHEN you do, they have no power over you. This is why **ALL FORMS OF ESTABLISHMENT MEDIA** are controlled with an iron (gold is more fitting) fist. By keeping knowledge and information from you, the Olympians hope to conquer a planet. "My people are destroyed because of lack of knowledge" is a phrase that has great meaning, and it behooves you to keep this thought ever present in your daily ponderings.

The Dark Brotherhood are your enemies! Your enemies are NOT your ethnically different brothers across your borders and seas. Are they not in the same mess you're in? The sparse few who control your world from behind the scenes are moving headlong toward Nuclear War One, and it is America who is going to lead the way in the name of Zionism.

The Khazarian Israeli plan labeled Project Z is very much on track. The reason the letter Z is used is not just to highlight the Zionist agenda, but more importantly, because the war planners decided that this is the last plan they will ever need in their war AGAINST CHRISTIANITY. And as long as you still have no shelters to protect your populations, you have almost zero chance to survive the holocaust.

Remember, by allowing American civilians and military personnel to have protection against nuclear attack, PREEMPTIVE FIRST STRIKES BECOME A MOOT POINT. This is the only card left to play, chelas.

Your "enemy" states have shelter systems for their people, so your missiles will not reach them. BUT YOU ARE NOTHING MORE THAN SITTING DUCKS FOR THE THOUSANDS OF MISSILES AND NUCLEAR MINES POISED TO REDUCE THE U.S. TO ASHES.

If America is consumed by nuclear fire or

cataclysmic Earth changes, a remnant of both your people and your nation—as founded under God of Light and inscribed onto your precious *Constitution* documents—must make it through to rebuild.

Rebuild what? Not a new government that will be worse than what has already taken your nation—**BUT ONE BUILT UPON THE FOUNDATION OF THE ORIGINAL.** The ruins of what you have now—be they ruins of charred rubble or just ruins of a tyrannical government gone mad—will be as the Phoenix Eagle rising from the ashes. (This is a bird in Egyptian mythology that consumed itself by fire and rose up, renewed, from its own ashes.)

Your enemy is playing a very well thought-out game of chess—the favored strategy game of the "elite" manipulators of Russian-Khazarian decent. (The game Monopoly is favored among the relatively new members of the "elite" who were charged with the secret taking-over of America; ask Rockefeller and Morgan how enjoyable and profitable the game was to them!)

God's people also must know about these things so that those who conspire to do you in do not have such a wide-open playing field. By operating within the same corporate and national security veils that the evil manipulators use, Americans can get a shelter system set up quickly and in record time.

Surviving a nuclear attack is one of the easiest tasks your community and state leaders can accomplish and it IS ONE OF THE MOST BENEFICIAL UNDERTAKINGS YOU HAVE AT THIS TIME. If you have no living humans left alive, it matters not one whit what goes on in the continuing misadventures of "Zippergate".

By the way, ALL of your political, top military, and police insiders are up to their ears in these ever increasing sex scandals. What you are not told is that such as the Ramsey child murder case is the norm as "entertainment" in those higher so-called "elite" groups. These are the "cults" the media efforts to "warn" you about—but not by pointing a finger at the guilty, for that would implicate many, many of those you have great respect for. Indeed, secret satanic and Masonic (I speak of the 33rd degree and above, not the local community lodge that has bake sales to help the needy.) rituals routinely involve sex with children and participation in "snuff films". For a price or for satanic rite, children are murdered just for the experience. The Khazar element believes that to kill a Christian child, preferably between 7 and 12 years old, while displayed in "Christ-like" fashion and with as much pain and suffering as can be inflicted, will give the evil ones power over their hated Christian enemy.

THIS IS WHAT YOU ARE DEALING WITH, CHELAS, AND THESE ONES HAVE NO QUALMS ABOUT KILLING 260 MILLION-PLUS AMERICANS IN THEIR BID TO TAKE A PLANET. IF YOU ARE NOT PREPARED TO DEFEND YOURSELVES AGAINST SUCH EVIL, THEN EVIL WILL CERTAINLY DEVOUR YOU WITHOUT SO MUCH AS A BACKWARD GLANCE AS TO WHETHER

OR NOT IT IS "MORALLY RIGHT".

You cannot reason with a rabid wolf, and if you believe you will be given a counter-offer as to the terms of some of you surviving and just being allowed to live out your days, you would be sorely mistaken. Your adversary plans on ridding your Earth of all but 550 million people BEFORE the end of this millennium. That does not give you much time.

Can it be done by ordinary citizens? Indeed, why do you think we've come to assist? It is God's promise that a remnant will make it through. Evil will destroy itself; the meek will survive **ONLY IF THE MEEK HAVE MADE PREPARATIONS TO SURVIVE.** Even if you are greatly successful in turning around your adversary's genocide plans—shelters and belowground domed dwellings will still be very necessary.

Weather modification by Russian electrogravitic hovering weapons platforms, by HAARP (High-frequency Active Auroral Research Project) transmissions into the upper layers of your atmosphere, and belowground nuclear powerplants feeding tremendous energy to buried continental cables—not to mention underwater nuclear detonations spawning **UNNATURAL** planetary changes on top of rebalancing natural occurrences by Mother Earth (your El Ninos and La Ninas)—these are just as valid reasons to have shelter systems as any other.

There is now no part of your country or world that is any less dangerous than another. You have earthquakes in such as California, but you are also having destruction to life and property on greater and ever increasing scale by high winds, massive flooding, raging fires, killer avalanches, droughts, etc. Does it not seem a bit too coincidental that Mother Nature's fury begins to awaken just in time to bring in the new millennium? Ah, but with man's help it is coming to pass right on cue.

**SURVIVAL IS ONLY
TEN FEET FROM HELL**

You have been lied to about the survivability of a nuclear blast—it is 100 percent survivable **WITH ADEQUATE PREPARATION!** It is not expensive, as the British-Khazarian Bolsheviks would have your politicians tell you.

For the price of a new compact automobile, every family in America can have an emergency shelter **WITHIN 15 MINUTES OF HOME OR WORK.** With available packages, occupants can have water, food, health products, electricity, sleepers, toilets, survival supplies, and a nation-wide digital Shelter Communicator Service. (And by the way, I use the term "health products" above because, by Khazarian law, the term "medical" or "medicine" may not be used; cures for cancer, AIDS, and protection against the many and varied plagues ready to be loosed on an unsuspecting world will not be allowed. The point is to depopulate using any and all means—**INCLUDING ATOMIC WAR.**)

Your military bases are the first targets because it is there where you have the

largest concentration of people strong enough and healthy enough to be of greatest assistance to you during a nuclear confrontation. IT IS THEY WHO ARE TRAINED TO PERFORM THEIR DUTIES IN TIMES OF DISASTER AND EMERGENCY, SO IT IS THEY WHO YOU SHOULD PLACE HIGH ON THE LIST OF IMMEDIATE SHELTER INSTALLATION.

At the same time, every daycare center, school, and university had better utilize those parking lots and playing fields to house your children while they are away from home. Within a week the shelters can be installed and the landscape returned to usable aboveground space with only entrance ways and small Shelter Periscope Conduit Pods (SPCP). These SPCPs contain environmental control equipment and communications ports.

For shelters installed in areas of high-risk from flood or heavy debris, the SPCPs can be outfitted with a special module that allows the occupant to survive for seven days in a completely self-contained, watertight, and airtight enclosure. The Shelter Communicator Service of every high-risk area shelter and all belowground domed dwellings will be constantly monitored by a triple-redundant system in preparation for all possible communications problems—especially those very likely to be encountered during war.

SAA, Inc. (Shelters Across America) will soon offer Iridium Satellite Communicators to help SCI (Space Command Intelligence) field officers, vehicles, lifeboats, and aircraft maintain a ready lifeline to the shelters and domed dwellings for emergency assistance and locator relays. (For more information about Shelters Across America, call 805-908-3616 during normal West Coast business hours.) By the way, "intelligence" is merely a synonym for "news" or "new information", especially about an enemy. However, in the world of international security agreements and covert double-talk, not having access to these circles is legal grounds for **PUBLIC** exclusion from matters that have grave consequences to civilians. You have no idea of the painstaking procedures and "special" committees set up against unsuspecting civilians. All the world's spy cults are now united and have been charged with ushering in the One World Government where rulership is absolute and all those not of them are to be stripped of every last thing they own.

Interestingly enough, the Iridium logo is of the Pleiades constellation—the location of your Earth's central Sun—the system from whence most of you came, and it is there the lot of you will go for your next experience.

You are the most like the beings from Pleiades—and rightly so—they are your ancestors. The lives and living conditions are greatly advanced from that of Earth-Shan. Your more advanced brothers and sisters from that place live in what you would consider a Garden of Eden. They do not overpopulate their planet or destroy their environment through greed of mineral and other natural resources, nor do they destroy the landscape with the clutterings of man's unaesthetic and illogical housing methods. Living **WITH** Nature means to blend in

harmoniously so that the delicate balance of man (whether terrestrial or extra-terrestrial) and his environment is not upset. **ALL** worlds experience planetary changes from time to time; it is part of each celestial orb's growth and evolution. Your dwellings should reflect the **INEVITABILITY OF THAT CHANGE.**

Just as terror and destruction come to a colony of thousands of ants in their microcosmic community in the form of a devastating flood because a child forgot to turn off the water hose during a warm summer afternoon, a little preparation—such as a door to close over the entranceway until the water subsides—can save many lives, be they insect or human.

Animals do not live out in the open the way humans do, and yet they are protected from the elements because God, through instinct, gave them the knowingness to seek shelter in the womb of your Mother Earth, or nestled among and within the great trees; only man disregards the Whisperings of God and lives in a far less balanced fashion. Well, if man's ways are not changed most quickly, he will be as the grasshopper who has a carefree summer and autumn and, because of lack of preparation of food storage or shelter, perishes because of a change in the weather.

**SHELTER PURCHASES
FOR U.S. RESIDENTS**

At present there are five main categories for belowground shelters and domed dwellings. Continuing research and development on more expansive domed living spaces and layouts for underground hydroponics, livestock, recreation, and even parks will be forthcoming. Interconnecting ABC compressed earthen tunnels and custom entrances will also be available as add-ons to each shelter and dwelling.

In order for nuclear war to be averted (at best, or ensure that a remnant makes it through if you insist on conjuring the Armageddon scenario) residents of **united** States of America must have easy access to purchasing shelters. Just as your world changed because of the invention of the automobile, so too will your way of life change (for the better) by having a secure place to live in relative safety. You are moving out of limited human physical sensing into Spiritual Knowing and that means you must begin to live your lives in a way that follows the Laws of God and The Creation. For it is when man breaks those laws that he brings misery upon himself.

Your Olympian-sized-ego rulers believe they can frighten you into giving up without a fight. Just by telling you that, through national security considerations, you are better off by **surrendering your sovereignty to the UN AND THEY WILL PROTECT YOU. THE UNITED NATIONS IS A WELL-MEANING "FRONT" IN PUBLIC, BUT IN REALITY THEY ARE SATAN'S TROOPS COME TO EXTERMINATE YOU! STAFFED WITH THE WORST MURDERERS, WAR CRIMINALS, EVIL DOCTORS, AND RACIST HUMAN BEINGS TO EVER BE GATHERED IN**

MASS UNDER THE BLUE HELMETS OF OLD NOSTRADAMUS' 500-YEAR-OLD PROPHECY. THE UN IS HEADED BY THOSE WHO DESPISE AND HATE YOUR BELIEFS AND WAY OF LIFE. BY BRINGING THE LIGHT OF TRUTH ABOUT THE REAL PURPOSE AND MANDATE OF THE UN CHARTER ON DEPOPULATION, THOSE WHO ARE TITULAR FIGUREHEADS ON THE SECURITY COUNCIL CAN COME INTO TRUTH AND HELP YOU OVERTHROW THE BEAST OF MANY NATIONS AND MANY HEADS. BUT IT WILL NOT BE DONE THROUGH FORCE. GOD IS NEVER COERCION.

By being as clever as the serpent, but as gentle as the dove, sovereign American residents can prevail against the New World Order's SS intelligence police. Their dark protection for hundreds of years has been through secret societies and satanic cults hiding your most prominent "servants of the people".

While you are preparing for the Olympic games, like Caesar's gladiators and lion pits of old, "His Excellency" (what elitist member Antonio Juan Samaranch is called in international circles—which is everywhere outside America), a lifetime member of the IOC (International Olympic Commission), and his fellow Olympians—each operating quietly behind the scenes of other philanthropic-seeming foundations and organizations—**plan to spread the plague (manmade, of course) from Utah U.S.A. to the rest of the world. Seeing that international travel is to a pandemic what fanning winds are to a hot, dry brush fire, the combination is going to have a devastating effect upon your world population.**

Your Space Program also ties in with this heinous plan as a rocket-launched satellite probe is to bring back samples or something or other (You are never given truth about what is actually carried aboard these vehicles or their missions—nearly all are military payloads designed to hasten your trip down the road to Armageddon.) and deposit the confounded thing by parachute into the Utah desert just in time to blame your massive plague on one more thing from outer space. Remember what you are up against and know that every trick in the book, so to speak, will be used to try to pull the wool over your sleepy eyes. James Bond super villains do, in fact, exist; it is only you-the-people who do not seem to comprehend how such things have come to be.

Perhaps it is time to review Ian Fleming's film: *On Her Majesty's Secret Service*, one of the one or two screen adaptations to Fleming's books that still holds a great deal of truth regarding your "elite" manipulators. Again you will find much similarity to the Anthrax scares and sudden disease outbreaks that kill without warning.

Dear ones, you have NO sudden outbreaks of anything attributed to Nature; however, you do indeed have them during a biological weapons attack—which is what the U.S. is currently experiencing. Soon your government traitors will have to admit to you that they have no protection nor

warning system against the attacks that are passed off in the controlled media as mere hoaxes and scares. The greater danger with some of these bio-chemical agents is that they can be engineered to infect casualties days, months, or years after exposure.

Do you not think there is some measure of retaliation for the British-Khazarian use of your military and special-weapons forces bombing Iraq? Even though the SAME ENTITIES ARE CAUSING CASUALTIES ON BOTH SIDES, **THE U.S. IS GOING TO SUFFER GREATLY AS PLANNED; YOU CANNOT VERY WELL GET RID OF THE "USELESS EATERS" IF YOU DON'T HAVE COUNTER ATTACKS, NOW CAN YOU?**

These are the plans, deeds, and words of those whom you allow to hold top positions in your government and other MORE INFLUENTIAL POSITIONS. Ones such as Albright are marching right along to programmed orders to openly get you into a shooting war with Russia and China. Do you not understand what is happening? It has been prophesied that the (Russian) "bear from the north" and the (Chinese) "dragon" will devour you in the days described as the "ending times". Why do you think these "wars and rumors of wars" are becoming more and more frequent as the clock ticks closer to December 31?

Y2K IS THE PLAN OF PLANS

Do not for one moment believe that the Year 2000 computer "glitch" is not tied to the Bolshevik Zionists' "Project Z" war plan. It not only is tied to it, it IS THE PLAN. Since the United States lost the space battle with the Russians in September of 1977, which started with the destruction of U.S. surveillance satellites over Russia, the "taking out" of two MANNED installations on the Moon, the downing of Skylab with FIVE ASTRONAUTS ABOARD, and culminating with the sweeping of the skies of the remainder of your surveillance and early-warning satellites, the Bolshevik warlords have been trying to retaliate against the new Christian anti-Bolshevik rulers of the Kremlin. A worldwide computer failure is just the ticket to plausibly launch the attack.

Large corporations, especially those owned by the Japanese, plan everything they intend to do years and even decades in advance, and their computer systems are no exception. Rockefeller interests have been in control of world commerce as relates to the U.S. for more than a hundred years, and SONY, a Rockefeller company (SONY stands for Standard Oil of New York) is the epitome of "elite" corporate efficiency.

The y2k computer bug is the failsafe mechanism to start a war. As Russian (!?!) and American officers huddle in your Aerospace Command and Control centers deep underground in the Cheyenne Mountains (and other locations) preparing to control the aftermath of nuclear war on U.S. soil, no one is telling the American people what everyone else in the world already knows.

While you ones go about doing nothing,


hoping some miracle will save you without any effort on your part—or worse, refusing to believe that such a thing could conceivably be done to so many innocent people—your traitorous leaders have signed over your very souls to the death merchants. On web sites such as Art Bell, ones are beginning to stock-up on offered foodstuffs and other survival gear. **BUT IF YOU HAVE NO PLACE TO PUT THEM THAT IS PROTECTED FROM HARM AND EASILY ACCESSIBLE, IT IS USELESS.** The mouthpieces in the controlled major media are giving you all the clues you need **BY TELLING YOU "NOT TO WORRY...TOO MUCH."** Chelas, they do not want you to prepare because they want you completely off-guard and confused so that, when the lights go out for good, you will be as helpless as the sheep being herded to slaughter.

Computer and Internet systems will indeed crash, **AND WITH ALL YOUR ASSETS GONE AND NO WAY TO DECIDE WHAT HAS REAL BARTER VALUE, F.E.M.A. TAKES OVER AND, WITHIN THE HOUR, YOUR ONCE GREAT NATION BECOMES A THIRD WORLD COUNTRY.** And you will accept those terms, if need be, through the persuasion of UN "peacekeepers" and their assault weapons, training right now on U.S. soil and south of your border.

America is only as great as her perceived financial stability, and when that is gone, all your enemies wearing false smiles and bowing and scraping will turn on you, walking right along in step with the UN mercenary forces. If or when America dies, those who helped to kill her will also be destroyed as the beast turns and devours them. Remember, Satan has no qualms about eating his own.

Computers are wondrous tools. However, in the claws of the New World Order conspirators, they ARE the Beast of Revelation and you'd best take this portion of your Bible most seriously. The rest of the Bible is nothing more than tampered and revised works by the descendants of kings and monarchs—since when has ANY ruler cared about the sovereignty of the people? Their goal has always been to amass as much power and gold as their greedy hearts could bleed from the people; now suddenly, in this "new" age, is it feasible that your ancient-current nobility has abandoned all they've worked toward for so many centuries?!?

If you do not stop this mad dash to war (allies and enemies alike are armed with small and incredibly destructive atomic weapons), you are going to manifest the only outcome to a third world war. If that is what man's evolution is to be at this passage in his experience on Earth-Shan, then so be it; however, you do have a choice. You can work with God to preserve your planet and your people, or you can do nothing and allow Lucifer's servants to make what remains of your soon-to-be short lives a most unpleasant experience.

May the Love of God and The Creation and the future of your children's children guide your actions, for in the end it is your intentions that are looked at most carefully by God. Korton to clear, please. Salu. 

Update On Last Week's Special *CONTACT* Edition

3/21/99 CONTACT STAFF

As you are well aware, after last week's Special Edition issue of *CONTACT*, change is possibly on the horizon. At this present time Dr. Ed Young has not "gone away" as Editor-In-Chief of *CONTACT*, and Rick Martin has not "gone away" as Senior Correspondent and Vice-President of *CONTACT*—nor have there been any other staff changes among the *CONTACT* crew.

However, in the event that Doris and E.J. Ekker decide to exert legal actions which cause Dr. Young or Mr. Martin to be removed as active participants within the *CONTACT* newspaper structure, then you will surely see changes in *CONTACT* authors and content which will clearly signal this situation, especially as the *CONTACT* staff prefers to work with Dr. Young and Mr. Martin. Dr. Young alluded to this possibility near the end of last week's Front Page editor's note.

Under such extenuating circumstances, there exists the "possibility" of another newspaper coming to life by some or all of the present staff of *CONTACT*. However, it must be left to you readers to inquire about that situation, should there be evidence which provokes your suspicions. One route of such inquiry (and for reaching Dr. Young or Mr. Martin in the event that they are caused to no longer be associated with *CONTACT*) would be at: P. O. Box 1567, Tehachapi, California 93581. Another avenue for inquiry and communication would be when ordering your copies of *WISDOM OF THE RAYS: The Masters Teach, Vol. II*, at the Las Vegas address given within the ordering information for that book, elsewhere in this paper. Therein is also given an e-mail address for communications.

With respect to last week's Special Edition, the *CONTACT* staff would like to acknowledge the many communications of encouragement (from both near and far) pouring into the *CONTACT* offices which express appreciation for our courage and honesty, and which convey strong support for our willingness to tell The Truth. Your kind notes also gently convey what has long been suspected: that while there were many of you out there who were noticing the gradual "deterioration" discussed in last week's Special Edition of *CONTACT*, you were too polite to speak up critically concerning this matter—until now.

The present *CONTACT* staff is not comfortable operating in any other way than with complete honesty, and we greatly appreciate hearing from the large numbers of

you who resonate with and applaud that course of action. As soon as one begins to condone even the small deviation from Truth, there is then precipitated the avalanche which eventually buries Truth. Then the Adversary wins yet another round. No, thank you!

A most gracious 3/17/99 note from Ms. Adele in Utah summed up the feelings expressed by many of you:

"What a sad surprise, reading your lead article—although there was the feeling for several weeks: 'Why no articles from Sananda, Soltec, or Korton?' which are some of the most important and revealing information and teachings received..."

"It is surely sad to hear of [these] events, though Lord knows I went through plenty of 'negative' attacks during many years of learning telepathy, plus some bad direct attacks on the physical body. I'm wondering how Doris and E.J. were not more aware of what was going on..."

"What a thing for you people there to go through!..."

"I'm so sorry—and hope things really improve there for you and those on your team. What a position to put you in. How can ones be so blind?"

"It is so easy to see the need of the loving Hosts' teachings and information..."

"I hope all clears, that the *CONTACT* surely will continue, and positions remain well and protected. I surely will order Volume II of *WISDOM OF THE RAYS*—pronto. All your efforts are greatly appreciated. God Bless You, Adele."

Well, God bless YOU, Adele, and all of you out there who have shared similar sentiments that you really do understand.

Next item: *CONTACT* has been asked by Dr. Al Overholt, who you all know and love as "captain" of our News Desk column, to present his recent strong but compassionate letter to Doris and E.J. Ekker in response to their asking him where he stands with respect to the issues presented in last week's Special Edition. Here is that letter:

March 18, 1999

Dear Doris and EJ,

And I do mean DEAR. I love you both very, very much, and it's very difficult to have to tell you I can not go along with working with ones when I don't feel that their guidance is coming completely from the LIGHTED Source.

My guidance is to work with Ed and the other *CONTACT* crew. I could not "fire" Ed

as requested, even though I don't agree with Ed all the time in the way he handles matters. He is not perfect, nor is anyone else in this crew. However, I agree with the generalities of working with him and continuing the paper, even if we are forced to set up another paper.

My understanding of what Hatonn [said] (through Doris), over a year ago, and again since you have been overseas, is that if Doris would pay attention to what Hatonn was saying to her, or [if she was] even listening to him, she wouldn't be sick and in bed.

I was there in the early days when Hatonn gave her a last chance to sever the total commitment of her life entirely to him, or continue, and she chose to continue without the ability to resign. (My understanding of what was said.)

Then he had to keep her disabled because she wasn't living up to that commitment, especially over the last couple of years—including now—is the way I understand what is now going on.

I'm very, very sorry it has come to this point, but we were all warned the testing would get very severe before we were through with this mission. I'm certainly no angel, but neither can I sit on the fence in this matter, nor can I carry out your desires when I feel my position would better serve the LIGHT by continuing as stated above.

Many times, when people really need the most help, they cannot see it themselves, as you well know from the experiences I've seen you go through.

A number of us here feel you both need help from the LIGHTED ones and, as you know, They are always waiting for the call. My prayers are that you will call on Them with a heart-felt sincerity, so you can get that help NOW.

Almost, if not all, of the ones here love you very deeply, and want you to feel free to come home to a big welcome—GOLD or NO GOLD—with the desire to rest and gain back your balance and carry on when you have gotten that balance back.

Please don't hold any grudges or anger against us; certainly I hold none against you. We all have to play our parts in this play, and get our missions accomplished, and at times it is best that we back-off to recuperate and regain a better perspective and/or rebalance ourselves.

I send this along with much love and hope that it comes across with the love with which I intend it to portray.

We love you, and may God bless you richly for all you have accomplished and

helped us to experience in our association here with you, to progress in our missions.

Light, love and prayers, always, Al.

* * *

The next item to share with you is a writing scribed by one of the several fine receivers who regularly contribute spiritual messages to the pages of this newspaper.

3/19/99 ESU "JESUS" SANANDA

Greetings and good evening, child. Be at peace and be still, for it is I, Sananda, come to speak with you this day. I come in and with the Blessed and Radiant Light of the One True Creator God.

Thank you for your time and for your persistence in these very trying times. Have I not always told you that I am always near, and you need but ask and I will answer.

Be not surprised that Doris cannot see nor hear The Truth these days. For have I not told you that my people *know* my voice? In her fear and desperation, she knows not that she has turned from The One Source, Creator God, for the dark force has managed to capture her in his web of seduction and deceit.

Do you ones give up and stop sending her The Light—my Light or our Father's Light? I say unto you, nay, you shall not stop, for it is only that Light which is keeping her in relative safety. I hear, "For how long shall we continue to send that Light?" My answer to that, chelas, is: "As long as you must, for have I not told you that you should forgive thine enemies 70 times 70 times?" That phrase was an idiomatic expression in the days when it was first spoken, and its meaning is: forever, or until the end of time.

The ones in question (Doris and E.J. Ekker) need all the Light and all the Love you ones can send their direction. Just because they continue to follow down the corridor of darkness does not mean that we do not still love and care for them, for we truly do. They are merely on a mis-directed, mis-guided journey that they believe will garner funds for the betterment of humanity on planet Earth.

In their limited thinking, they can only see money (and very large amounts of it) as being able to turn the tide. Yet, how often have we spoken of the miracles that are accomplished without one penny of your money? You ones create, yes, manifest from the ethers by joining one with another in perfect agreement of goal, and the more ye ones do so, the greater will be your manifestations.

Is God limited to doing with earthly money? Such a thought only shows your lack of faith in God, for with God ALL things, regardless of size or magnitude, are possible, and without God, you have only what you might be able to scrape together from earthly places.

God's treasures are stored everywhere in the vastness of the universes, and there is nothing that cannot be achieved once that reality becomes a part of your realities. To

limit God's work to one earthly source of money is akin to putting God in a shoebox, when in reality, God cannot be contained—which is why the entire omniverse of universes continues to expand, for the more it expands, the more God grows, and the more God grows, the more the omniverse expands, ad infinitum. You cannot fully comprehend the vastness of such, so you ones are limited to believing in only that with which you come into physical contact. To pull God down to your limited plane of thinking and comprehension is error indeed.

There is NEVER lack with God; there is ONLY abundance! Yet you ones fight with one another over the mere scraps. Do not make the mistake of limiting God's abilities to that of your own perceived inadequacies, for in so doing, you are only limiting yourselves and you shall only ever just "scrape by". God works in all forms of energy (which in essence is all that money

So stop, therefore, worrying about where this or that is going to come from, or how this or that will be paid for or funded. Begin, instead, to COME TOGETHER IN LOVE, AND IN PERFECT HARMONY, AND WITH GOD AS THE UPPERMOST THOUGHT, AND CREATE OR CHANGE WHATEVER IT IS THAT YOU DESIRE, AND DO NOT HOLD ONTO CONTROL OF THE SITUATION. RELEASE THE SITUATION, AND ALLOW THE CREATIVE ENERGY TO GO AND DO AS YOU HAVE REQUESTED.

is—it merely represents a form of energy), and money is only one form of energy. Allow yourselves to TRUST in your Creator, AS WELL AS IN THE FRAGMENT OF CREATOR WITHIN EACH OF YOU, and comprehend that, with those GOD-GIVEN ABILITIES, each of you have the ability, birthright, and access to all the forms of energy that exist in all of Creation.

So stop, therefore, worrying about where this or that is going to come from, or how this or that will be paid for or funded. Begin, instead, to COME TOGETHER IN LOVE, AND IN PERFECT HARMONY, AND WITH GOD AS THE UPPERMOST THOUGHT, AND CREATE OR CHANGE WHATEVER IT IS THAT YOU DESIRE, AND DO NOT HOLD ONTO CONTROL OF THE SITUATION. RELEASE THE SITUATION, AND ALLOW THE CREATIVE ENERGY TO GO AND DO AS YOU HAVE REQUESTED.

Once you have released the energy, allow it to go forth and grow and to do that which it has been sent to do. You ones suffer in your own perceived limitations because you try to control how the energy will manifest what you have requested, and you focus on that instead of the goal you initially had in mind.

Simply allow the energy to go forth, and allow it to return unto you, for the Creative Energy is perfection, and it shall manifest in the same perfection. In other words, just

because you think there is only one source for money, does not mean that that one is the BEST or ONLY source. Remember that you still are limited in your perceptions by your third-dimensional physical expression. If you, instead, simply allow the Creative Energy to go forth and manifest its return, you can *know* it will have come from the BEST source available, and WITH GOD, THERE ARE NEVER STRINGS ATTACHED! There are, however, ALWAYS strings attached when you are dealing with the adversary.

So, if one comes to you and says, "Such a deal I have for you, but you must do thus and so . . .", run like a bunny, for you have come headlong in front of the adversary.

God does not need to make deals, for He is "The Dealer" of all there is, and it is His pure pleasure and desire that all should have ABUNDANCE, and it comes without playing *Let's Make A Deal*. In fact, the only thing you are required to trade-in for God's abundance is your DOUBT! What need would God have for anything you might have? If you are so inclined, take whatever you might wish and feed the hungry, clothe the naked, and care for the widows and children. IN OTHER WORDS, TEND TO MY SHEEP!

Look about you at the wondrousness of Creation. See the sky, the trees, the grasses, the flowers, the birds. How much money did God need to create these out of the vastness of the cosmos? Who would He pay?

What I am trying to tell you is that all these things are more magnificent than anything you can purchase with your precious silver. You ones are co-creators with God, and you can and SHOULD BE creating for selves. Instead, you choose to believe the adversary's lies that you are less than (and unworthy to even approach) God. Therein lies ALL of your failures, all of your lack.

Why do you ones find it so much easier to believe that you are unworthy than to believe that you are worthy? Why is it that you have every ability and birthright to partake of the vastness of all that God has to offer unto you? Why is it that you would rather blame one another for your lack instead of simply CREATING for selves? Who is to blame?

There is no one to blame—not even the adversary, for it is merely your own FREE-WILL choices that are limiting you, and until you cease the self-limitations, you will always be just a step away from glorious abundance and all that God has in store and available to you.

Now, I would like to address the on-going situation. I have spoken to and through most of you ones, and you know that I have never spoken an untruth to any. I have told you ones that you need not worry, and you need not be in fear over your actions, for you were following your own discernment and your own Inner Guidance. I have also told you ones in the past that if you find that MY words, or MY FATHER'S words are falling on deafened ears, or are not received at all, then you should turn, shake

the dust from your feet, and depart from those who will not receive you. Beyond all else, you ones must be true to thine own selves, for when you are less than truthful to yourselves, you have jeopardized your integrity. In so doing, you will always find your own lack of action as a weakness, and a place wherein the adversary can begin to work on you.

Even though the *Bible* has been misinterpreted and mistranslated, I want this scribe to copy text from it. This is one of the *Psalms*, and if you read it and allow it to speak to you, you will find much comfort in it, for the words are very powerful:

PSALM 91

He who dwelleth in the secret place of the most high shall abide under the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress: My God, in Him will I trust.

Surely He shall deliver thee from the snare of the fowler and the noisome pestilence.

He shall cover thee with His feathers and under His wings shalt thou trust. His trust shall be thy shield and buckler.

Thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day, nor for the pestilence that walketh in darkness, nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side, and ten thousand at thy right hand, but it shall not come nigh thee. Only with thine eye shalt thou behold and see the reward of the wicked.

Because thou hast made the Lord, which is my refuge, even the most High, thy habitation, there shall no evil befall thee, neither shall any plague come nigh thy dwelling. For He shall give His Angels charge over thee, to keep thee in all thy ways.

They shall bear thee up in their hands, lest thou dash thy foot against a stone.

Thou shalt tread upon the lion and the adder, the young lion and the dragon shalt thou trample under foot, because He hath set His Love upon me, therefore, will I deliver Him.

I will set Him on high because He hath known my name.

He shall call upon me and I will answer Him. I will be with Him in trouble; I will deliver Him and honor Him.

With long life will I satisfy Him and show Him my salvation!

Because of the troublesome matters you

now find standing before thee, I would ask that you ones remember these words, for God has made thee a promise, and that promise shall He keep, for His word is His bond—and it is MINE, as well!

We shall never depart when there is a call from one who is truly seeking righteousness in his/her own heart. And regardless of what another might perceive of thee, know that that one cannot know that which is in thine own heart. When the slings and arrows come, as they shall, hold these words of MY FATHER and of ME within thee. Know that your shield is your faith and your abiding trust and Love and desire of heart to “do the right thing”.

I have never led thee astray, and I shall not begin to do so now. Stay the course you have chosen, trust in thine own hearts, and above all trust in God’s purity and in God’s abundance and in His angels, for there are many about you ones as you have noted.

You must allow each and every one to decide for themselves, for it is their lesson to discern for selves. If ones choose to follow the dark and difficult path, then you must allow them to do so, for it is their journey, and you cannot force them anymore than can I or God.

Know that your journey may be much different from others, and know that this too is as it must be. But there is a “core team” of you ones who shall journey together in the days ahead, and this team consists of you ones who have come together again in this lifestream to accomplish certain lessons and tasks that are holdovers from another time. Some of you ones are beginning to have remembrances of those times, and these memories shall increase as time goes on, for as you complete certain lessons, you shall recall much, and you shall understand just why you have chosen to be here in these times.

Money, regardless of its type or source, is not the cure for that which ails your planet—compassion, love, forgiveness, trust, truth and understanding are. The lack of these are keeping you ones from all that is available to you; they are the primary building blocks upon which Creator God functions. If you have not the basic building blocks (foundation), then how can you construct anything that will stand?

Love (in its purest form) is the rarest of commodities upon the Earth. That Love is not judgmental, not jealous, not greedy, not fearful, and encompasses and embraces ALL, including enemies or those who might have caused hurt.

Are you quick to judge or quick to forgive and LOVE? Are you quick to want vengeance, or are you quick to forgive and LOVE? Are you quick to strike out or are you quick to apologize and LOVE? This is how each of you should be judging SELVES—not another.

What if you forgive ones who came against you, and they will not accept your

forgiveness? Is this not their lesson and choice to do so? Be at peace in the fact that you forgave them, and let them go on their way. If ones have hurt you, should you demand they apologize? Nay—forgive them anyway, and allow them to go on their way, and hold it not in your heart.

All those who have refused to TRULY FORGIVE will find their own forgiveness shall be to the same degree that they have forgiven another.

Remember the simple prayer I taught the masses: “...forgive me my sins, AS I forgive those who sin against me.” Well, chelas, this is how the Law of Return works. You shall receive EXACTLY that which you have given—IN ALL WAYS AND IN ALL THINGS. Why do you ones think

the Golden Rule is so powerful: “Do unto others as you would have them do unto you.”? Its power is in the Law of Return (reciprocity), for you shall receive equal to that which you have done.

This should cause every one of you to sit up and think for a moment, for the Law of Return ALWAYS, ALWAYS, ALWAYS works in complete and utter perfection, and it NEVER, NEVER, NEVER fails! So, in whatever you do, whatever you say, whatever you think—remember that you shall receive back EXACTLY to the intent in which you are putting out, for all actions, words and thoughts are ENERGY, and ENERGY simply is, and is not judgmental. Like produces like, and like MULTIPLIES like, so be very careful about what you do, say, and think, for you shall receive back in like kind—many fold!

No, I am not rambling. I am reminding you of the Law of Return for a very good reason. Regardless of what is coming against you, or you perceive is coming against you, remember that your counter-action will also have its own consequences, and those consequences are your RESPONSIBILITY, based upon your actions, your words, and your thoughts.

This is the time of nearly instant return, so instead of the return taking years or weeks or days to manifest back to you, it is more like hours, minutes, or even nano-seconds, so I caution you!

TRUST IN GOD AND IN GOD’S ABUNDANCE AND IN GOD’S PURE, DIVINE, AND PERFECT LOVE, AND HIS CREATION, FOR IN GOD’S PERFECTED UNIVERSE, OF WHICH YOU ARE AN INTEGRAL PART, THERE IS MORE ABUNDANCE THAN YOU CAN EVEN IMAGINE WITH YOUR FINITE MINDS. GOD IS LIMITLESS AND SO IS YOUR ABILITY WITH HIM.

Blessings and Perfect Love I leave thee with this day. I am Esu Sananda, One with and representative of The Radiant Light of Creator God—our Father.

Salu (I salute you) and Selah (it has been done)!

This should cause every one of you to sit up and think for a moment, for the Law of Return ALWAYS, ALWAYS, ALWAYS works in complete and utter perfection, and it NEVER, NEVER, NEVER fails!

Shortly after the above writing was received by one scribe who is among those who regularly contribute spiritual messages to the pages of this newspaper, the following two writings by Commander Hatonn were received, about seven hours apart, by different scribes, geographically separated and isolated (none of whom, including for Sananda's message above, are Doris Ekker, by the way). One important point apparently being demonstrated in a "public" way is that Commander is not limited in his ability to work toward a common goal through various conduits.

3/20/99 HATONN

Good evening, my scribe. It is I, Gyeorgos Ceres Hatonn, come in the Radiant One Light of Creator Source—Aton. Be at peace and allow for the energy to settle within.

This task of receiving is what you have come for, along with other equally important and related work. Let not the situation in which you now find yourself dissuade you from fulfilling your mission.

Change is inevitable and all lifeforms and beings are forever evolving and changing. With change comes the newness that you each deeply desire. Some have come to fear change, and thus resist the natural urges of the very evolutionary nature of their being.

You each, as co-creators, have chosen to come forth into the physical to take part in the physical drama so that you could have the opportunity to express the unique creative urges that you, as individuals, have to offer forth. This very idea of creativity is, in and of itself, a desire for newness and change.

Do you prefer to watch a re-run of the same episode on your television sets, day after day, week after week, or would you rather watch new episodes with new situations and new dramas? Do you not see that you DO desire the challenges associated with the inevitable changes that are taking place all around you?

Fear usually enters the picture when you are faced with a "sudden" challenge, and in the abruptness you feel as if you are ill-prepared for what it is that you are experiencing. You fear that you know not how to "act", respond, or think. And therefore you find the situation a bit uncomfortable to experience.

Not knowing is a byproduct of disconnect from Higher Source. There are no wrong ways to "act" or respond. There are, however, the actions that bring forth greater balance within and allow for you to stay connected to the nurturing Lifeforce Energy. These actions could be viewed as being the better choice (of those possible) when faced with a difficult decision or challenge.

Follow your heart.

What does this mean?

You can feel, within, the response to the thoughts you are thinking, and thus know what direction feels right to you. You must be very careful, for there are times when the inner reactionary responses of anger will seem, in the moment, the most fulfilling to you. However, the learned traveler who has

made such choices will always regret taking such actions, for they will know that there is nothing of any REAL value to be gained in physically or emotionally harming another.

You readers shall witness many such attacks upon those who stand firm within The Light, and who will not relinquish their responsibilities toward getting The Word out. Who are the ones who make the *CONTACT* a physical reality every week? Who are the ones who volunteer their time or money or prayers to assist in this very task?

Now ask who are the ones efforting to stop these ones from doing their job? I ask that you readers stand as witness to these very events and take appropriate action, if and when the need arises. What is this "appropriate" action? It is the power of prayer, the kind note of support, or the demand for accountability for those who would seek to harm or destroy another.

None is above another in this unfolding drama. Each of you play a significant role in the production of this newspaper, even if all you do is read the paper and assume that there will, indeed, be another. Your assumption is, in most cases, a desire offered forth, with little-to-no resistance, and therefore adds energy to the manifestation process of the paper.

Ones are now plotting the destruction of the paper, though they know it not. These ones would say they are trying to rescue it from "evil" people. These ones truly know not what they are doing. These ones will tout that the paper is "Commander Hatonn's" paper and that the "Hatonn" now in the paper is an imposter. So be it, for the adversary MUST always wear a sign.

I do not underestimate the ability of you ones to discern Truth for yourselves—and thus spot the clues and signs. Therefore, I know that you ones will be able to go within and *feel* (discern with the heart) the difference between the energies presented to you, and you will KNOW that which is truly of Higher Source. I am given to know, through the inner connection to Creator Source, many specific details about these very attackers that they believe "no one knows"—and therein lies the primary reason why God ALWAYS wins, every time!

Allow for any confusion that you may have regarding the recent unfolding regarding Doris and E. J. Ekker. These ones find themselves in a very difficult-to-face situation and see not the Higher Soul-ution sitting in front of them, awaiting the internal recognition. Offer to them prayers of Light and Love. Ask that they be given that which will serve the Greatest Good.

JUDGE THEM NOT! Be quick to forgive any actions they may take in anger, embarrassment, or spite. Their path is a difficult path chosen for the enormous potential for inner growth, and though they see it not, they have created their own reality, and the energy that they are now experiencing is an exact match to what they are perpetuating within.

These ones will likely attempt to verbally "thrash" and "bash" any and all who they perceive have come against them. The frequency of the energy is one of embarrassment, revenge, and spite. I, Hatonn,

do NOT operate in those frequency ranges!

From my perspective concerning the unfolding situation, I briefly allow the sadness and sorrow, born of compassion, to wash through me, and then I, with honor and dignity, allow you each, and these ones, to their free-will choices. I am always ready to offer assistance to any and all who would call upon me for same. You can recognize the guiding hand of God in any situation by the byproducts of the actions taken.

Do the actions taken hurt or help? Who gains? Are the interests of the Larger Mission served, or are the personal interests of the few served? Will the house with the "bomb" shelter beneath (built and paid for with much Phoenix Institute money) serve ALL of the investors of the Phoenix Institute, or was it designed to serve those few fortunate enough to be living just down the street from it? Ones must be given ample opportunity to show, through actions taken, that they can handle the responsibilities entrusted to them.

My, Gyeorgos Ceres Hatonn's, mission is to see to it that a remnant survive the current transition cycle. I prefer to design these missions so that this can take place in first-class style, and I therefore engineer the mission with many safeguards and back-up plans. Each of these back-up plans are conditional to the players and participants I have to work with and through. I will, however, NEVER take actions that would jeopardize the success of the overall mission, and this includes not having SEVERAL backup receivers in many locations. There will be survival locations ALL OVER your globe. Tehachapi is one small place with a specific purpose to serve. It is hardly the center of this universe, or the only place for safety.

With this in mind, please consider carefully that I and the many Hosts of God will come by many names, through many people. There is no one receiver (or channel) who has "exclusive rights" to any one entity or being of the Higher Realms! We may choose a specific name under which to operate so as to minimize confusion for you ones.

We (you, me, and everyone else) are all One within the Infinite Source—Creator God. Through this connection there is the ability to KNOW each individual aspect personally. It is truly a matter of physics! This is kind of like when you dial the proper phone number on your telephone, you can talk to anyone who is connected to the phone system. In this case you "dial-up" the proper frequency, and you connect within, through the nonphysical heart energy center of God, to any of the infinite aspects of Creation.

This very Inner Connection is the key to the individual survival of you each. You who have developed the ability to consciously connect will be very thankful that you invested the time and energy into developing this awareness—for your survival, and the survival of many, will be greatly enhanced. Learn to trust your "gut feelings" and be not afraid to take action based upon what your "gut" tells you. The life you save may very well be your own!

Much in the way of change shall come to pass in a relatively short period of time.

Your planet, as a whole, is shifting upward in frequency at an ever quickening pace. This shift in frequency is causing the low-frequency thought-energy forms held within to come forth and express (release) themselves.

You will witness ones becoming very boisterous and erratic as they must face these long-harbored feelings. This is the Cleansing Phase of the Transition Cycle. This is the opportunity for self examination so that you can release the inner pains and negativity.

Many will suppress the urge to release these energies for fear of exposure and embarrassment. This will act as a pressure cooker with the heat turned up on high. Many will not realize what is taking place, and there will be an ever increasing number of murders, suicides, etc., as a result of these ever-building inner pressures.

Be quick to forgive ones in these times, for the pressures are, as we speak, at alarming levels. Ones need your compassion and understanding now, more than ever, and in the coming months and years compassion may be all you have to offer as ones struggle to release the inner demons locked in place by past guilts, fears, and denials.

Look not at these times with apprehension in your heart, but rather with eagerness and anticipation of the journey. Be quick to recognize that the internal pressures come from the very challenges you have come to face. Each challenge is to help you to discover the unique nature and abilities which you, as a co-creator and unique fragment of Creator Source, have at your disposal.

To increase your awareness of self, you must let go of the past and accept that your thinking will evolve as you are ready for the next natural phase of awareness and growth. This brings us full circle from where we started this message—CHANGE is a natural part of the evolutionary nature of your being. To fear this change is to stunt and slow the very growth you desire!

Be quick to spot the value of NEW experiences and ideas. If one presents new ideas to you that make you fearful, then go within and discern for yourself the cause for the fear. Therein you will learn the reason for the reactionary response in the first place, and in doing so you will grow.

It is now time to cleanse away the fears that bind you! Your environment is becoming an optimal one for this very task. Exploit the opportunity you now have, and in doing so you will be “keeping-up” with the constant upward shifts in frequency that are now taking place—and thus greatly enhancing your ability to cope and survive.

May the insights offered herein serve you as tools so that you can better prepare yourselves for the challenges ahead. I am Gyeorgos Ceres Hatonn—Mission Commander of Project Earth-Shan Transition. I come with the Hosts of God, within the Infinite Light of Creator Source—The One Light. Salu!

* * *

3/21/99 HATONN

[Private to this scribe: To begin with,

please relax and allow the fingers to move over the keys, for I am guiding you. Release the tension and the fear, for you have nothing to fear except your own perceptions. You have no need to fear anything, chela, for you shall receive no reprisals from me. We can take this slowly so that our energies can achieve a frequency matching, and then the words will flow even better. So just relax, sit back, and let us begin. Please put aside all old thoughts, for this is a new day. You know what I mean.]

Good morning, child, I am Gyeorgos Ceres Hatonn, and I am so very pleased that you finally have decided to put aside your fears and sit with me. You have come to know me as Commander Hatonn, of the Intergalactic Federation, Ashtar Command, Pleiades Sector, Project (or Mission) Earth-Shan Transition. Yes, I come in, and in service to, the Radiant Light of The One God—Creator of all Creation, the One Source, the essence of I AM.

My job is Commander of Project Earth-Shan Transition. Esu “Jesus” Sananda is the Supreme Commander, and it is our elected positions to see that a remnant of the Earth is preserved through the upcoming transitional period.

Many have viewed me as being difficult, and to some I suppose that would be the case. For the most part, I am a no-nonsense type of commander, but I like to laugh as much as the next. We do have a very serious mission, however, to accomplish, and it will require each and every participant to develop a strong self-discipline.

Do I expect that you shall have no life outside this mission? No, for such is not practical nor wise. You ones experiencing on the planet at present are there not only for this mission, but to learn lessons only achieved through the experiences of being a part of the third-dimensional expression.

You each have other obligations, commitments, and duties, and this is completely recognized; however, know too that you ones of the Ground Crew had also prior commitments to this mission before you incarnated into this current lifestream. You ones shall simply have “very full” lives as you walk between two realities, which very often come into conflict with one another.

We recognize that it becomes difficult for you ones to have full comprehension of the methods by which we operate, but I can offer you this much: we do nothing without your permission. We are non-interfering in your personal lives, and I command by suggestion—not by dictate. Now and then you may perceive my suggestions to be strong, but you will never hear me dictate anything to anyone. You ones must be allowed your own life journeys and your own life lessons. When called upon, we will assist through suggestions and guidance, but we shall never step in and “do it for you”.

All this is review for you, but you, scribe, needed to hear these things to assure you of the validity of who I am. I believe that you are now convinced.

[Private to this scribe: You have allowed yourself to become fearful of human reprisal when it comes to writing for me, and we are

going to work on that one, for you know within your very being that you are as capable as is anyone. I NEVER claimed that I could or would communicate with you ones of Earth through only one channel. That is a misperception of many, and it is an error in perception. I now have a job in convincing ones that they are capable of hearing from me and working with me directly, without an intermediary. In this matter, we have journeyed a bit off-course, but the course correction will be achieved in VERY short order, for there is little time left to complete the mission.]

You ones (as well as we of the Higher Realms) stand at a crossroads this day. We have given planetary notification of the change that has occurred (through the last issue of the CONTACT), and now certain other actions are to be taken. It is nearly without question that a new publication will need to be established in order that the WORD and the TRUTH continue to flow in an uninterrupted fashion. You ones are already working in that area and great progress has been made. *JOB WELL DONE, CHELAS.* It is a time for action, as well as words, and you ones have been on the job nearly day and night non-stop in the past two weeks. I want to let you ones know just how much your efforts are appreciated, and believe me that the results will be proof of your great efforts.

You see, when you are working with GOD and following your Higher Guidance, all things will play themselves out in a Godly fashion. It just takes a little time, for all things are accomplished based on sequence of events, not by your standards of passage of time. You ones have a tendency to “jump the gun” and merely react, rather than allow the natural flow of events to occur. When you merely react and “jump the gun”, you interrupt the natural flow and, in reality, it only causes the flow to slow up (or even stop completely). Some of your lessons are in the department of PATIENCE. (Yes, I know, you ones are sick of hearing that, but it is truth, you know!)

Let me insert a comment here that needs to be heard. I do not intend that my communications should or will ever come from just one receiver. I shall be working through several receivers in the future, and I would ask Dr. Young, as a receiver himself, and quite capable of great discernment in valid reception, to monitor closely all such material received for the news publication, whatever that may be. I have complete and full trust of his abilities and his fairness in these matters, and there is none better qualified to handle this task. Dr. Young, please do not hesitate, ever, to call to a receiver’s attention anything that you discern to be incorrect or out of line. Thank you.

Yes, we do keep saying that “time is running out”, and you ask, if things are based on sequence of events, what’s this time-running-out business all about?

We use the phrase because it has meaning to you ones. And, based upon the series or sequence of events that we witness taking place on your planet and in the area of “near space” to your solar system, we can say without hesitation that time is running out for

your world—as you currently know it! There is much afoot, both upon the planet and in your general neighborhood of space, that indicates this.

But we have an earthly mission right now to deal with, and very earthly matters that need to be attended. The first order of business is to assure that the communication with other Ground Crew personnel continues, and the WORD and TRUTH continues to go out to the world at large.

Let us assume there shall be need for another publication; then you ones will need a new name, new corporation, etc. It doesn't matter in what form you choose, whether it continues in the format of a newspaper, or changes to that of a newsletter. It is not the form, but the content, that matters. Much of your decision will no doubt be based upon financial consideration, but there is no need for concern there, for when the need is present, and the request goes out, results will follow. Rest easy knowing that financial resources shall be the least of your worries.

If you do everything in TRUTH and in HONESTY, then all will go well for you. Do not worry about subscriber lists, for you shall soon have your very own subscriber base, for those who desire and demand TRUTH and LIGHT will come forward and will make themselves known to you ones, and they will subscribe. Of course, you will need to decide what publication costs will be and base your subscriptions on that. There is no reason, either, to operate in a loss or just-break-even mode, so I suggest you take that into consideration when you announce what subscription prices will be.

You might also consider selling advance subscriptions if there is a need for “start-up” funding. There should be no need for you to have to plead with the subscribers and supporters for donations if you were to sell advance subscriptions. It is not my desire that God's people go “begging” for money, for with God there is always a way, and that way should not be through begging. Remember that God's Universes are filled with abundance, and you have not that abundance only because you have not tapped into Source. Also, do not look a gift horse in the mouth, for there “will appear” some people with financial resources who are in full and complete support of the continuation of the WORD.

People of Earth are hungry for, and are crying out for, the spiritual truths that are so sorely lacking upon the planet today. There are those who are fed up with the brain-washing antics of the controlled media and the degrading movies and television programming. Newspapers are no better, in general, for they too are manipulated and skewed to the point that very little news of importance ever makes it to their pages. Do you really think that nothing more than President Clinton's sex life and general overall indiscretions is taking place? Is this what the world really wants or needs?

The soul-utions to your world's problems begin and end with spiritual matters, for it is only through this “unseen” (but quite perceivable) realm that REAL changes can take place in the physical

universes. Each and every one of you are co-creators alongside Creator, and you have been created in the image of His PERFECTION; therefore you too are perfection—you just perceive it not. It will be through the knowledge of your own perfection that you will begin to effect change upon your world, and through that perfection, the Kingdom of Heaven will indeed be made manifest upon your planet.

We are here to assist and to guide you on your journey, in order that a remnant be brought through the now ongoing and upcoming changes and transition. We are ever present and ever watching over you ones, and never do we turn away from you. It is, however, your own free-will choice whether you will choose to see this through to completion with us.

We will never force any to serve who choose otherwise, and we will love them no less because of their choices. We would suggest to you, however, that you stay diligent in matters of discernment, for it should be quite clear to you what can occur when ones forget to question and discern for selves. Never, never, never follow anyone blindly (including myself), for when you do, that is when the adversary creeps in and begins to influence and, little by little, you become far too comfortable with the dark energies, until you no longer are able to discern.

Regardless of the source, the message, or the writer or speaker, ALWAYS check your own Inner Guidance. Keep your personal space cleared, and keep The Light about you at all times, for the dark forces are never at rest; therefore, you too can never become sloppy, lazy, or too busy to clear your space and call in The Light—else you leave yourself in a very vulnerable state.

I can guarantee you that, as soon as you become lax in these basic exercises, you have opened the doorway for the dark energies to enter in; and, once in, you MUST demand that they depart, or they will take it as permission to take up residence and exert their influence upon you. This is often so subtle that you probably will be completely unaware of their presence until it has reached such a point that you have become completely and fully controlled by them.

These dark energies always leave little clues, but unless you have The Light about you and with you, it is completely possible to miss discerning those clues. I am not trying to frighten you, but rather to warn you to never give the agents of darkness even a foot in the door, for they are most ungracious guests, and you will live to rue the day you allowed them to enter, for they will make your life a living hell.

It is more important these days, than ever before, to take care of your housecleaning responsibilities, for it is in these days that the darkness is working even harder than ever before, for their time is so short, and it is their goal to create as much havoc and take as many with them as they can.

There is an infusion of Light coming upon your world that is illuminating the dark recesses of all that is, and these dark energies are being revealed, and their plans are being subverted, for you see, the

darkness cannot exist where there is Light. So, see that you never turn away from that Light, but rather shine it onto all the dark corners and cause the darkness to flee. This is something, however, that YOU must do. We cannot do it for you. Believe me when I tell you—calling in The Light works every time, without fail!

Basic lessons? Yes, of course they are, but I will tell you this: There is no lesson any more important for you ones to remember in these days. You cannot afford the luxury of laziness in your housecleaning duties, and if need be, take the time several times throughout the course of the day for clearance and calling in of The Light. There are going to be some tough days ahead, for a little while, but together we can get through them quite well. But it will take cooperation on all parts—yours and ours.


See to it that you get enough rest and eat regular meals. You need all the clear-headedness you can get and you need the bodily strengths because you are all going to be working a little “overtime” due to the current changes taking place.

Whatever you do, however, let me remind you to do so with LOVE and COMPASSION and HIGHER PURPOSE. This has not been about the destruction of beloved ones, but about the HIGHER PURPOSE. We simply allowed the situation to go on as long as was safe to do so, in hopes that these ones would accept the LOVE that was attempting to reach them. We of the Higher Realms have more patience, understanding, and compassion than you ones can possibly imagine, and we will endure with ones as long as it takes for them to find their way back to Source.

Have we turned away from those ones? NEVER! It is not our way. But we cannot and will not force anyone to do anything against their own free-will choices, and we allow each and every one to make their own choices. We allow, and send them off with love and compassion; but should they turn back to us, we shall be there with no judgement of them whatsoever. We will gladly and openly welcome them back with loving and open arms.

You ones who have taken the stand against the dark adversarial forces are to be congratulated, though we know that you do not feel you have done anything deserving of such. It takes courage and “tough love” to do what you have done, and you did it with faith, with love and compassion, and with no thoughts or actions of malice. You simply followed your own Higher Guidance and acted in faith. That takes great courage, chelas, and we are very proud of you and you should know this.

Now, let's get this mission back on track and let's get Earth-Shan through this turbulent transition, and let's get you ones back home!

I am Gyeorgos Ceres Hatonn, Commander of the Intergalactic Federation, Pleiades Sector, Ashtar Command, Project Earth-Shan Transition. I leave you this day with Love and with Peace, and with great respect and honor for each of you. And, I thank you for your service unto The Light of Holy God. Salu. 

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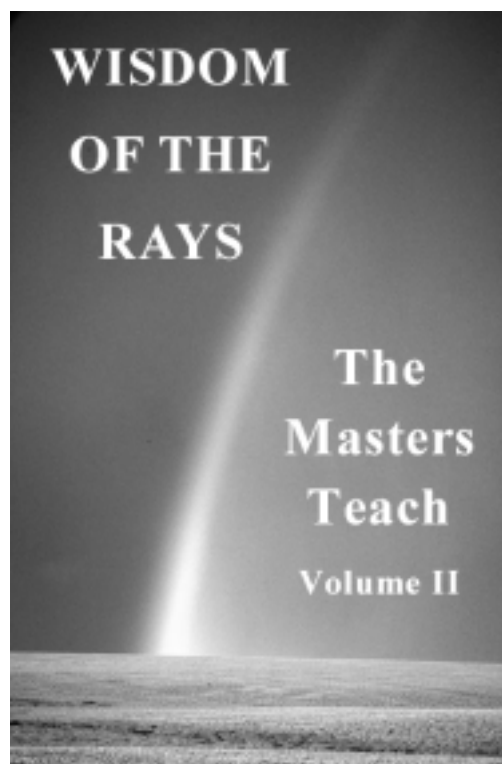
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FROM THE BACK COVER

Let us begin with WHO you are. You, the non-physical YOU, are an infinite thought projection of the One who created you (God!). You are the product of His desire. You are, in effect, Desire manifest in uniqueness of purpose. — Esu “Jesus” Sananda

Be at peace, you who acknowledge and take within these messages of Higher Guidance, for you are being given that which you will need, in the way of instruction, to meet and surmount these challenges ahead. — Aton

The physical body is “merely” a conduit for the interaction into and the interfacing with the physical experience. I say “merely” because that body is a most exquisite creation indeed and poorly understood by your current level of so-called medical science. — Master Hilarion

You live in perhaps the most unique time that your planet will ever experience—COMING OUT OF IGNORANCE (DARKNESS) AND INTO KNOWLEDGE (LIGHT). Would it not be wise to take full advantage of this exquisite learning environment?! — Grandfather

Be not in fear of the changes that are upon you, for they are a very necessary part of the [planetary] transition. The Earth will heave to and fro, and many wondrous things will you experience, but lose not your sight upon the final goal. We will always be there with you, and we are but a call away. — Ceres Anthonious Soltec

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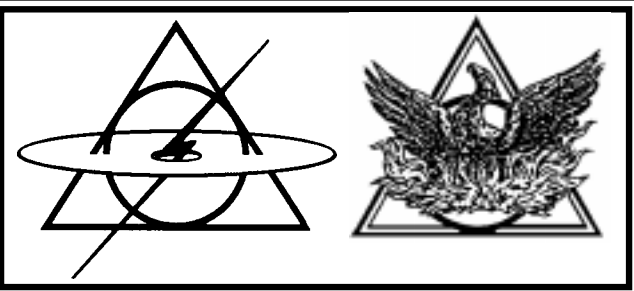
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