

BIOPHILE

for the love of our Earth, and all who live on her

10 STEPS

To Creating Real Change

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GIVE-AWAYS**

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VACCINES**

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About

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The Inbox

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Globalised Deception

Love your magazine and felt compelled to contribute after reading the latest issue.

Following on from the article: *Contrived Shortages and the New Reality* by Texe Marrs (Biophile 23), I have been conscious of contrived scenarios meted out by “authorities” under the mantle of scientific or technically endorsed hyperbole and none are closer to home than the HIV-Aids scam, the ESKOM scam and one of my personal favourites - the Zuma sleight-of -hand manoeuvre.

I know the HIV = Aids hypothesis has been covered in your publication before and it’s a subject I’ve studied over the last decade with growing horror - not at the “spread” of the “pandemic” but rather at the spread of the perception created through the pharmaceutical industry and the media, of this contrived virus and its alleged un-virus like behaviour. From Robert Gallo’s orchestrated pronouncement to the world of his discovery of the virus related to the AIDS phenomenon in 1984 (later retracted by him although scarcely highlighted by the beneficiaries of the AIDS industry) to the spurious “AIDS test”, that has nothing to do with finding a virus, to the manipulated “infection statistics” and on and on. For the benefit of readers unfamiliar with this mega-billion dollar venture, perhaps an enlightening summary would be Clark Baker’s independent article on the subject entitled *HIV, AIDS & Gallo’s Egg*, viewable at: <http://www.californiaconservative.org/academia/hiv-aids-gallos-egg>, a quite compelling read.

Being associated with the power industry in this country as a Data Centre infrastructure consultant and solutions architect, I am much closer to the totally unbelievable scenario contrived and spun to the SA public regarding the critical power shortages, under-capacity availability and a whole convoluted chapter on coal that is as impenetrable as it is daft. The coal reserves weren’t soaked by water - they were saturated by bullshit - period.

While it is true that there are serious energy problems in this country, the exercise we’ve just experienced was nothing short of national deception and it was purely and simply about that old mass-manipulator’s trick of problem-reaction-solution. While I regard much of David Icke’s work with a healthy pinch of scepticism (the only way to live, I think), he has the problem-reaction-solution paradigm 100% spot-on. And another truism is the strategy of containing the truth within the spin being dispensed but masking it so cleverly that it is virtually impossible to discern the fact from the fiction as it all intermingles like a morass of knotted fishing line complete with nasty hooks.

The ESKOM story was about money and a need to hike up the power tariffs substantially. By the supplier’s own admission the billing model it had wheeled into motion decades back was based on erroneous factors and made no proper allowance for realistic maintenance and upgrade costs in this model hence our wonderfully cheap electricity up to that point. With the advent of the emerging mass power consumer and the need for capacity upgrades, costly (previously ignored) maintenance of existing infrastructure as well as the massive salary structure in play within the executive hierarchy of the corporation, ESKOM simply needed more money to do what it does. And what better way to contrive our reliance on power than by making it unavailable or erratically available at best and by launching a countrywide campaign to highlight the crisis in which we found ourselves. Thus the **PROBLEM** was created.

Phase 2 - REACTION. The public were outraged at the under-capacity, at the inconvenience, at the projected tenure of this problem and over time amid the thundering protests, we eventually acknowledged that perhaps we ought to be using electricity more wisely or simply less of it while it was clear that money had to come from somewhere (read: the taxpayer) to begin the upgrade process. We began to get used to managing our lives around the black-outs, the traffic congestion caused by robot outages, the additional expense of running households off standby generator supplies etc. But this all smacked of third-world infrastructure and the spectre of socio-economic collapse loomed large in our subconscious especially given the unfathomable “foreign policy” our government accorded our troubled northern neighbour. Hell, we didn’t want to go down that road.

Phase 3 - SOLUTION. In a nutshell - ESKOM asked for more money and they had been banging on about a 52% rate increase through the currency of the crisis. We were even more appalled but had now steeled ourselves for some form of increase, praying fervently to the national power regulator (who also works for the same boss as ESKOM by the way) that they would reject this ridiculous increase out of hand. After all it was ESKOM who’d failed to get their business model correct, plan capacity or maintain their systems but who had somehow managed to make a desperate public feel guilty about the way it used electricity as if we were complicit in having created the problem.

Result: a 17% rate increase is announced and we collectively sigh with relief as if we've been handed a generator-driven olive branch. However, if we'd been asked to pay 17% more at the outset of the "crisis", we'd have been appalled and told Eskom to take a hike. They'd had a substantial rate increase not that long before the crisis. So through clever manipulation - we'd been played to feel grateful for a "small" increase in our electricity tariff. Brilliant. Insidious but brilliant. And how many serious outages have you experienced since the rate increase was accepted and through the high-demand winter months? Interestingly, virtually none.

Summary: we're probably using electricity more frugally than before, have a little generator on hand just in case (import benefits to government), are paying 17% more for this and the real capacity can now be managed and upgraded with some breathing space. Only - let's see how well our energy ministry manages the future of this and sustainability in new solutions. I remain sceptical.

Then there's Jacob Zuma - good old Zuma without whom, Zapiro's life would be a lot less colourful.

Readers should read Judge Chris Nicholson's summation of the latest in this saga at: http://www.politicsweb.co.za/politicsweb/action/media/downloadFile?media_fileid=1077

On the face of it - a totally unsurprising outcome and the focus is now squarely shifted from the issue of Zuma's alleged wrongdoing to the procedural inconsistencies of the NPA and the resultant nullification of the due process. Regardless of this, it certainly makes one wonder over the smoke & mirrors surrounding the Scorpions when perhaps the media (and indeed ourselves) should have been scrutinising the deeds and doings of the NPA to ensure that the process had no possibility of being thwarted. Nice sleight of hand don't you think! Orchestrated perhaps or just coincidence? I said to my wife not long ago that to avoid becoming lumped into the same category as Zim in the eyes of a watching world, the ANC had to be seen to be following the dictates of the constitution and its judiciary and Zuma had to be brought before a judge. However, I went on, he will get off scot-free through some technicality or other! And me with no crystal ball at all!

Anyone who imagined for one moment that Zuma would succumb to the same fate as that scapegoat Shaik is living in a different SA from the one I occupy.

Watch that particular space and don't be surprised...by anything.

One thing worth considering - he may turn out to be a more moderate president than we think and in the eyes of Africa, I think we'll get more mileage out of him than Mbeki. Just remember, although publicly he and Mbeki have to be seen as opposing one another, they are not only struggle comrades but co-conspirators/beneficiaries of the arms deal (in my and millions of other South Africans' view). The ANC will trundle on regardless and the businesses that run the country will prevail. Oh yes, and Zille's DA will roar like a toothless tiger in the background...

And in conclusion - if a politician is moving his lips he is perhaps being disingenuous to some degree - it simply goes with the territory. And as Mr Marris illustrates in his article (Biophile 23) the UN seeks to control our means to grow, buy and distribute food - surprise, surprise.

In the same way - Mr Al Gore has been paid to travel the world dispensing another perception contrived for the manipulation of the masses - i.e. Global Warming. Now don't scream me down, please. I am not saying that we shouldn't be ecologically more responsible nor that we shouldn't look to sustainable energy systems and smaller "carbon footprints" but for goodness sake - the Earth has gone through these climatic cycles for millennia and (as with any other scientific debate) there are compelling arguments from both sides of the fence.

What is of substantially more significance is the simple fact that (as with Mbeki and Zuma) Gore and Bush are actually brothers-in-arms and now that the global population (currently being raped by GW and his cronies with the oil price and fossil-fuel based technologies) has accepted that we require a solution to the "crisis" (PROBLEM), this gives the same cabal of manipulators the time and space to establish themselves as the saviours with the managed and phased introduction of hybridised and sustainable technologies in favour of the old stuff at an even higher price than we were paying before. The economy will tick over without any collapse as it gets carefully manoeuvred through the transition.

And we will sit back wondering what the next crisis will be and how much we're going to pay for it.

Ce'st la vie...

Paul Murray

Who is stealing now?

So the price of crude oil has come down by nearly 50% in the past two months. Why hasn't the price of petrol and diesel come down by R5 a litre?

Who is stealing our money now, and why?

Is he above the law and not prosecutable like the rest of the ANC?

We want an explanation, the government must stop hiding behind a barrage of red tape and secrecy. This is a precursor to fraud and corruption.

The governments' income and expenditure should be available to all on a daily basis. This would be a precursor to truth and honesty. There is no excuse, we live in an age of information technology.

Ant Borain

Re: Star Letter, Issue 23

I am a regular reader of your excellent journal and occasionally an article will test my credulity a little more than feels comfortable. The Star Letter which appeared in Biophile issue 23 for Aug/Sep 2008 was an absorbing read. The authors have obviously read widely, but sadly with little understanding, either of the science that runs our admittedly imperfect society or of the spiritual truths that could lead to our salvation as a species.

The belt of energy in the Pleiades may be a fact but its effects as described in the letter are pure fantasy. The early sixties were indeed a time of great change in human thought, but the influence of the Vietnam War could be said to have been a far more potent influence, particularly in the USA where "flower power" and questioning of the established order flourished.

Sunspot activity is indeed cyclical over eleven years and the cosmic wind comprising a whole range of "high energy" particles and electromagnetic waves is a constant, measurable phenomenon. It has no influence on the Earth's magnetic field however, which is an internally generated phenomenon. During any reversal of the magnetic polarity we might temporarily lose the protection from some elements of the cosmic rays mentioned above which is provided by the magnetic field.

"..... All electrical appliances....." do not rely on the terrestrial magnetic field; electricity and magnetism are intimately connected manifestations of the way certain materials behave at the atomic level and have absolutely no connection with North and South magnetic poles. There is no mention of these poles in any of the four Maxwell's Equations which elegantly explain all the phenomena that give us the modern electronic world and which would remain untouched by any changes to the Earth's magnetic field.

The discussion of the vibrational level of individuals is directly from David R Hawkins's "Power vs Force" and the connection with information and knowledge is tenuous. Information is data. Knowledge is a belief that is accepted as true based on an interpretation of information. For example, the knowledge that the Earth might be flat was deduced from the information people gathered through their eyes when looking at the horizon. So we can easily see how knowledge can be flawed. Information is neither free, nor does it represent freedom. We can now store and collate huge amounts of data on individuals and it is sold for vast sums of money. All our Clicks and Woolworths loyalty cards collect information about our spending patterns which can be used to oppress us even more by targeted advertising. There are industries that are purely based on gathered data (i.e. Google, Facebook, My Space etc).

The second half of the letter rambles on about UFO's, ET's, and other fantastic claims which only serve to obscure the truths contained within the one phrase, "we need to love, respect and forgive everyone else....." The final quote is all we really need to know. "INFINITE LOVE IS THE ONLY TRUTH – EVERYTHING ELSE IS ILLUSION"

I am left with one nagging question: Why were the authors so shy about going public with their identities?

Allan Morris B.Sc., A.R.C.S.

Heiffer Project Feasibility

I am an avid reader of your wonderful magazine, so you can imagine how appalled I was when I received a mailshot from The Heiffer Project, requesting donations to pay to supply impoverished rural people with farm animals to raise and sell.

Any farmer can tell you how much food a pregnant dairy heiffer would require to remain healthy[That will cost you R7,000 if you would like to donate]

A short trip to the countryside will show anyone the lack of grazing any number of starving animals wondering around eating anything they can find including plastic packets.

Do they really think that we can eliminate rural poverty this way? What about the rights of the animals?It sounds like exploitation to me!

Permaculture and food gardens would be a much better option, perhaps they could do with some back copies of Biophile... but then again, perhaps they are doing very well out of collecting and administering the well intentioned donations of those who are unable to think logically in the first place. Their website is www.heiffer.org.za

Sincerely
Carol Buchan

Free Energy Myth

I can understand your enthusiasm for the apparent free energy from water. Unfortunately it violates the laws of nature and is a myth that has been around for a long time.

Unaided, balls don't bounce higher with each successive bounce.

Water doesn't do work and end up in exactly the same state.

Electrical energy, through the process of electrolysis can be expended to split water into Hydrogen and Oxygen and then with a spark, they can be recombined to make water again.

Heat will be generated which can be put to work, but the work done will be less than the electrical energy spent in the electrolysis process. You will have got less work out than the (electrical) energy you started with.

Have you actually built and tested the device or merely read about it on the Internet ?

If not, please build the electrolyzer and then do a proper objective test, with calibrated instruments, and publish the test method and results in Biophile for all to see.

The numbers tell the

real story. Without measurements a U-tube video will indeed be impressive. I am sure that your tests will show that you will save money and use less (petrol) fuel with the electrolyzer switched off than when it is "in-circuit".

I look forward to actual test results. Otherwise more gullible people will waste their time and money on internet pseudo science scams.

Regards,
Myth buster

having the guts to get the job done or stand up for the working people they say they support. Well, here's their chance. It has been handed to them, via the voting public,

in the form of a man who is not a party hack, not a set-for-life Beltway bureaucrat. Will he now become one of them, or will he force them to be more like him? We pray for the latter.

But today we celebrate this triumph of decency over personal attack, of peace over war, of intelligence over a belief that Adam and Eve rode around on dinosaurs just 6,000 years ago. **What will it be like to have a smart president?**

Science, banished for eight years, will return. Imagine supporting our country's greatest minds as they seek to cure illness, discover new forms of energy, and work to save the planet. I know, pinch me.

We may, just possibly, also see a time of refreshing openness, enlightenment and creativity. The arts and the artists will not be seen as the enemy. Perhaps art will be explored in order to discover the greater truths.

When FDR was ushered in with his landslide in 1932, what followed was Frank Capra and Preston Sturgis, Woody Guthrie and John Steinbeck, Dorothea Lange and Orson Welles. All week long I have been inundated with media asking me, "Gee, Mike, what will you do now that Bush is gone?" Are they kidding? What will it be like to work and create in an environment that nurtures and supports film and the arts, science and invention, and the freedom to be whatever you want to be? Watch a thousand flowers bloom! We've entered a new era, and **if I could sum**

up our collective first thought of this new era, it is this: Anything Is Possible.

An African American has been elected President of the United States! Anything is possible! We can wrestle our economy out of the hands of the reckless rich and return it to the people. Anything is possible! Every citizen can be guaranteed health care. Anything is possible! We can stop melting the polar ice caps. Anything is possible! Those who have committed war crimes will be brought to justice. Anything is possible.

We really don't have much time. There is big work to do. But this is the week for all of us to revel in this great moment. Be humble about it. Do not treat the Republicans in your life the way they have treated you the past eight years. Show them the grace and goodness that Barack Obama exuded throughout the campaign. Though called every name in the book, he refused to lower himself to the gutter and sling the mud back. Can we follow his example? I know, it will be hard.

I want to thank everyone who gave of their time and resources to make this victory happen. It's been a long road, and huge damage has been done to this great country, not to mention to many of you who have lost your jobs, gone bankrupt from medical bills, or suffered through a loved one being shipped off to Iraq. We will now work to repair this damage, and it won't be easy.

But what a way to start! Barack Hussein Obama, the 44th President of the United States. Wow. Seriously, wow.

Yours,
Michael Moore

A Perspective from Michael Moore

Friends,

Who among us is not at a loss for words? Tears pour out. Tears of joy. Tears of relief. A stunning, whopping landslide of hope in a time of deep despair.

In a nation that was founded on genocide and then built on the backs of slaves, it was an unexpected moment, shocking in its simplicity: Barack Obama, a good man, a black man, said he would bring change to Washington, and the majority of the country liked that idea. The racists were present throughout the campaign and in the voting booth. But they are no longer the majority, and we will see their flame of hate fizzle out in our lifetime.

There was another important "first" last night. Never before in our history has an avowed anti-war candidate been elected president during a time of war. I hope President-elect Obama remembers that as he considers expanding the war in Afghanistan. The faith we now have will be lost if he forgets the main issue on which he beat his fellow Dems in the primaries and then a great war hero in the general election: The people of America are tired of war. Sick and tired. And their voice was loud and clear yesterday.

It's been an inexcusable 44 years since a Democrat running for president has received even just 51% of the vote. That's because most Americans haven't really liked the Democrats. They see them as rarely

Birthing

I write to you, to share with you my natural love of birthing.

My name is Belinda Loudon, I am a mother of four, and a practicing Doula (Birth assistant). I work from my newly created birthing facility outside of Nelspruit in Mpumalanga.

Through my work and love of birthing, I have learned that there is a far deeper underlying meaning to birth. It is much more than just a once off event, at the end of a nine month wait.

I have seen that the way we birth is the way we live. Birth does not only refer to be the physical act of birthing a baby, it is how we begin every new event in our lives. For me Birth is thus the symbol of Life.

I invite you to have a look at my website, especially the link to Articles.
www.bellarosebirthing.co.za/articles.htm

Let me know if this could be of benefit to your readers.
Kind regards
Belinda Loudon

Another Inconvenient Truth

According to my "Manson's Tropical Medicine", an expensive volume which must weigh about 8kg., reading the 'blurb' at the commencement of Chapter 41: the average adult human comprises some 10 to the power of 14 cells, ONLY 10% OF WHICH ARE MAMMALIAN CELLS; THE REMAINING 90% consisting of BENEVOLENT BACTERIA, FUNGHI AND MICRO-ORGANISMS ESSENTIAL TO OUR WELL-BEING! Well! Well! Well!

(Comment: if it kills all known germs, don't touch it!)

Yours in health
OISEAU!

**"YOU ARE ALL BUDDHAS
THERE IS NOTHING YOU
NEED TO ACHIEVE.
JUST OPEN YOUR EYES."
-SIDDHARTHA GAUTAMA**

Good Works

I am 86 years old and have been enthusiastically promoting BIOPHILE since it first appeared! I am actually far too busy, working on the Organic Lifehouse and Resources Centre and support base for "Soil for Life" which I am going (hopefully) to leave to the "right" and worthwhile souls who will carry on the Good Work!

I haven't got time to write letters to the Editor! But I found the last issue No 22, a little disturbing so here goes!

You obviously know about "good work" as you are doing it! It is necessary for the nourishment of the human soul – see "SMALL IS BEAUTIFUL" and "GOOD WORK" by Dr EF Schumacher as his practical, informative and inspiring

contribution to the youth revolt and counterculture struggles of the often idealistic and intelligent youth of the late sixties and seventies.

Sadly, their noble thoughts and ideas did not reach true fruition because they were disturbing to the powers that were, "little box" and general control-over-society moguls promoting their own greedy interests.

They were in any case, discredited, derailed and sabotaged by the drug business and so rendered a more or less ineffective threat to the rulers of the nations generally. They were written off as "junkies" which, indeed, they very often became, with "holes in their heads" from all the drug taking and crazy

and unhealthy lifestyles, they had often embarked on.

You have bravely tackled any "evils" (if one dare use such an old-fashioned word in this day and age when anything goes!). You are doing an amazing job of opening other minds to many areas of modern life gravely beset and threatened in many ways.

You have taken on Agri-business and Medi-business, and I think we need to recognize, another time-wasting threat, to our positive energies. I can only call it Religi-business or "the whole holy works!" Why not believe in YOURSELF!

I believe, the most important thing in life, is actually A FEELING OF YOUR OWN SELF-WORTH. I tell the young: "to

THE INBOX

achieve this YOU HAVE TO DO THINGS TO MAKE YOURSELF PROUD OF YOU! If you do the right things – the right things will happen to you!” This is in some ways, the great age of DOING YOUR OWN THING. Great truths are really simple and I think we need our OWN HOTLINE TO THE CREATOR, ALMIGHTY, pie in the sky or what ever fanciful beliefs are abundantly on offer! “BY THEIR WORKS SHALL YE KNOW THEM.”

As Shakespeare (Bacon?) or whoever he really was, said, I think in Richard, the Third, something to the effect that “there is a power that shapes our ends rough, hew them how we will.”

In my long, eventful and hardworking life, I have come to accept that this power, destiny, call it what you will, does indeed exist.

There is NO such THING AS COINCIDENCE. There is also no time (in my life anyway) to explore these unprovable possibilities I wake up every day as if I have had my personal computer (in my brain) programmed with what I must get on and do. If I am unsure about anything, I “sleep on it” and again the correct situation presents itself. I know not how or why but gratefully accept that I am apparently “plugged in” to something.

A great truth is IF YOU DON'T USE IT, YOU LOSE IT. This goes for your BODY; obviously needing exercise and use if it is to function properly and serve you well. Our mental capacity fades if we don't use it or passively expose it to all sorts of questionable and/or undesirable influences like too much television, which is another addictive time-wasting, money-making exercise in futility. It could, and is, in some instances, obviously a valuable educational contribution to life.

Food comes first and is basic to all other development of body, mind, and I believe spirituality – caring.

The commercial sector (GREED) is out of control, “junk” food, often even imported, fills the shelves and is taking

the “food rand” of the poor. How many workers lunch on a packet of “Niknaks” and luridly coloured cold-drink? “Soil for Life” is great and doing excellent. I have had criticism that Biophile is too “airy-fairy” these days. The doom and gloom of the nuclear articles and many others although brilliant and very necessary are depressing.

What has become of sunny South Africa that attracted our European forebears? We hear more about UV's these days than solar energy. It is obviously so right for Africa where the sun's heat is cracking layers of rock in many remote and inhospitable places, some of them close to the mighty power line from the coalfields areas to the W. Cape.

A report a few months ago told of a great new development from a Jhb University which would reduce solar costs dramatically. Then a deafening silence! Patented for possible huge profits, or suppressed?

I have always wondered why the brains that put men into outer space and the moon can't be harnessed to solve the alleged solar energy problems. Can't you and/or incredible wonderful Martin Welz investigate this recent report of progress.

I am sending you a copy of the amazing tyre TOWER POWER LADY! Even a balcony window box or a large drum, or a little terrace built from the rocks or stony sites can, as we have seen, hold some herbs, celery, parsley, leeks etc. to make a valuable contribution to your health and these days, your pocket too.

Sellers everywhere (as well as many “organic” producers) are climbing on to the bandwagon of GREED and “get rich quick”. It is not only rising production costs that are contributing to the soaring inflation!

A bevy of certifiers are competing for the organic certification certificate for doing what an enlightened, knowledgeable and efficient Dept. of Agriculture should really be responsible for.

Respecting, even trying to communicate

with nature, spirits etc. etc. is a lovely idea! Enchanted by the Findhorn Saga and Peter Caddy's glib tongue we older receptive souls, not to mention the youth revolters of the seventies (and some of them are pretty revolting!) hugged trees and pretended (?) to have great visions. What did they actually achieve? The “counterculture” was sabotaged largely by the drug scene and discredited, to the relief of most governments anyway.

What did Theodore Rozak, Ram das Bala etc. etc. really achieve except a “change of consciousness”, whatever that was supposed to mean. Many of the young became indigent if they didn't drop back into the “evil society” they had dropped out of, probably into a lower socio-economic level because they were untrained! A great truth “BY THEIR WORKS shall ye KNOW THEM!”

I say “DON'T TELL ME – SHOW ME”!

I still believe what I wrote to West Rand Bantu Administration Board (WRAB) when trying to justify “Operation GROW's application for permits to promote Robert Maziluka's trench bed gardening in Soweto, at the time of the great garbage crisis there – (whilst the Chinese were building the Tanzanian railway,) “LET US TEACH THEM TO GROW THEIR OWN FOOD AND HELP THEM TO HELP THEMSELVES BEFORE THE CHINESE COME AND DO IT FOR US!”

Investigated first by B.O.S.S., we got our permits. The then Organic Soil Association's Operation GROW was launched and flourished for a number of years.

Hat's off to Pat Featherstone's SOIL FOR LIFE for its great contribution to HEALTH, UNDERSTANDING AND RACE RELATIONS as well as some job creation.

Love and best wishes to you and your team. You have chosen a difficult but very important sphere of activity.

From
Marie Roux

Info Required re Licence to Grow Hemp

A few issues ago there was an article about the growing of HEMP for clothing/medicinal use. It was cited that one needs to obtain a growing licence to clarify that it was the non THC version of the plant being grown. Would you know which government department one would have to contact to obtain such a licence. We would appreciate clarification on this.

We are an 8 acre Permaculture farm...registered since 2005 as an NPO. We aim to help folks in the local townships by providing a Friday soup kitchen service (mobile.) We supply firewood & try to assist in helping folk with specific problems by direct counseling, letter writing and even petition work. We use the local "What's new in Plett weekly" for this purpose.

We are a demonstration farm for solar energy, water harvesting for consumption, self sufficiency activities (eg. veggie

growing, handicrafts, woodwork, basketry & patchwork quilting.) We are keen gardeners, have 3 cows & a bull. Milk when on stream is donated to needy children in said townships.

If you are ever in the area, or would like to know more about us, you would be most welcome to come and spend some time with us, to see for yourself what we are up to. Lovely self catering accommodation exists on our farm. We thoroughly enjoy your magazine, and think it's a great boost to public awareness. We look forward to further contact. We are, of course, greenpeace members. Best phone contact is via Mobile: 082 538 8552. Fax line: 044 532 7540 (Landline)

The above info would be very helpful.

Best wishes

Rachel and Charlie JACKSON.....Managers OEC.

Pedigree Flex Their Muscles By Squeezing Out The Small Guy

How does our competitors extra budget and muscle count in their favour? Or put in another way, why do we believe that these large multinationals behave in an immoral, unfair and monopolistic manner and "bribe, entice and threaten" the pet food industry.

Pedigree (belonging to Masterfoods) just muscled us out of a prior arrangement that we had with an animal welfare organization, African Tails. We have supported this small welfare organisation by regularly donating food, to help with their limited budgets. A while back we were approached by them to provide ALL the props and accessories (clothing, bedding, leads, etc) for their high profile calendar shoot. This was a large project and we supplied boxes of pet accessories for the shoot. The arrangement was very clear that we were to receive mention in the calendar for our contribution.

We recently learnt, that Pedigree, who is sponsoring the printing of the calendar, threatened to withdraw their sponsorship offer, unless Vondis Holistic Pet Nutrition was removed from all the pages. Not a single mention, would they permit even though

we were an integral part of making the calendar look so attractive. Acknowledgement is given to other role players, private and corporate, But not to Vondis.

Despite African Tails insistence that they honour their arrangement with us, they had no other alternative but to heed to the demands made by the larger company, Pedigree. We weren't even competing directly with them as we were hoping to get exposure for the accessories we supply through our retail outlet, products that are not even listed with Pedigree.

Thereafter, at a meeting between myself and African Tails, in order to contain this already volatile situation and make amends, it was agreed that we were to be one of the guest speakers at their launch. It was also agreed, that as the launch did not belong to Pedigree, our pamphlets were to be handed out to each guest. We also agreed to give out prizes in the form of food vouchers to the various guests.

To aggravate the problem further and a clear sign of antagonism and lack of

co-operation Pedigree has instructed African Tails to renege on every agreement that we have and for African Tails to disassociate themselves with our company.

Fair is fair in business but this is unethical and monopolistic. This from a company that has had a torrid few weeks of negative publicity. What with a massive recall campaign in America for many of the Masterfood brands of food, found to be contaminated with salmonella. Also, Animal Rights Africa listed Pedigree as one of the "brands to boycott" because of their insensitive stance on animal testing. <http://www.animalrightsafrica.org/PetFood.php>

This is clearly a sign of non co-operation in an industry that is already under scrutiny for its bullying tactics and controversy surrounding the ingredients that they use. So who is the loser. It is obviously our companion animals. We are considering reporting the incident to The Competitions Board.

Regards
Paul

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LIGHTER TIMES AHEAD?

Editorial

It's another birthday issue, and it seems like yesterday that it was our 3rd birthday - the year has flown by.

I was convinced that this was our 5th birthday, but I checked and no, we are only 4 years old, but it feels good and solid! It's great having the new and enthusiastic energy of Chris and Lindsay helping Biophile take its physical form, and wonderful to see that Steve has lived his dream and published the beautiful 'Shared Earth' magazine. So MANY changes have come about in 2008, and while most of us are feeling the contraction or the 'in-breath' on earth, there is also the excitement of something unfamiliar about to happen. We have a new president-elect in the US, Barack Obama, which could plant the seed to a new way of being right across our planet.

To me it seems the air is filled with a fresh 'energy' that is lighter and sweeter. **It is time for humanity to step out of the old paradigm of fear based competition and greed,** and learn to live kinder and lighter, in the true sincere spirit of brother/sisterhood - and it seems to be everywhere, people are feeling the desire to care more, firstly about their relationship with themselves, and this requires discipline and strict observation of each and every moment.

Are we allowing lower thoughts of judgment and fear to creep in? Or are we acknowledging that these are not from our true source - our higher selves - and moving past them as we train our minds to be stiller without fear of the future and critical judgment of others - whose shoes we are NOT in so we can NEVER make a judgment anyway! As the beloved being Gandhi taught us, **"Be the change you want to see in the world"**. I think one of the keys of true serenity is to **surrender and allow what comes our way** - as with this attitude, there is complete faith that we are all part of a divine plan and all is in perfect divine time for our growth into the beings of light that we are in essence.

So while this does not mean that we lack discernment and the energy to fulfill our plan, it means that we become less reactive and more responsive, realizing that all is divinely meant for our growth.

I am finding that even in my own life the calls are increasing from individuals and business people, wanting guidance on how to lessen their ecological footprint and lighten their 'load'. So maybe out of the times of less in the 'material' realm, will come times of much 'more' in the spiritual realms, and how exquisite will this be. As we realize that all the 'material stuff' that we think we want, we actually don't need, as we learn to lighten our 'load' - in all the areas of our lives - mental, emotional and physical.

When I watched the DVD **"The Power of Community - How Cuba survived Peak Oil"**, it just brought home again just how wonderful human 'Beings' are when the tables turn. As the oil squeeze tightened so the local people started planting their food gardens right in the cities. There was no longer the money to buy the tons of pesticides, so organic farming became the way, and only then did the people connect with the spirit of nature and the perfection of it all.

It is a magnificent time for the true divine inner 'spirit' of us all to emerge as the ethos of community drives our lives into wonderful creative and joyful spaces. Markets are springing up all over the world, and people are having fun and laughing again - the children play and there seems to be a 'lightness' about it all.

Where the denseness is still being played out, mainly in the cities, the mirror is there for all to see and the light is literally being cut out. Reports of a "Killer Smog Cloud Smothering the Sunlight in the major cities of Asia" is real. Natural light has become 10 - 25 % dimmer in cities such as Beijing, Karachi, Shanghai, and New Delhi as 3-km thick "brown clouds" of pollution spread



across Asia and elsewhere, according to a new UN report. Countries like China are plagued by a vast Atmospheric Brown Cloud (ABC), made of "more than three-km thick layer of soot and other man-made particles that stretches from the Arabian Peninsula to China and the western Pacific Ocean," the result of burning fossil fuels and biomass. This may not be news to many, but the UN report makes vividly clear just how murky things have become in huge cities. As the growth of industry and the material 'wants' cause the light to lessen we can see so clearly the patterns of self-destruction we have been caught up in - a caner on the earth, that will eventually destroy itself.

We need to give so much thanks to our beloved planet for the gifts she so readily gives to us, as she 'allows'

all these anti-life trends, that make her so sick, so we can wake up to the divine order exemplified so perfectly in nature.

Creating 'lighter times' is a choice.

It depends on each and every one of us, and no-body is going to do it for us. We have the choice to think, say and do kind and sweet things always - it is just a matter of training our minds. We then become less burdensome to ourselves first and foremost, and then to all and everything around us.

We wish you a calm, peaceful, kind, happy, simple and abundant 2009!

Anthea 🌿

The Biofiles

News & Views from around our World

Plastic Soup in the Pacific

It is twice the size of the continental United States, yet you cannot set foot on it. Scientists have named it "plastic soup", and appropriately so. Floating in the northern Pacific ocean lays a huge expanse of plastic refuse.



This garbage patch is actually two attached areas on either side of Hawaii, known as the western and eastern Pacific garbage patches.

The great Pacific garbage patch was discovered by Charles Moore, an American oceanographer, in 1997 as he was traveling between Hawaii and Los Angeles on a yacht. Taking a course usually avoided by sailors, he steered his craft through the "north Pacific gyre" (a vortex created by little wind

and strong high pressure systems). Here, thousands of miles from land, he discovered and was surrounded by pieces of plastic trash day after day as he steered his yacht through the area over a week's time period. He believes there is about 100 million tons of debris floating, drifting, and swirling in the Pacific ocean approximately 500 miles off the coast of California, stretching past the Hawaiian islands, and extending almost to Japan. - *Jo Hartley, naturalnews*

Peugeot 308Hdi goes Coast2Coast on one tank



A Peugeot 308 HDi has driven exactly 1689.7 km across South Africa on a single tank of diesel, meaning the 1.6 litre car achieved a fuel efficiency of 3.4 litres /100 km.

Peugeot devised the Coast2Coast Challenge to showcase the ultra-efficiency of the medium size hatchback, and highlight the need for motorists to drive fuel-efficiently in order to reduce their impact on the environment. Scientists believe the greenhouse gases in car exhaust fumes are one of the major contributors to climate change.

Peugeot will make the Coast2Coast Challenge Carbon Neutral. Global Carbon Exchange have audited the event, and once they have arrived at a Carbon Dioxide emissions figure, Peugeot will plant the required number of trees at one of Peugeot's corporate social investment projects in Orange Farm, south of Johannesburg during November. To symbolise the Carbon Neutral status, the drivers planted a tree at the finishing line. -*Thandukwazi Gcabashe*

ALASKAN GLACIERS GROW

Two hundred years of glacial shrinkage in Alaska, and then came the winter and summer of 2007-2008. Never before in the history of a research project dating back to 1946 had the Juneau Icefield witnessed the kind of snow buildup that came this year. It was similar on a lot of other glaciers too.

Unusually large amounts of winter snow were followed by unusually chill temperatures in June, July and August.

"In mid-June, I was surprised to see snow still at sea level in Prince William Sound," said U.S. Geological Survey glaciologist Bruce Molnia. "On the Juneau Icefield, there was still 20 feet of new

snow on the surface of the Taku Glacier in late July. At Bering Glacier, a landslide I am studying, located at about 1,500 feet elevation, did not become snow free until early August.

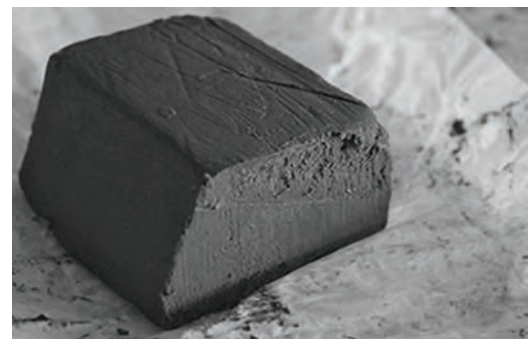
"In general, the weather this summer was the worst I have seen in at least 20 years." "It's been a long time on



most glaciers where they've actually had positive mass balance," Molnia said. - *Craig Medred, Anchorage Daily News*

Raw Foodists Arrested for Smuggling.... Chocolate!

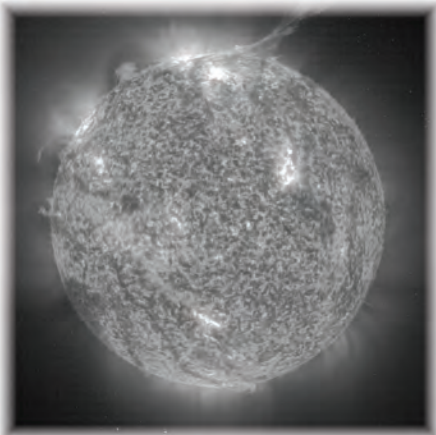
Absurd but true - Ron Obadia and Nadine Artemis, two owners of the Toronto-based raw food and beauty care company Living Libations were arrested last month at the US-Canadian border on their way to Arizona, after drug-sniffing dogs found their 2.5 pounds cache of raw, unrefined chocolate - which officials mistook as hashish. The couple underwent hours of intimidating interrogation tactics and threats of "life in jail" by Canadian enforcement authorities. - *Kimberley D. Mok, treehugger*



New Scientific Study Shows Solar Activity Affects Humans Physical and Mental State

A recent study published today in the NewScientist, indicates a direct connection between the Sun's solar storms and human biological effect. The conduit which facilitates the charged particles from the Sun to human disturbance -- is the very same conduit which steers Earth's weather --- The Magnetic Field. Yes, animals and humans have a magnetic field which surrounds them -- in the very same way the magnetic field surrounds the Earth as a protector.

Here is what the NewScientist article says: "Many animals can sense the Earth's magnetic field, so why not people, asks Oleg Shumilov of the Institute of North Industrial Ecology Problems in Russia.



Shumilov looked at activity in the Earth's geomagnetic field from 1948 to 1997 and found that it grouped into three seasonal peaks every year: one from March to May, another in July and the last in October. Surprisingly, he also found that the geomagnetism

peaks matched up with peaks in the number of mood disorders i.e. depression, anxiety, bi-polar (mood swings) and even suicides in the northern Russian city of Kirovsk over the same period."

The NewScientist study goes on to state: "The most plausible explanation for the association between geomagnetic activity and depression and suicide is that geomagnetic storms can desynchronize circadian rhythms and melatonin production," says Kelly Posner, a psychiatrist at Columbia University in the US.

The pineal gland, which regulates circadian rhythm and melatonin production, is sensitive to

magnetic fields. "The circadian regulatory system depends upon repeated environmental cues to [synchronize] internal clocks," says Posner. "Magnetic fields may be one of these environmental cues." - *Mitch Battros, Earth Changes Media*

GM setback for SA maize exporters

The World Food Programme, one of the biggest buyers of South African maize, may have to shop elsewhere due to a growing shortage of non-genetically modified (GM) local mielies.

The move would be a huge blow to grain exporters, some of whom say they have already suffered economic losses due to the country's heavy reliance on GM maize.

"It is becoming more difficult every year to find sufficient quantities of non-GM maize in South Africa," WFP southern Africa spokesman Richard Lee said. "The situation is that the majority of countries that we send maize to from South Africa as food assistance do not want GM maize," Lee said.

South Africa, a key supplier of maize to the WFP, grows mostly GM maize, which is banned in most African countries. Farmers say it is difficult to separate the GM maize crop from non-GM maize due to cross-pollination. The lack of control could cost the country millions, exporters say. - *Bobby Jordan, Sunday Times*

Meat and Dairy Create More Emissions Than Transport

A study by the prolific Carnegie Mellon University researcher Christopher Weber found that food transport accounts for only 11 percent of food-associated greenhouse gas emissions, while production contributes a whopping 83 percent.

Specifically, nitrous oxide and methane -- mainly byproducts of fertilizer use, manure management and animal digestion -- make up a far bigger piece of the emissions pie than emissions from transporting our food from faraway places. - *Eliza Barclay, Nomad*



Treasury gives banks multi-billion tax break windfall

Some of the nation's biggest banks are in for a windfall - on top of the \$700 billion government bailout - thanks to a new tax policy quietly issued by the Treasury Department. The notice gives big tax breaks to companies that acquire struggling banks hit hard by the mortgage crisis. In some cases, the tax breaks could exceed the cost of acquiring the banks, according to analyses by private tax experts.



The change could cost the Treasury as much as \$140 billion by enabling firms that acquire struggling banks to use more losses incurred by those banks to offset their own taxable profits. San Francisco's Wells Fargo & Co., which made a bid to acquire Wachovia Corp. just days after the notice was issued, stands to reap about \$20 billion in additional tax savings because of the change, according to the analyses. Wells Fargo paid \$14.8 billion in a stock deal to buy Wachovia. - *Stephen Ohlemacher, Associated Press*

Get Active!

what YOU can Do...

Environmental Justice Network Forum

Established to service the common interests of participating South African non-governmental and community-based organizations on matters concerning environmental justice and sustainable development.

Tel: +27 (0)11 403 8978
Fax: +27 (0)11 339 3859
Web: www.ejnf.org.za

Earthlife Africa

A membership-driven organization of environmental and social justice activists, founded to mobilize civil society around environmental issues in relation to people.
Web: www.earthlife.org.za

Biowatch

South African NGO publicising, monitoring and researching issues of biological diversity, genetic engineering and sustainable livelihoods.

Tel: +27 0(21) 447 5939
Email: biowatch@mweb.co.za
Web: www.biowatch.org.za

CANE - Coalition Against Nuclear Energy South Africa

A group of organisations, NGOs, Environmental Groups, Communities and Citizens from all over South Africa who are opposed to Nuclear Energy as a power source.

Web: www.cane.org.za

CANE needs YOU!

What we are looking for right now is a CAPE TOWN-based network, what I used to call "the Koeberg Alert Alliance": a name we can resurrect, if everyone thinks it's useful, but we must act swiftly before the moment passes. We need a handful of dedicated individuals who can drive in Cape Town. Right now we are consolidating our substantive database (those who signed up over the last six months on the CANE website, and we will be grouping those members and organisation according to their locality -- but the Coalition remains to oppose the nuclear power industry at a national level. We still need grassroots opposition at the local level.

Join us NOW at www.cane.org.za



Please sign our petition on feed-in-tariffs for renewable energy:

<http://www.petitiononline.com/FITSA/petition.html>

Animal Voice is a magazine published by the Humane Education Trust in South Africa. The HET is an organisation dedicated to rekindling the spirit of care and respect for all life, and is the official mouthpiece in South Africa of Compassion in World Farming.

Our website can be found at <http://www.animal-voice.org>

ARC Launches new Website

We are proud to announce that ARC have officially launched their site. The OBP Horse slaughter situation has with the great response of the South African Public for once and for all been put to a stop.

When you register you will be notified of current campaigns, i.e. the Exotic Fur Trade still being alive and well in South Africa.

ARC is the voice of the people, please join us to fight for those who cannot speak or fight for themselves.

Please visit on www.animalrightscoalition.org

Never Say Die



TAKE ACTION WITH EARTHLIFE AFRICA

Who Is Earthlife Africa?

Earthlife Africa (ELA) is a membership driven organization of environmental and social justice activists, founded to mobilize civil society around environmental issues in relation to people.

What does Earthlife Africa do?

Earthlife Africa's main activities are campaign related. This includes lobbying and advocacy, building campaigns at community level through sharing information and skills, engaging with environmental impact assessments, engaging the media, and researching and producing information materials.

We work to promote ecologically sound alternatives, like renewable energy and efficiency, organic farming and adopting the 'Zero Waste' approach to industrial pollution and waste management.

FOR MORE INFO, OR TO JOIN EARTHLIFE AFRICA CAPE TOWN, PLEASE VISIT

www.earthlife-ct.org.za

or call: 021 447 4912 or

Email: coordinator@earthlife-ct.org.za



Get Active!

what YOU can Do...

INVINCIBLE SOUTH AFRICA

Invincible South Africa offers proven formula to reduce violent crime

A new initiative has been launched by South African educator and social entrepreneur Taddy Blecher and supported by several well-known media personalities, with the goal of creating a safe, prosperous, and 'invincible' South Africa.

Invincible South Africa sets out to 'create an influence of national coherence and peace that will completely reverse the trend of negativity and violence plaguing our country', through a scientifically validated and highly cost-effective programme. Among specific goals it lists: to reduce violent crime by 30% over the next three years; and the achievement of stable balanced growth to significantly reduce poverty and thus address the economic causes of crime.

'At this time when our beloved country is gripped by an ongoing crime epidemic, we need your help,' says Dr Taddy Blecher, Director of Education for Invincible South Africa. 'At this time of massive continuing emigration of our scarce skills-base, we need your help. At this time of major political transformation needing all South Africans to unite beyond partisanship towards the greatest good for South Africa, we need your help. At this time, where it is in fact possible to achieve a greater and bigger vision for a safe and prosperous South Africa, we need your help.'

Central to the Invincible South Africa campaign is the creation of what is known as 'coherence' in the national consciousness of the country, through a group of 1000 experts in Transcendental Meditation and its advanced aspect the TM-Sidhi programme founded by Maharishi Mahesh Yogi. Extensive scientific research (50 independent studies, many of them published) has conclusively shown that the presence of such a group invariably reduces crime and violence. The programme works by creating such an intense influence of peace, coherence and harmony that violent tendencies

are transformed into peaceful and creative solutions. The size of the group is crucial: research has shown that the square root of 1% of the population is enough to create what is known as a 'Tipping Point' in the collective mindset of the nation. For South Africa this figure is 700, but the target of 1000 will allow for a safety margin and also takes account of the country's importance in the region as a whole.

Already there is a group of 100-200 students at the Maharishi Institute in Johannesburg, comprising mainly school-leavers from historically disadvantaged communities, who are taking a 2-year foundation programme including vocational and business skills as well as practice of Transcendental Meditation. This group has been growing steadily since its first intake of students in July 2007.

How to get involved

The website www.invinciblesouthafrica.org invites people to become part of the coherence-creating group, or to help support the group financially. Dr Blecher comments: 'We are calling on the help of the general public. Also, any high school can quickly transform itself through this programme to a place of academic excellence, joy, safety, and peace. We are also calling on the military, airforce, and navy of our country to create a peace wing of 1% of the soldiers to create this effect, or any prison which can literally become a lighthouse for crime prevention for the nation.'

You can help through Financial Support – click on www.invinciblesouthafrica.org/Default.aspx?TabID=8 You can find out more about Invincible South Africa through attending a conference, or you can join a coherence-creating group in your area – click on www.invinciblesouthafrica.org/Default.aspx?TabID=21 You can introduce Invincible South Africa to your company, or to the military, to the police services, to rehabilitation and prison services – email info@invinciblesouthafrica.org The massive leverage factor of every

individual who supports this campaign, means your help matters, whether it's financial or you whether you join a coherence group. Our country's safety matters. The safety of all our families and children matters. With this initiative, you will make a difference. Your support, no matter how small you feel it is, will make a difference. Email us now on: info@invinciblesouthafrica.org

Solution 'may seem unconventional', but is proven

'Group meditation may seem an unconventional way to solving South Africa's crime problems,' Dr Blecher says. 'But it is an approach that works, and it has over 50 scientific research studies to back it up. Other approaches are draining national resources, costing up to R 300 billion per annum, yet are ineffective because they are in the large part reactive and solve problems only after they happen. Invincible South Africa's approach will provide support at the deepest level for all other approaches, and will bring lasting change. The initial target of the campaign is to have 10,000 South Africans each giving R50 to R 250 per month, which will finance such a group in perpetuity.'

According to Thami Ngubeni, author and radio presenter: 'This is a 'soft' solution, with very hard, very scientific results. We've long known about Ubuntu. Well the deepest writers on the topic concur with the latest research of quantum physics, and spiritual traditions throughout the world, that at the deepest level we are in fact all one. If we enliven that underlying unity between all people, which large groups meditating together can do, it is less possible for an individual to harm another. In fact any South African, from their own home, can become a radiator of peace'.

Other prominent figures who are backing the Invincible South Africa campaign include Grace Mahlaba, Nadine Naidoo, and Pepsi Pokane. What unites them is a desire for effective social solutions that work.

For You, For Free

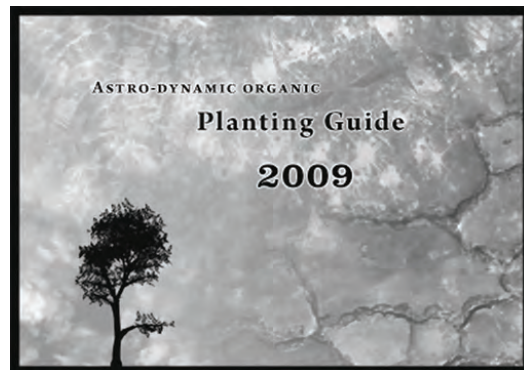
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Astro Mayan Calendar Guides & Astro Dynamic Organic Planting Guides

Sojourn Publications are giving away 5 Astro Dynamic Organic Planting Guides & 5 Astro Mayan Calendar Guides to Biophile readers.

If you would like to receive one of these beautiful gifts, please call us on 021 709 0390.



The new earth-friendly Sodastream system is an experience that's better for you and better for the environment. Sodastream is committed to reducing, reusing, recovering and recycling through its innovative soda system that ultimately saves energy and limits the number of bottles in the environment. With a new range of machines that offer advanced technology and stylish designs and a range of healthy, naturally-flavoured drinks, Sodastream is the smart alternative that is set to provide families with a better and more environmentally-friendly alternative to traditional bottled beverages.

Sodastream is giving away a Jet value pack – everything you need to get started – to one lucky Biophile reader. The prize includes a Jet Sodastream machine, two PET 1 litre carbonating bottles and one gas cylinder, all valued at R349. Call us on 021 709 0390



Abundance Diaries

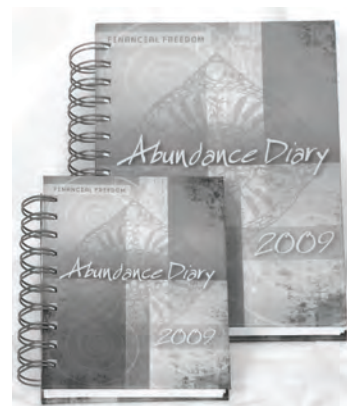
Money. Love it or hate it, but we can't do without it, and the 2009 Financial Freedom Abundance Diary reveals that it's our perceptions about money, and the plans we put in place to make it grow, that determine where our wealth really begins and ends.

The diary is more than a day-to-day journal, it's a practical fiscal guide which helps steer us towards wealth and abundance. It offers a blueprint from which to direct money efficiently, and aims to alter limiting beliefs about spending and saving, encouraging a, 'pay yourself first' mentality – even when in debt.

In many ways, the diary acts as a personal financial coach, setting out simple monthly steps in the form of easy-to-complete charts steering us towards setting achievable financial goals to gain the most from our own financial situation.

We are giving away 5 A5 diaries valued at R145 and 5 A6 diaries valued at R85, so call us now on 021 709 0390.

Available online at www.Financial-Freedom.co.za and at leading Stationers and Book Stores, nationwide. Join our newly launched Wealth Club at: www.Financial-FreedomWealthClub.co.za



Vicious Vaccines

The Poisons that We Inject

by Dr Elizna Hanekom

Most parents would assume that our vaccines are made of selected viruses in sterile fluid, to which a small amount of preservative chemicals has been added. In truth, our children are vaccinated with 'primitive' cocktails, a soup of viruses and unknown bits and pieces - a veritable witches' brew of DNA fragments, chemicals and cellular debris, all potentially highly dangerous.

What Vaccines are made of:

Basically vaccines contain either killed viruses or bacteria, germ components, toxic extracts or live organisms that have been made less virulent - a process called attenuation. Attenuation is accomplished, supposedly, by sending these pathogens through a rather mystifying process called "serial passage," in which the viral strain is passed through up to 50 animal cell cultures on the assumption that this will weaken them. In the production of viral vaccines on a commercial scale, the virus of concern must be reproduced in large quantities.

Viruses cannot survive or reproduce without being introduced into cells that nourish them, which enables the viral reproductive ability. The measles and mumps vaccines, for instance, are propagated in a chick embryo cell culture, while the polio vaccine is grown in a continuous cell line derived from monkey kidneys. The current rubella vaccine originated from cell lines obtained from the tissue of aborted human fetuses. These cells must also be nourished with food, and are most often fed with a nutrient mix containing in large part bovine (cow) calf serum

- usually serum extracted from fetal calf blood. The growth medium for the current rubella vaccine is a buffered salt solution, supplemented with fetal bovine serum. This vaccine also contains human serum albumin (protein), neomycin (an antibiotic), sorbitol, and hydrolysed gelatin stabiliser (animal protein substance made from boiled cows or pigs)..

Killed vaccines are made of the components of the disease - whole cells, toxins, synthesized molecules, for instance - that have been rendered inactive with heat, radiation or chemicals. The three most common chemicals used in vaccine production are thimerosal, a preservative derived from mercury; aluminium sulphate and formalin - a 37 percent solution of formaldehyde (the main ingredient in embalming fluid) included to inactivate viruses and detoxify toxins. The flu vaccine and the multi-dose vials

based compound is still used in the manufacturing process and, as such, traces of it remain.

The Salk vaccine (polio) officially contains maximum 0.02 percent formaldehyde per dose. This is 200 parts per million, yet a major Harvard University study on the Centers for Disease Control's website reports: "Formaldehyde is a reactive chemical that has been recognised as a human carcinogen (cancer-causing agent)".

Vaccine Adjuvants:

With most natural infections the immune activation occurs rapidly, and, once the infection is under control, drops precipitously, to prevent excessive damage to normal cells in the body. Most modern vaccines have to incorporate adjuvants like aluminium and squaline and the like because the attenuated, dismantled or otherwise mangled virus does not elicit

A recent study by the world-renowned immunologist Dr. H. Fudenberg, found that adults vaccinated yearly for five years in a row with the flu vaccine, had a 10-fold increased risk of developing Alzheimer's disease. He attributes this to the mercury and aluminium in the vaccine.

(often still used in developing countries) contain mercury.. A recent study by the world-renowned immunologist Dr. H. Fudenberg, found that adults vaccinated yearly for five years in a row with the flu vaccine, had a 10-fold increased risk of developing Alzheimer's disease. He attributes this to the mercury and aluminium in the vaccine. Even if vaccines are certified thimerosal-free, this mercury-

squat on its own. Adjuvants remain in the tissues, constantly stimulating immune-activating cells. Because more and more reports are appearing citing vaccine failure, manufacturers are increasing potency by adding more powerful adjuvants. In the very young, the nutritionally deficient and the aged, this immune over-stimulation can paradoxically paralyse the immune system.

Virus mutations:

Live virus vaccines (like the MMR) are made using a process to attenuate (weaken) a disease-causing virus by passing it through a series of cultures. Unfortunately in far too many cases, after injection, these viruses escape the immune system and take up residence in the body - for a lifetime.

A recent autopsy study of elderly individuals found that 20 percent of the brains and 45 percent of the other organs contained measles viruses.

Similar findings have been described in autistic children. Most of these viruses were found to be highly mutated. These attenuated viruses

live Similar
been in autistic
of these viruses
found to be highly
These attenuated
undergo mutations
brought on by the
presence of free radicals
in the tissues and
organs. They can
mutate into virulent,
disease-causing
organisms. Recent
studies have
confirmed this
frightening finding.
Virologists are
also concerned
that such
mutated viruses
can infect other
people, leading
to outbreaks of
disease totally
unsuspected by
health authorities.



Vaccine contamination:

Vaccine contamination is another major problem. Vaccines are really suspensions from the manufacturers' 'incubation' tanks in which the viruses are produced from 'substrates' of mashed bird embryo, minced monkey kidneys or cloned human cells. These suspensions are filtered before use, but only to remove particles larger than viruses. The point of the vaccine is that it contains viruses, thus these must not be filtered out. This means there remains in the vaccine material of virus size or smaller, including what the manufacturers call 'degradation

products' - parts of decayed viruses or cells. The only official checks made for contamination are for known pathogens, thus ignoring a vast host of unknown, unstudied genetic code fragments and toxins.

Much of the microbial world is still as mysterious as an alien planet. It has been estimated that only 0.4 percent of all extant bacterial species have been identified, and we can only test for those we have identified. Vaccine incubators can also create mutated viruses. The viruses and other agents that can contaminate bovine calf serum (used as viral growth medium) are numerous. One of the most prominent is a pestivirus called bovine viral diarrhoea virus. In spite of manufacturers and regulatory agencies claiming efficacy of their testing procedures, one 2001 study found 13 percent of MMR, polio, or Streptococcus pneumonia vaccines tested positive for pestivirus RNA.

There is now heightened concern that this virus and others can cross species lines, creating new strains as they adapt to their new hosts. Measles, mumps and other vaccines continue to be produced on contaminated fertilised bird eggs. The World Health Organisation and the national health authorities have quietly, but officially, permitted childhood vaccines to contain a 'low level' of viral contaminants - simply because they cannot remove it economically.

It has taken approximately forty years for the scientific community to finally acknowledge that we have a serious problem as a result of the contamination of polio vaccines with simian virus 40 (SV 40) in the late 1950s-early 1960s. The medical community has been slow to acknowledge a definitive link between SV 40 and cancer in humans. Two independent research teams however, have recently found this virus present in 43 per cent of cases of non-Hodgkins lymphoma.

Another study found it present in 36 per cent of brain tumours. And strangely, SV 40 has now been found to infect children. Considering that children of this era are not supposed to be receiving the virus via the vaccine contamination route, this would imply that SV 40 is being transmitted vertically from mother to child.

Dr Garth Nicolson has shown a direct connection between mycoplasma (cell-wall deficient organisms) contamination of vaccines and the 200 percent increased incidence of the neuro-degenerative disorder ALS in Gulf War veterans.

China is now the largest vaccine manufacturer in the world. The FDA (Food and Drug Administration) in the US admits that it inspects only 1.8 percent of the 714 drug firms in China on a regular basis.

Conclusion:

Up until now, parental concerns have mostly been about the additives put in the vaccines - such as mercury and aluminium salts - but evidence suggests that the very nature of the vaccine manufacturing process provides the major dangers.

Simply put, are we in a state of denial that vaccines are ultimately transmitting viruses, DNA and proteins into humans from foreign animal sources, and that this may be strongly contributing to the incredible upsurge of cancers and serious chronic diseases? Are these foreign animal genes altering your DNA?

Furthermore, given that viral presence can sometimes take years to manifest actual disease symptoms and then considering the tendencies of the health-related agencies and corporations towards short-term solutions and profits, will we ever truly know the long-term consequences before it is too late?

Bibliography:

Fear of the Invisible - Janine Roberts
Vaccine Safety Manual - Neil Z Miller
The Vaccination Bible - What Doctors Don't Tell You 🌐

Water Therapy

by Dr.Mahmoud Hussain

Ibn Sina Company

(Saudi Arabia)

By the time you wake up after eight hours sleep, your 100 trillion cells are screaming for water. If you drink a cup of coffee (the caffeine tightens the tissue reducing circulation) and eat toast (which absorbs any available water and takes it out through the intestines) your 100 trillion cells are still screaming for water.

Since you ignored your opportunity to hydrate the cells, they start dying at an abnormal rate. This large number of dehydrated, dead cells clogs your circulatory system, kidneys and liver. Any food you eat during the day absorbs any available water.

It also takes time to replace the dead cells, so your body is cluttered with dead cell toxins and replacement of new cells cannot be done at the normal rate, so you bloat up with toxins and after a while, your body is deprived of many of the cells that are needed for optimum function.

You can imagine what happens as this process continues for an extended period of time. You become diseased from the toxin accumulation and age sooner from the lost cells. So, it behooves any one who wishes to become or remain healthy to be a regular practitioner of this wonderful technique.

You will not believe the difference it makes until you try it.

Water Therapy:

Drink six (6) glasses of water (1.5 liters) everyday in the manner prescribed below and you can avoid medicine, tablets, injections, diagnosis, doctor's fees, etc.

List of diseases that can be cured or avoided by using water therapy:

- Blood Pressure/Hyper Tension
- Anemia (Blood Shortage)
- Rheumatism (Pain in joints/ muscles)
- General Paralysis
- Obesity
- Arthritis
- Sinusitis
- Tachycardia
- Giddiness
- Cough
- Leukemia
- Asthma
- Bronchitis
- Pulmonary Tuberculosis
- Meningitis
- Kidney Stones
- Urogenital Diseases
- Hyper Acidity
- Dysentery
- Gastroenteritis
- Uterus Cancer
- Rectal Piodapse
- Constipation
- Hostorthobics
- Diabetes
- Eye Diseases
- Ophthalmic Hemorrhage & Ophthalmia (Reddish eye)
- Irregular Menstruation
- Breast Cancer
- Laryngitis
- Headache
- Leukemia

Therapy procedure:

Early in the morning, after you get out of bed, (before even brushing your teeth) drink 1.50 liters of water (i.e., 5 to 6 glasses.) You may wash your face thereafter.

Here it is essential to note that nothing else; neither drinks nor solid food of any sort should be taken within 1 hour before or after drinking these 1.5 liters of water.

If required, boiled and filtered water may be used for this purpose.

It is difficult to drink 1.5 liters of water at one time, but you will become accustomed to it gradually.

Initially, while practicing, you may drink four glasses first and the balance (two glasses) after a gap of two minutes. You may find it necessary to urinate 2 to 3 times within an hour, but it will become normal after some time.

By research and experience...

The following illnesses / diseases have been observed to be cured with this therapy within the times indicated below:

Constipation - 1 day
Acidity - 2 days
Diabetes - 7 days
Cancer - 4 weeks
Pulmonary TB - 3 months
BP & Hypertension - 4 weeks

Note:

It is advised that persons



suffering from Arthritis or Rheumatism should practice this therapy thrice a day, i.e. morning, midday and night, 1 hour before meals for one week; and twice a day subsequently until the disease disappears.

How Does Pure Water Act?

Consuming ordinary drinking water by the right method purifies the human body. It renders the colon more effective by forming new fresh blood, known in medical terms as "Haematopaises".

That the mucosal folds of the colon

and intestines are activated by this method, is an undisputed fact, as is the theory that new fresh blood is produced by the mucosal fold.

If the colon is cleansed then the nutrients of the food taken several times a day will be absorbed and by the action of the mucosal folds they will be converted into fresh blood. The blood is all important in curing ailments and restoring health and for this to occur, water should be consumed on a regular basis.

Remember...

Lifestyle related diseases such as diabetes, obesity, high blood pressure, heart disease, and various types of cancers are directly linked to your diet. If you eat a healthy diet and drink alkaline water it will prevent you from being constipated and developing disease.

*Information presented here is for educational purposes only. These statements should not be construed as medical advice implied or otherwise. No claims are made with respect to treatment of any physically diseased condition and no attempt is ever made to dissuade individuals from seeking medical treatment for any condition. 🌍

THE VOW

On November 7, 2008, at 9:45 am, I, Deepak Chopra, took a vow of non-violence in my thoughts, in my speech and in my actions. I, then, also had an opportunity to ask the almost 500 people attending the plenary session for the Alliance for a New Humanity in Barcelona if they would join me in this commitment.

I first asked them to close their eyes, put their awareness in their hearts and ask themselves honestly and seriously if they were willing to take a vow.

I told them that a vow is a sacred commitment from which there is no going back. It is like a child that is born, who cannot return to the womb.

I told them if they were ready to take this vow, they should stand up.

People stood up, one by one at first, then in groups of twos and threes, and finally in tidal waves, until more than 450 people had stood up and taken the vow.

Following this, everybody agreed to have at least two people in their lives take the vow. The two in turn, would have two others join them in taking the vow. Our immediate goal is to get 100 Million people across the world to take this vow. In the meantime, we will be setting up ways to measure and support the dramatic effects this tidal wave of shift in consciousness is going to create.

Are you seriously committed to bringing about a world of peace, harmony, laughter and love by taking this vow and getting two people to join you?

If you are ready, please post a blog on Intent (<http://www.intent.com/blog/2008/11/07/the-vow>) entitled: I take the vow.

Let us know that you have passed on the vow to two friends. And, if you wish tell us your thoughts in the post, we would love to hear them.

Love
Deepak Chopra
President and Founder of the Alliance For A New Humanity

Beyond Duality and Polarization

"The line dividing good and evil cuts through the heart of every human being."

Aleksandr Solzhenitsyn

by *www.wanttoknow.info*

In terms of sexuality, we divide ourselves into male and female. Financially, we see ourselves in terms of rich and poor. Americans divide themselves into Democrats and Republicans, red and blue states. Our lives are filled with these and many other dualities.

Such dualities can easily lead to a polarization of beliefs and lifestyles. Once large groups of people become strongly polarized against each other, it becomes easy for those supporting one end of the polarization to justify hatred, killings, and even war against the other. Yet is this what we really want?

For thousands of years this world has been focused on duality and polarization. People have long had a tendency to judge most everything in terms of light vs. darkness, good vs. evil, us vs. them. We've in many ways been indoctrinated to embrace the light as good, while avoiding and separating ourselves from darkness, as we were taught that it is evil.

When engaged in war, other situations of conflict, and even political elections, we tend to see us as good and them as bad or evil, often without even understanding the deeper reasons behind the differences. As a result of these deeply ingrained dualities, we've ended up in numerous conflicts and wars in the world, and even inside of ourselves.

The reality is that all of us, including those on both sides of any polarity or conflict, have inspiring creative abilities, whether latent or expressed. Yet it's also important to acknowledge that we all have the capability for destruction. There are ample examples of average people being involved in horrifying, destructive acts throughout history.

One blatant example was the response by the people of Germany to official Nazi propaganda that Jews were evil during World War II. There are certainly inspiring examples of heroes who saved hundreds and even thousands of Jews, but the vast majority of German citizens kept quiet. Only a very few individuals there were willing to speak against the atrocities committed not only against the Jews, but against homosexuals, gypsies, those with physical deformities, and more. A powerful poem by German pastor Martin Niemoeller on his choice not to act exemplifies this well:

In Germany they came first for the Communists,
and I didn't speak up because I wasn't a Communist.

Then they came for the Jews,
and I didn't speak up because I wasn't a Jew.

Then they came for the trade unionists,
and I didn't speak up because I

wasn't a trade unionist.

Then they came for the Catholics,
and I didn't speak up because I was a Protestant.

Then they came for me,
and by that time no one was left to speak up.

This powerful message applies not only to the time of the Nazis. During the conscious campaign to exterminate Native Americans in the early days of the United States, many good Americans simply turned their heads and took no action to stop this destruction. During many other genocidal movements that have taken place around the world and continue to this day, good people have simply avoided talking and even thinking about the issue, thus allowing the massive violence and murders to continue unabated, or to escalate further.

Two major experiments demonstrate how polarities and unwillingness to question authority exist in all of us. The famous Stanford Prison Experiment dramatically revealed that normal middle-class young men arbitrarily put into the role of prison guards can become aggressive and even violent towards those playing the role of prisoners. The Milgram Experiment showed that the vast majority of ordinary citizens will inflict pain – sometimes even severe pain – on another person

simply because they are told to do so by an authority figure. For more revealing information on these two experiments, explore the links below, including the powerful slide show in the first link.

<http://www.prisonexp.org> - The Stanford Prison Experiment

http://en.wikipedia.org/wiki/Milgram_experiment - The Milgram Experiment

These experiments show clearly that we all have destructive capabilities within us. When we don't live with clear intentions, it is easy to be pulled down a destructive path by circumstances, by pressure from authorities, or even by government propaganda.

By developing clear purpose and intentions and committing to live these to the best of our ability, we can move beyond external pressures and disempowering old behaviors to develop healthier, more enjoyable ways of living

with each other. By taking action when those in authority are clearly leading us into unnecessary wars or otherwise polarizing us, we can play a key role in creating a new paradigm beyond polarization which is actually a lot more fun and meaningful than the old ways.

Humanity is now on the brink of a important paradigm shift. We are gradually shifting from old dualistic ways of thinking to a new paradigm which transcends the differences between light and darkness, between good and evil, and between us and them. This new paradigm pierces the veil of judgment to see the common humanity that lies deep within each of us.

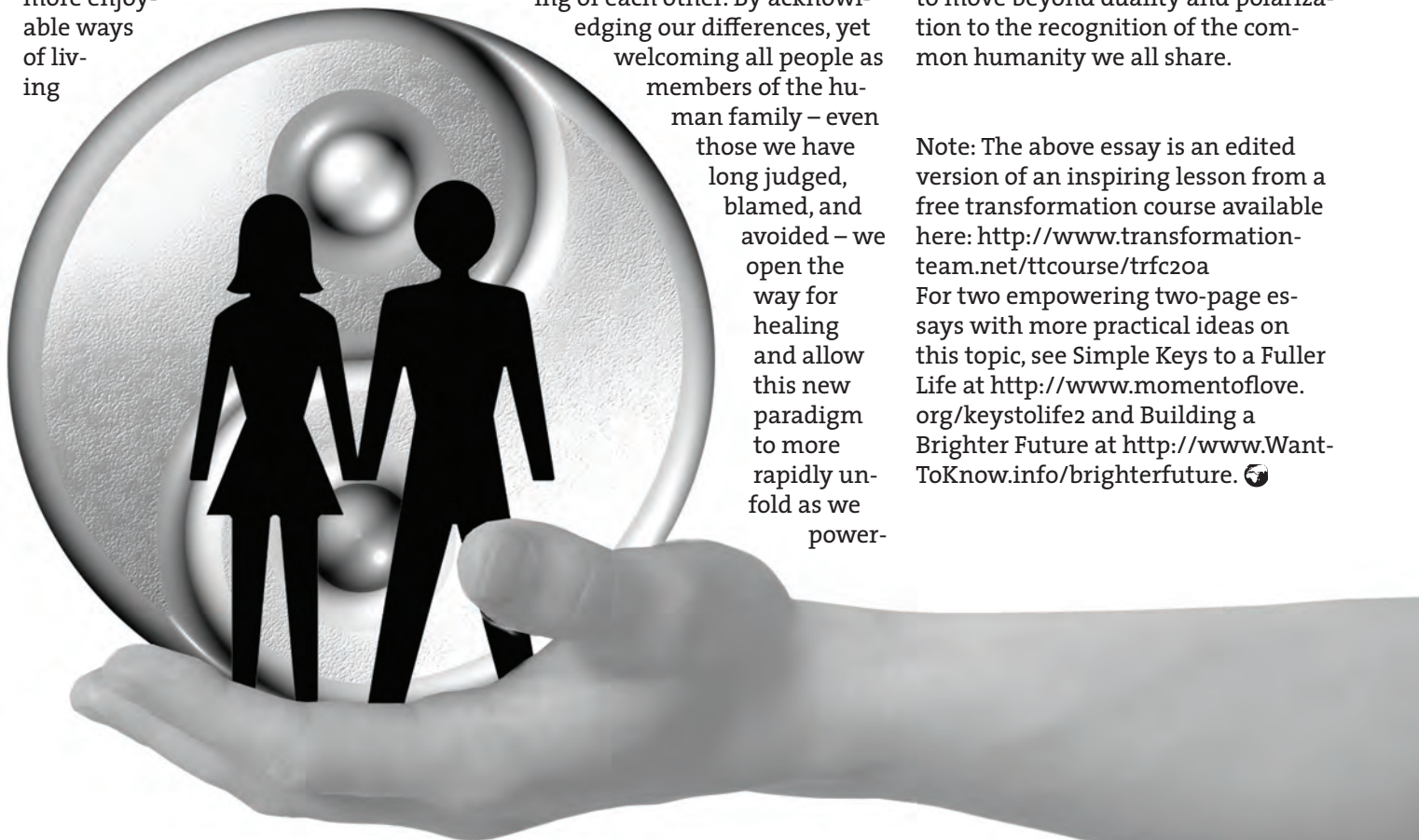
No matter how "evil" some people (or some parts of ourselves) may appear, deep down we are all human. We all have hearts and a place within our hearts that only wants to love and be loved. We can learn from each other and grow through developing greater acceptance and understanding of each other. By acknowledging our differences, yet welcoming all people as members of the human family – even

those we have long judged, blamed, and avoided – we open the way for healing and allow this new paradigm to more rapidly unfold as we power-

fully spread love around the planet. This is not in the least to suggest that by accepting all people we allow ourselves or others to unleash our base desires and do whatever we want to whoever we want. We need to take action to stop destructive behaviors whenever possible. The suggestion, rather, is that even as we stop disempowering behaviors, we do our best to learn about the forces which cause these behaviors, so that we can better understand and work to transform them on both personal and global levels.

We can all work towards moving beyond the old paradigm of duality and polarization. By recognizing and working to see the place in all people that wants only to love and be loved, we open the doors to a more peaceful world, and to deep healing and more meaningful connection for all of us. Let us then join together to support a new paradigm of love, healing, and empowerment for all who inhabit our planet. Together, we can transform our lives and world by choosing to move beyond duality and polarization to the recognition of the common humanity we all share.

Note: The above essay is an edited version of an inspiring lesson from a free transformation course available here: <http://www.transformation-team.net/ttcourse/trfc20a> For two empowering two-page essays with more practical ideas on this topic, see Simple Keys to a Fuller Life at <http://www.momentoflove.org/keystolife2> and Building a Brighter Future at <http://www.Want-ToKnow.info/brighterfuture>. 🌍



RAINWATER HARVESTING

a labour of love

by *Struan Douglas*, www.afribeat.com

Human beings are mostly water.; as much as 80%, like the earth itself. Water is such a strong component of life, it must be alive.

One collects rainwater for health reasons. Water that comes from taps is not necessarily good for drinking. According to the work of Dr. Masaru Emoto (article *Odyssey* August 2006), the crystals in tap water (as well as bottled water) can become sick. You have to heal them before you drink the water.

Lianne Cox suggested you fill your blue glass bottles with water and leave them in the sun as purification. She even goes as far as to suggest that you write 'I love water' on the bottles to affirm a positive effect!

Some of the purest water comes from the sky: The old fashioned way of placing buckets, pots and all sorts of things (even a bath somewhere filling up) in strategic places and catching water, can be an effective means of collection.

Between the years 1991 and 1994 Adam Knight (Architect) was unofficially involved in building residences and self-sufficient communities : Of the experience of living in community in the Tsitsikama forest, Adam says, "the nearest water collection point was three kilometers to the river. Rainwater harvesting was a matter of life and death. Corrugated iron roofs fed into 44 gallon drums, (which were cleaned thoroughly inside). The oil drums were on bricks to stop the bottoms rusting. 200mm of sand and a women's stock-

ing were used to filter the water. The rainwater could be drunk. Eventually after nine months, we had a farm and the water was also used for animals drinking."

His advice is to, "keep some tanks off limits (for times of drought)." To position the tanks high enough for gravity feed one can build a plinth. Beware as the tanks are very heavy (particularly when full!) "If the tank is on ground level you will have to pump the second half of water. A R300 swimming pool pump gives enough pressure to run through an irrigation system. It is a question of getting creative," says Noel Martin of the Ethical co-op.

'Rainwater Harvesting strategies propose to 'slow down, catch, store and use' every drop that can be used :

The harvesting of water is ancient , but not so ancient. The earliest civilizations like the Bushmen could drink from the rivers. According to www.tn.gov.in "extensive rainwater harvesting apparatus existed 4000 years ago in Palastine and Greece." From www.rainwaterharvesting.org we are reminded that colonial state centralized control over water resources. Post independent state inherited this role. In the past, municipal water was subsidized, giving suburbs an ample supply of cheap water. The times are changing. Townships are getting an equal share of water and now we are getting inflated prices. Adam recalls a neon green T-shirt someone wore in the 80's with red taps all over, and reminds us of the possibility, "turn on the tap, no water?"

"As architects, we consider that we cannot practice architecture any longer without integrating energy and water saving features in our projects," says Christophe Rolland of www.palace-group.co.za

"What I can tell you is that "green" features are always difficult to sustain if you look at them on a purely financial angle. The whole idea in this exercise is to change global approach... and the best way to save energy and water will always remain: use less energy and less water in your daily life..."

Most of the rainwater can be channeled and stored directly in the soil of the vegetable beds, while some can be stored in tanks and/or other containers for later use.'

The Department of Water Affairs and Forestry supplies poor rural households with a private water source for homestead food gardening.

"Organic food production by the poor, in their own backyards, using rainwater harvesting and available rubbish, is good for the environment in every conceivable way, and on top of that, it helps buffer food insecure households against the type of environmental and economic shocks that come around from time to time, notably at the moment: high food and fuel prices and climate change," says Marna de Lange.

In a report from the Department entitled 'War on Hunger', it is stated : "This 'Intensive Family Food Production and Rainwater Harvesting' approach presents an opportunity to harvest

220 000 litres of water from ground surface runoff each year to produce food in home gardens throughout the whole year. Garden sizes of 100 to 200 M² can be supported at each homestead with measured yields of 1.8 tonnes per year of low cost and immediately accessible food.”

This is an example and motivation to all. The project is going further to build Rainwater Harvesting dams in successful households “enabling them to produce things year in year out for twenty years or more.”

“We want to expand this to our lands, too, so that the development of the whole area can take place. We want our children to grow up with the understanding that one needs to work for what you get,” adds Themba (who has benefited from the programme).

For more information contact marna@global.co.za

A good book to look at is “Rainwater Catchment Systems for Domestic Supply,” by John Gould and Erik Nissen-Petersen.

Water harvesting is a slightly broader definition and means ‘rainwater harvesting’ plus ‘grey water recycling.’ “Grey water is an absolute must, and should become a priority,” says Noel.

No kitchen water is to be used without a grease trap.

You can make a rough rock filter for bath water. MaTshepo Khumbane (from the ‘War on Hunger’ project) advises that people add some woodash to their grey water to help coagulate/settle out impurities/soap residues overnight before using the water on their plants.

An example set by ‘sustainable engineer’ Richard Pocock from Durban is to “dig a ditch in the low part of your yard. Chuck your mulch in the hole and have your grey water run-off into the hole. Plant bananas in the soil around that. Around the banana trees plant papaw’s.” These plants enjoy the alkaline conditions of the bathwater! Any citrus trees, figs, pomegranites, tomatillos, all do well on grey water.

“Fruit is a secondary process and can deal with grey water. Lettuce for example can’t do and will be effected by the chemicals in grey water,” describes Noel Martin of Cape Town.

Contact Noel on: earthshine@webafrica.org.za for consulting around food gardening.

RAINWATER HARVESTING leads to the Big Idea

Through methane digestors your black water can be transformed into house-

hold gases.

“Humanure by Geoffrey Jenkins was at one stage the book most likely to save the planet,” recalls Richard.

Jenkins writes : “The simple blunt truth is that we shit everyday and we should be returning that organic material back to the soil.” This is the human nutrient cycle.

RECYCLING creates Biofuel

Richard has built a biofuel plant at the mushroom production project in Cotton Lands KZN to provide energy for the on-site laboratory. Human sewerage is converted into methane gas.

According to Adam, a transformation of this nature “will bring down fences. When the shit hits the fan, block by block communities are used. (Blocks of flats or neighbourhoods operate together). As an example, Mandela’s block by block principle was brought into practice in the 1950’s as a struggle against politics. We are to use the same tenacity to fight the environmental problem. As South Africans we have been equipped already with a certain “Boer maak ‘n plan” attitude! The South African icon of the windmill , the borehole and the tank of the Karoo has an impermanence.” 🌱

Creating Abundance

by reducing your expenses and being environment-friendly

by Collin Dunn

Going green is definitely better for you and the planet, but it can occasionally mean spending a little more. Even if you'll make the money back in increased efficiency or energy savings, you have to shell out some cash for compact fluorescent light bulbs, a more efficient dishwasher, a professional home energy audit, or an entire home energy monitor. The waiting is tiresome, and it's tough to calculate exactly how much each light bulb, for example, is saving you.

Given the economic events of the past months, waiting to start saving might not be a wise choice. These tips will save you money starting today, and will continue to for as long as you continue to do them. And if you get started now, you can save R1000s in the next year without buying anything extra! Read on to get the scoop.

Hang your laundry out to dry

Your dryer checks in at number two on the list of household energy hogs (right after your fridge), according to the U.S. Department of Energy, and uses more than you might think. By cutting the dryer out of the equation and using the ample solar energy that falls to the earth every day, you can save some bucks, and prolong the life of your clothes, too. Get the full scoop in our guide for How to Go Green: Laundry at <http://planetgreen.discovery.com/go-green/green-laundry/index.html>

Annual savings: R520 in energy costs (R5 per load, 2 loads per week.)

Eat more veggies (and less meat) and save more money

Fresh vegetables are cheaper than meat; eat less meat, save more money. According to the USDA, the weighted average price for all fresh fruit is R10.96 cents per kg; that averages out to about R1.26 per serving, and almost two-thirds of the fresh fruits, 16 out of 25, cost R1.75 cents or less per serving.

The weighted average price for all fresh vegetables was R9.88 per kg, which averages to 84 cents per serving. Contrast that with the average price per kilogram of beef, which, in October 2007, was R65.04 per kg; the average price per kilogram for pork was R20.51. Cutting meat will save more than money, too; according to a recent UN report, it'll cut way back on your contribution to climate change, too. Crunch the numbers over at <http://planetgreen.discovery.com/home-garden/save-money-by-eating-more-vegg.html>

Annual savings: R700 per person, if you cut out one average meal of beef per week (assuming that a serving is about 240g). If you go veggie, you'll save a bundle!

Use your Geyser wisely

Properly manipulate your thermostat -- hopefully it's a programmable model -- and your savings will mount quickly. Doing simple things like regulating for when you're awake and asleep, and modulating the settings for summer and

winter -- result in your water remaining comfortably heated, with a few extra bucks in your pocket. Use an insulation blanket and you'll save even more.

Annual savings: R1260 if you maintain your diligence for an entire year. (R3.45 per day.)

Convince your boss to let you work four (slightly longer) days a week

Working four ten-hour days instead of five eight-hour days is not only a great way to have a longer weekend, but it'll save you some cash, too. You'll save 20% on whatever you spend for commuting, coffee, lunch, and any other daily expenses you incur by dragging yourself to the office. Let's say you do it on the cheap, and don't drive yourself, pay for parking, or spend more than a few bucks on lunch. Even if you spend R10 on the bus or public transit, R10 for a coffee and R30 for lunch, you can easily save several hundred bucks by working four days a week. Get the nitty-gritty in our guide for How to Go Green: Commuting at

<http://planetgreen.discovery.com/go-green/commuting/commuting-basics.html>

Alternately, you can telecommute on the fifth day of the week; it'll cost a bit more in energy and food expenses, but it'll still save money in the long haul.

Annual savings: R2500 for a four-day workweek (that's R50.00 per day, one day a week, for 50 weeks a year); slightly less for telecommuters.

Use Car Pools

One of the most efficient ways of reducing your carbon footprint & saving money is to car pool. If you share these resources with just ONE person, you literally halve your travel expenses / footprint. Your vehicles will depreciate less, wear less & consequently be worth more when you sell it or trade it in.

Annual savings: R11800 – 5000 km (40 km x 2.5 days per week, 50 weeks) at R2.36 per km, the average cost of driving per km, according to the AA.

Walk or bike on one trip that's two miles round-trip per week

*40 percent of urban travel in the U.S. is 3.2 km per trip (or less), so hop on your bike (or take a walk) once a week, save some wear and tear (and gas) on your car, get a little fresh air, and save some bucks. Learn more about greening your ride in our guide for How to Go Green: Cars (<http://planetgreen.discovery.com/go-green/green-cars/index.html>) and take the savings to the bank.

Annual savings: R392.70 – 166.4 km (3.2 km x 52 weeks) at R2.36 per km, the average cost of driving per km, according to the AA.

Make your own all-purpose cleaner

Rather than dropping 35 bucks on individual green cleaning products and 25 bucks for a green toothpaste at the grocery store, you can easily swap out products you (probably) already have at home to do the same job. For cleaners, take R1.75 worth of baking soda, R1.75 worth of white vinegar or lemon juice, maybe a touch of essential oil, and voila! Small variations can yield toilet bowl cleaner, tub scrub, and toothpaste Plus, baking soda can clean most anything, including your hair (and it can strip paint, too!). By substituting baking soda for many of your cleaning needs, and adding a little elbow grease, the savings will add up.

Annual savings: R325 -- give or take, depending on how much you clean (we figured six tubes of toothpaste at R25 each and one each of five cleaners -- all-purpose, toilet scrub, tub scrub, window cleaner, and floor cleaner -- at R35 apiece).

For more detailed information on these and other green savings, visit: www.treehugger.com or www.planetgreen.discovery.com

*No S.A. statistics available.

Gifts that keep on Giving

Gadgets that actually

Save Money

by Trent Hamm

I admit it: I'm a gadget addict. I like little devices that do neat things. At the same time, I also like to save money. What is a poor modern human to do with these two conflicting interests? Simple. I buy gadgets that can pay for themselves (and even see a bit of return) over the long haul. This usually means I look for energy-efficient gadgets, but it also means that I try to evaluate things in terms of whether or not they can potentially return money to me. What's nice is that many of these gadgets that save money in the long run make a great deal of environmental sense as well.

Here's a list of twenty-one cool items I've found that can save a lot of money, along with their cost and the amount of time that it will take before their extra cost is paid for by their utility. Since they're gizmos, they make for great gift ideas, plus you can use the argument that "this will save money" when suggesting the purchase of one of these items to your significant other. In fact, I actually started this list as justification to my wife for a few items I wanted to buy for myself.

1. Filtered Water Bottle

Sample Model: Purity Sport Filter Bottle

Price: R290 incl 3 cartridge refills @ www.aquasana.co.za

Time Until Break Even: 180 days of daily use

If you drink a bottle of water each day (as you should), but you buy bottled water instead of drinking tap water, you can pay for this nifty device in half a year. You can fill it from any tap and the internal filtering device will clean the water for you, eliminating viruses and bacteria. Thus, each day you use this bottle, you pay off a little more.



2. Battery Charger

Sample Model: Sony Ultra

Price: R375.95 incl 4 AA 2500mAh NiMH batteries @ www.kalahari.net

Time Until Break Even: How many kids do you have?

My son has a bevy of toys that just gobble batteries. It seems like every day I'm dropping more and more batteries into these devices. Thankfully, a battery recharger can trim the costs down really quick. Just take your batteries, toss them in this, plug it in, and they're good to go again. It's absolutely perfect for parents that have children with lots of battery-powered toys and for your digital cameras, remote controls etc.



3. "Smart" Power Strips

Sample Model: SmartStrip SCG4

Price: R749 @ www.wantitall.co.za

Time Until Break Even: 120 days

If you use a desktop computer at home, it won't take long until this device is a money saver for you. Simply plug in your main unit into the control outlet and all of your other peripherals (monitor, printer, speakers, etc.) into the other outlets. Whenever you power on your computer, the other devices power on; whenever you power off your computer, the others power off. Even better, it actually functions as a switch, so when your main unit powers off, there is no "standby" electricity being drawn to the other peripherals. Not only will you save money on the powered-down peripherals, you'll save money from the lack of phantom charge.



4. Blender

Sample Model: Hi-Blend Multi Speed
Price: R2995 @ www.healthmakers.co.za
Time Until Break Even: 12+ months

A quality blender (like the one above) can save tons of money if you use it regularly. You can switch to grinding your own herbs, spices, coffee beans, and so on. A regular kitchen user can make back the price on herbs alone if they buy fresh herbs and grind them in the blender for long-term storage. Plus it's invaluable for making drinks at home when you have guests, which ends up being much cheaper than a night out on the town. Get a good one, though, so it will chop and cut what you want.



5. Electricity Usage Monitor

Sample Model: Kill-a-Watt Electricity Usage Monitor
Price: R517 @ www.wantitall.co.za
Time Until Break Even: 3 years

With this device, you can see how much of a phantom load your powered-down electrical devices are still pulling through the wall outlet. If you discover devices that are pulling a significant load, unplugging them (or using an appropriate device to stop the drain) will save you money over time. This device is also useful for figuring out how much power various home devices are draining and, with some quick calculations, exactly how much it's costing you.



6. Flash Drive

Sample Model: Kingston Data Traveler 8 GB
Price: R382.20 @ www.twinstorm.co.za
Time Until Break Even: 2-3 months

I find countless uses for my flash drive, the best of which is for an emergency backup of key files. A flash drive has saved my cookie during hardware crashes and it has also saved a lot of money in terms of burning CDs for software installation packages off the network. In short, it's invaluable.



7. High End Solar Calculator

Sample Model: Texas Instruments TI36X
Price: R520 @ www.wantitall.co.za
Time Until Break Even: 4 years

I like to keep one of these in my pocket for doing calculations at the grocery store. Which package is the better deal per unit? It's always a good idea to figure this out before blindly making a purchase at the store. Plus, with a solar calculator, you don't ever have to worry about batteries or anything else - just keep using it.



8. Efficient Power Supply

Sample Model: Antek EA 380
Price: R702 @ www.zaps.co.za
Time Until Break Even: 2 years

A high-efficiency power supply not only protects you from electrical faults, it also ensures that your devices drain electricity at the minimum rate, which means your power bills go down. If your home has any sort of questionable power distribution, this device is essential for protecting your electronic equipment, but even if you have normal power, you can save money with this gadget because of the power drain that it reduces.



9. Compact Fluorescent Light Bulbs

Sample Model: Globe 40w Reader Bulb
Price: R297 with 5 year @ www.wantitall.co.za
Time Until Break Even: 15 months

CFLs can easily save R100's a year, plus they look a lot cooler than ordinary bulbs. The simple fact of the matter is that by merely replacing a regular bulb with a CFL, you'll save about R40 per bulb every two months or so.



10. Efficient Shower Heads

Sample Model: Crometta 85 Green

Price: R376 @ www.greenearthconsulting.co.za

Time Until Break Even: 12 months

High efficiency showerheads save money by reducing the amount of water that needs to flow through your hot water heater. An average American household can save as much as 75,000 litres of water per year by installing high-efficiency shower heads. Even better: that's 75,000 litres of hot water that your heater doesn't have to heat, cutting down on your energy costs as well.



11. Fuel-Efficient Scooter

Sample Model: 2008 Vespa LX 150

Price: R46 950

Time Until Break Even: 4 years

A high-efficiency scooter is perfect for people who have a relatively short work commute that's just a bit too far to walk every day. Leave that car in the garage and travel on a scooter. Plus, you can scoot around town and quickly run errands on this thing. Of course, a bicycle is even less expensive, but scooters are much faster and won't leave you sweaty when you arrive.



12. Solar Outdoor Lighting

Sample Model: Malibu Outdoor One-Light Solar-Powered Mini Metal Tier Light

Price: R752.48 per set of 4 @ www.have2have.co.za

Time Until Break Even: 180 evenings

This is a great choice if you want to light your yard and patio in the evening but don't want to spend on electricity all the time. Solar powered outdoor lighting will provide adequate lighting for much of the night after recharging themselves during the day. Their design incorporates solar panels, a nice geek factor, and they can provide wonderful low light in the evening, perfect for a nice ambience.



13. Dance Dance Revolution

Sample Model: DDR Extreme 2 (plus peripherals)

Price: R1103 @ www.jump.co.za

Time Until Break Even: 8 months (\$25/month gym fees)

If you use the gym for a cardio workout, cancel your gym membership and get a home video game system, DDR, and a good quality dance pad. The game itself provides all the motivation you need, plus you have to be in pretty good shape in order to play the game for extended periods. I lost about 20 pounds playing DDR instead of going to the gym once upon a time.



14. Self-Cleaning Electric Shaver

Sample Model: Braun 8995 360 Complete

Price: R3013 @ www.wantitall.co.za

Time Until Break Even: 8 months of daily shaving

A top-quality self-cleaning rechargeable electric shaver saves significant money for each shaving over disposable razors and shaving cream. Although there are still upkeep costs (recharging, a rare replacement of the blades, and facial wash), the costs are much less than what you'll incur with shaving cream and blades. Plus, you get the unbridled joy of owning a new gadget.



15. Programmable Thermostat

Sample Model: Honeywell Aube 7-Day Programmable Thermostat - TH106

Price: R1612 @ www.wantitall.co.za

Time Until Break Even: 6-12 months

If you have central air conditioning, you need programmable thermostats. They provide very precise temperature control and can be programmed to automatically lower your air conditioning and/or heat use while you're not home. Just program it and forget about it; it will automatically adjust things for you so that you aren't wasting electricity and money.



16. Coin Sorter

Sample Model: FastSort Electric Coin Sorter

Price: R1281 @ www.wantitall.co.za

Time Until Break Even: 3 years

Most banks will no longer count change for you without charging you, but they will accept pre-rolled coins as deposits. Why not just sort and roll them yourself? Keep this device on the dresser, dump in your pocket change each night, change the rolls in and out (the device comes with a bunch of coin rolls), and when you go to the bank, take in a bunch of coin rolls and deposit them.



17. Solar Christmas Lights

Sample Model: New Ray Solar LED 50-Light String - Multicolor

Price: R593 @ www.wantitall.co.za

Time Until Break Even: 4 Christmas seasons

Instead of buying strands of electric lights for outdoor Christmas decoration, get a set of solar LED Christmas lights. They eat no electricity as they charge up during the day, come on automatically in the evening, and stay on most of the night. There is barely any maintenance cost at all. The start-up cost is a bit high, but the cool factor of LED solar Christmas lights, plus the energy savings, quickly make up for it.



18. High Efficiency Washing Machine

Sample Model: Whirlpool Duet Front-Loading High-Efficiency HT WFW9200SQ

Price: R12525

Time Until Break Even: 3-5 years

If you buy a large-load high efficiency front loading washing machine, you'll do far fewer laundry loads per month and each load will take less water than before. A machine like this can easily save R100 over a regular machine in water usage in a family home per month; even better, it will save a lot of time. Given the cost of a normal low-end washer, it should only take three years or so for this machine to pay for itself. Of course, you save on electricity too!



19 A Laptop

Sample Model: Dell Inspiron 1525

Price: R9320 @ www.pcmall.co.za

Time Until Break Even: 2 years

Now that laptops have reached a usability and reliability standard that approximates desktops, it becomes a serious choice whether or not to replace a desktop with a laptop. If you make the leap, you'll find that the energy savings are tremendous. It won't take long for this savings to make up for the differences in cost, plus you'll have all of the laptop portability advantages. It's available in various colour, including GREEN!



20. A Hybrid Car

Sample Model: Toyota Prius

Price: R299 800

Time Until Break Even: 5 years

If you compare a hybrid side-by-side with a non-hybrid, the hybrid costs more up front. The savings, though, kicks in over the life of the car with much lower fuel costs. Plus, it has a great "geek factor" and it's a solid environmental decision.



21. A Residential Windmill

Sample Model: GW 2Kw 48V Wind Turbine

Price: R16227.75 @ www.gwstore.co.za

Time Until Break Even: 8 years

This windmill can, by itself, take care of almost all of your home electrical needs. It looks like a high-tech antenna up there, quietly whirring away, using the wind to provide your juice. For an average household, the device will pay for itself in eight years; after that, it's all gravy. Plus, you're helping the environment by almost eliminating your load on the power grid. 🌍



Ten Steps to Creating Real Change on the Planet

by Sheryl Walters

Are we capable of living in a society that is free of money? Imagine... if this is possible? Actually, it is inevitable. A society based on one person having more than another is an outdated, highly flawed system that must go.

It is incredibly difficult for any of us to fathom a society free of money because our whole way of life revolves around it. It is difficult to imagine how things could be distributed fairly when we have never seen it as a possibility. Yet we also have to remember that our great grandparents could not have imagined cars, the internet or mobile phones.

So how can we be a part of the transition from a world based on money to a world based on equality, where everyone is entitled to the gifts that Mother Nature has provided us? How can we get closer to a model where abundance and unity override scarcity and fear?

Here are some steps that we can take for real change (REAL CHANGE!)

1. Avoid pharmaceutical drugs as much as possible.

These companies as a whole are not interested in true health, their main agenda is profit. Every dollar/pound/euro/rand etc spent on reputable, naturally healing products rather than drugs is money spent on real change.

2. Buy local.

Many people don't even live in an area that has local businesses, but if you do, support the little guy rather than the multinational corporations. Even if it costs a little extra, it is worth it if possible. Corporations are at the core of the system that believes one person should have more than another.

3. Get

your

(ed's note: We don't have examples of ethical banks in SA - check if yours is affiliated to any of these. TIME TO START ONE!)

4. Stop watching the mainstream news.

The media is just propelling the lies that we are told. Fox News, CNN, NBC, BBC, and most other news stations are owned by corporations who have a profit making agenda. If you want real news, get on the internet and find independent information.

5. If possible, don't allow yourself or anyone you know to join the Military!

People in the military are fighting for corporations, not the people. There is an incredibly high suicide rate among those who have been in the military, and a quarter of all homeless people are veterans. When everyone on the planet has equal access to resources, there will be absolutely no need for war.

6. Support the energy companies as little as you possibly can.

Look for alternative sources of energy. Sun, wind, and water are all viable ways of getting clean energy. The only reason why we are not using them right now is because powerful energy, oil and gas companies will become obsolete. Walk as often as you can rather than driving, this will improve your health and make small but incredibly power-

money out of the most unethical banks.

Citibank, JP Morgan and Bank of America are some of the worst. If you live in the UK, put your money in the Cooperative Bank or Smile Bank, both of whom are as ethical as a bank can possibly be. Search out the most ethical bank near you.



ful changes. Fly as little as possible; get smaller more energy efficient cars.

7. Reject the political system.

The whole voting frenzy at the moment is just a way of making people believe that they are going to get real change. If you look at the companies who are contributing to both McCain and Obama's campaigns, many of them are the same. Both presidents will inevitably make decisions based on profit rather than the good of humanity. Politics is a lie and the only real change will be seen when money does not run the world. We must focus our energy on how to transcend this failed system. (We are focussing on the intention that Obama will bring in new un-tainted energy; "hope springs eternal"-ed)

8. If possible, figure out what you love to do, and then try and figure out a way to make money from it.

How can you make a genuine contribution to the world from your heart? What makes you feel creative and in the moment? While we haven't transcended our financial system yet, we can at least begin this process by doing things that

truly move us. When we are in touch with that "place" inside of ourselves, we are transforming the world. Working in a meaningless job for the mere purpose of financial gain is incredibly difficult to let go of, but you can work on and let go of the issues and beliefs that are keeping you there.

9. Believe in abundance.

Everything that we need for every single person on the planet to live in abundance is right here. The only thing in our way is the financial system and the limiting beliefs that uphold it. The more we reject limiting beliefs about scarcity and money, the less we will have, and the less that all people on the planet will have. There is enough for all of us! Right now we must live with money, so believe in abundance without believing in money. It's not easy because of our conditioning. But when our society is built on the belief that every single person is entitled to equally enjoy the resources provided by Mother Nature, then we will see real change.

10. Question everything.

Are your beliefs and ways of living in

harmony with the planet? Are some of your beliefs outdated? Are there certain beliefs that make you feel superior or inferior to others? In order for true transformation on the earth to take place, we must all become conscious of our beliefs and our actions. Part of that is knowing that we are all connected and equal. Do whatever therapies, meditations, plant medicines or anything else you are drawn to that can help you become truly free of the limitations of the mind. The most important change has to occur inside of us. A transformation in our inner world will be reflected in our outer world.

"The real revolution is the revolution of consciousness" www.zeitgeist-movie.com.

About the author:

Sheryl is a kinesiologist, nutritionist and holistic practitioner. Her website www.younglivingguide.com provides the latest research on preventing disease, looking naturally gorgeous, and feeling emotionally and physically fabulous. And her latest website www.raiselibido.com offers a vast quantity of information on how to increase sex drive and enjoy a vibrant sex life.



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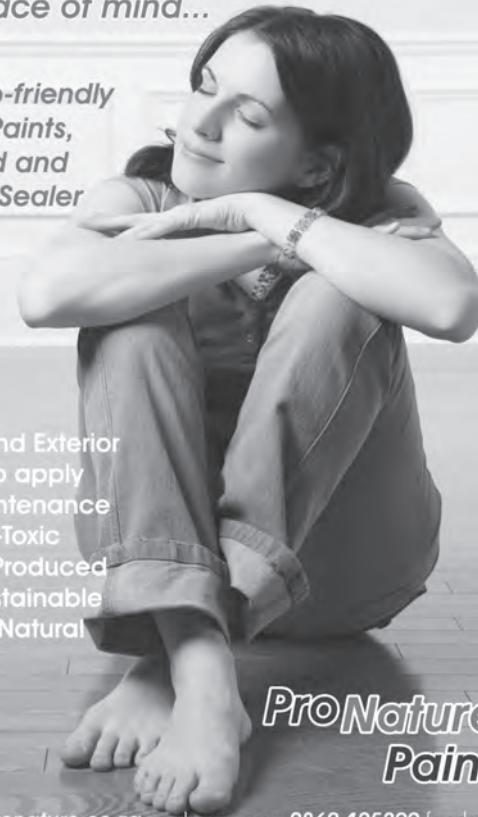
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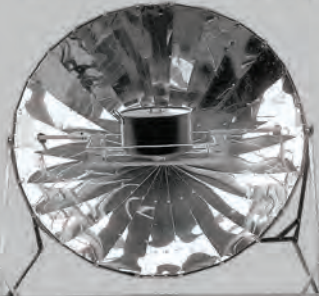
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WHAT? NO MORE WASHING POWDER??!

Contrary to popular belief, it is not the soap in your washing powder that washes or cleans your clothes.

Firstly, your washing powder is not a soap, it is a petrochemical composition and secondly, it is not the petrochemical that cleans your clothes either. The sole purpose of the petrochemical is to alter the state of the water by reducing the surface tension, which allows the water to penetrate the fabric of your laundry and do the actual cleaning. Washing powder manufacturers vie with each other in one multi million rand ad after the other to convince us how well their washing powder/ soap cleans our clothes. The main difference between the various types of washing powders however, lies in their ability to alter the state of the water.

The **LifeMiracle®** Company in the USA has come up with a unique, environmentally friendly way to do exactly what petrochemicals do, by using the power of magnets. They have invented a set of specially calibrated, plastic covered magnets that you place in your washing machine with your clothes that will proceed to wash your clothes as well as any washing powder. The magnetic force created by the set of magnets alters the state of the water by reducing the surface tension and allowing the water to clean your clothes; exactly the same principle as the petrochemicals in the washing powder. The magnets are guaranteed not to harm your washing machine and even come with a lifetime warranty!

Now here is where the magnets really make a massive difference to our water resources and environment. NO washing powder ever again in your washing machine means no harmful and extremely damaging chemicals enter

our water system, ever!



This means that you can now redirect your washing water waste directly into your garden, no need for a grey water system. You also only need one rinse cycle, because there are no chemicals to rinse out and in the process you save a further 50-60 liters of precious water. The washing cycle time is reduced so you further save on electricity and reduce your carbon footprint.

No more skin reaction to all the chemicals retained in our clothes after washing with washing powders. The magnetic balls have proven an absolute blessing for people with asthma, emphysema and for babies with allergic reactions to washing powders. One can now even eliminate fabric softeners as a softener only counteracts the residual chemicals

retained in your clothes after a wash. After a few washes with the magnetic balls, the natural quality of the fabric is actually restored. We all want our washing to smell nice. This can equally be achieved by adding a few drops of essential oils to your wash; a half-cup of lemon juice also does the trick. **LifeMiracle®** also has an Enzymatic Stain Remover that should be used instead of all the harmful chemically based stain removers on the market. The Enzymatic Stain Remover is fully biodegradable and environmentally friendly.

To use a set of magnets instead of washing powder to do our washing requires quite a mind shift, but the product has successfully been used by many thousands of happy washers in the USA over the past 9 years and now also here in SA. The **LifeMiracle®** Magnetic Laundry System is the only non-detergent technology that carries 2 USA patents and has been proven in Independent Laboratory Testing.

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FINE TUNING OUR SPEECH TO ABUNDANCE AND PROSPERITY

By Natalia Baker

A wise Sufi master once said “Most of our follies are follies of speech. For every folly of action there are a thousand of speech”. In this period in our history when it is truly vital for us to let go our old energy conditioning and step into abundance, prosperity and love, one of the areas we need to refine and master is our use of words.

We use them so unconsciously and habitually, most of us have absolutely no idea of how powerful their energies are in either drawing to us our greatest desires, wants and needs or repelling them. We are learning that our ability to manifest successfully lies in the harmonious dance of our feelings, thoughts, actions and words. If any of these are not in harmony our ability to create our desires is thwarted.

Added to this, in the mystery schools of ancient cultures attention to a student’s speech was an essential part of the journey. It was addressed in the first level of the initiatic protocol in which students learnt basic skills, such as protection, grounding, meditation and working with the chakras. Today our whole planet is a mystery school and it is imperative that we attune our speech patterns to the increasingly high energies coming in or we may fall by the wayside, struggling and suffering, never quite understanding why we are not quite “making it”.

Please stay with me while I attempt to explain how speech affects us.

Could you for a moment imagine sucking on a thick juicy slice of

lemon? What happens? Saliva pours into your mouth, your eyes pucker and you experience the sourness and sharpness of the lemon taste, you might even smell it too. Your digestive system accepts the saliva and your body can cope with this easily. How would it be if you were doing this continually? Your digestive system would be flooded with saliva which cannot be used, has not been neutralised and eventually it would not be able to cope. The body would become unbalanced, dis-eased and eventually diseased.

Now swap the lemon for the words we habitually use. **The mind understands that we do not mean what we say when we exclaim something like “I would die for an ice-cream” but the brain lacks the ability to discern this.** It is unable to decide what is true or false because its function is to be the chemical director of the body. Each thought we have unleashes in the region of 1,000 chemical reactions into the body. The mind feeds the thought to the brain which activates these reactions. This may seem strange because our words are often so thoughtless, impetuous and unconstructive but, the activity of the mind precedes thought, whether conscious or unconscious, chosen or instinctive. It would be true to say that our thoughts and feelings are made audible through our speech.

We know that the psychic heart is the point from which abundance and prosperity flow into our lives. If we have a blockage here caused by a negative belief system such as lack of deserving, the energy does not flow, not just through our heart but through our whole system, physical, emotional

mental and spiritual.

As embryos it is the brain that directs the formation of the organs in our bodies but the heart downloads the blueprint first. The heart is a transformer. If either the heart or brain are not working or they are not working in tandem there are problems. When they function together they create a magnetic flow of energy which is free and unimpeded which allows all supply to pour into our lives from the field, Divine Matrix, God or whatever you wish to call it. The experience of lack or surplus lies in the relationship between the heart and the brain, for the wounded heart feeds an interrupted flow of love and abundance into the mind and feelings, and then to the brain.

The nature of the Divine Matrix is that it is always expanding, creating, expanding creating, and it supplies abundance at all times whether it is poverty, criticism, control, anxiety or what we truly desire. There is never a lack of abundance but the abundance we draw to us is not always the abundance we want through thought and feeling patterns made manifest through our words.

These points are crucial to understanding the dance of abundance.

Let us look at some specific examples. If we precede our sentences with “I wish...”, “I want ...”, “I long for ...”, “I can’t ...”, “I never have enough...”, “I struggle every month ...”, “I’m sick of ...” - and there are a myriad of others we use daily - we are cutting off the supply, more accurately we are moulding our reality like plasticine into what

we don't want. This is obviously one of the reasons why mantras and affirmations are so powerful because when repeated continuously we are re-programming our subconscious with positive input.

I worked for a long time with the affirmation **"I am open to receive the love and abundance of the universe"** repeating and repeating it whenever I had an opportunity, and as a result started to see real shifts in my life. Incidentally, the words "I am" are the most powerful in any language because when we use them we invoke the presence of our God Self. They are the most effective way to start an affirmation.

Speaking to a dignified, hardworking domestic worker the other day, she shared with me that she believed she

was "born poor, would live poor and would die poor". My eyes filled with tears. We each have so much work to do and the best place to start is with ourselves – and with our speech patterns. It is discipline and hard work to change habits that we may have had for a few decades but if we make a choice, a decision, an intention it is a scientific fact that the energy will follow and we will succeed.

We are all responsible for taking up our rightful inheritance on this planet, bringing in the impending Golden Age of love and peace, living in abundance and prosperity. To fully heal and stay abundant it is required that we operate on the highest energetic levels. If we speak or think words of fear or lack we are not there. Once we can attain these high

frequencies the divine energy flows through our body and life is effortless. We will be in the flow of universal love which will provide all our needs and desires at all levels – but we have to feel, act, think and speak it, for it to happen.

Natalia Baker is a metaphysical teacher who gives courses in various topics, including abundance. She writes articles, is a public speaker and is the resident book reviewer for SABC3's Free Spirit. Contact details: e-mail: info@nataliabaker.com website: www.nataliabaker.com.



More than just a Diary...

by Lindsay Mitchell

The SoJournal is more than just a diary. It is a beautiful creation showering us with daily gifts and inspiring guidelines, teaching us to re-connect with Gaia, the stars and planets, ourselves, each other and ultimately, the source of all that is.

The SoJournal was created by Annoesjka Hartman Redgrave and Julisa Anne Petersen who share a creative vision and a deep love for various astrological and natural cycles.

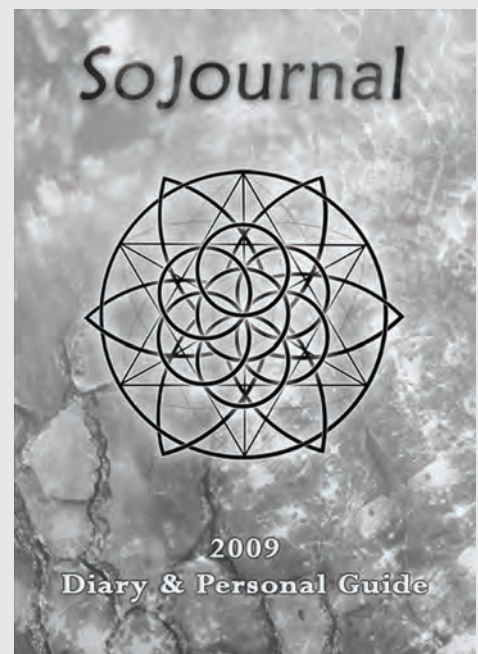
Annoesjka and Julisa have explored and studied (in great detail) the astrological and Mayan influences of 2009 and have offered wonderful insights into how we can live a more harmonious life in these occasionally chaotic times.

You can expect to find astrological forecasts for each month as well as daily tips on what to eat, gardening, healing energy, vibrations, the cycles of the moon and much more. I also have to mention the exquisite artwork by Lois Stahl and Michelle Gerber; which truly speaks louder than words.

The diary also includes a directory, where you can find anything from healers to spiritual retreats and workshops.

The diary is a definite must for all, whether you are planning as Astro Garden, want to know which tissue salts to consume or simply diarize your appointments.

A BEAUTIFUL WORK OF ART!



Astro Dynamic Organic Planting Guide

Everything in life has its own pace

This is a planting calendar that allows you to discover the sensitivity of life in its entirety, with all the energies that flow from the universe to us.

Over the years you will have noticed that each day you feel different emotionally and physically. Logic would seem to dictate that it's our daily issues and will find any excuse to back this up. What if there could be another logical explanation? What if we woke up each day, felt an emotion and this emotion enhanced the issue we were dealing with.

The stars above are not only twinkling lights in the night sky. The stars influence all life on our small and lovely planet. The moon has the biggest pull on our emotions and all water. Our emotions are like a huge ocean within our bodies.

"The law of macro and micro", or, "as without, so within", "as above so below", or even, "the universe beyond and the universe inside our bodies".

The moon plays the largest role with her monthly phases and not forgetting the zodiac cycles she moves in. The zodiac influences everything. We are all hearing and learning about the Age of Aquarius that we will be entering soon, leaving the age of Pisces, which we are in at present. We are all well aware of the sun zodiac (our star sign). We also need to take note of the moon zodiac. The planets also affect us. As each of us, born into this dimension, enter this life under all these influences, each having our own special coding and each differently, due to our own birth coding and zodiac. We respond differently on a daily basis.

As we have learned over the past few years, projected now in numerous magazines, plants have their own planetary and zodiac influence.

Moon-zodiac has an enormous effect on gardening as a plant's body is not very different to ours, animals or even insects. After considering the daily effects of the sun sign, moon sign and phase, the planetary alignments and seasons, we can design our garden accordingly. Astro gardening allows us to understand the needs of our garden as well as compatibility with other plants.

We all lead busy lives and can't always spend hours in the garden. Whether it is a food garden, flower garden, grass, trees, bushes or indoor plants, all gardens and plants need attention. By working with the layout in the heavens on a daily basis, you can minimise the amount of time you spend in the garden as this method will highlight the absolutely necessary jobs. This can even be termed as the "No-work" garden method. The calendar reflects all these 'absolutely necessary jobs' by colour coding the info, so you can easily recognise what to do on a daily basis for your garden or plants. After working with this method for a few months, you will quickly see how strong and healthy your garden becomes, minimising pests, diseases and stress. The planting calendar is accompanied by a guide booklet to give you more in-depth information about the moon zodiac cycle, where the energy is within the plant's body and how best to manage your garden.

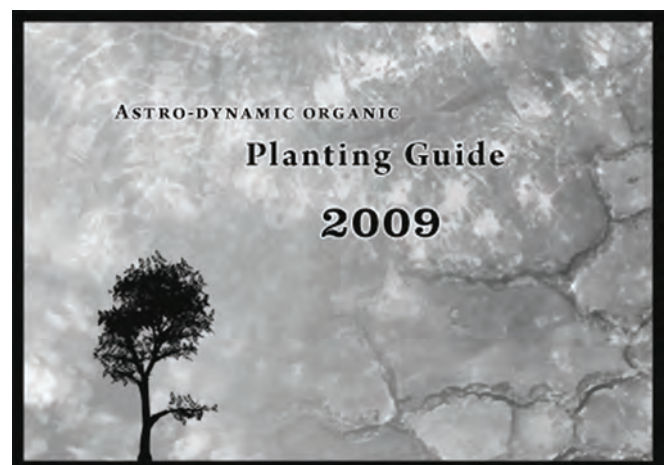
"Let there be lights in the firmament of the heaven to divide the day from the night: and let them be signs, and for seasons, and for days, and years."

Genesis 1:14

"There shall be signs in the sun, moon and stars."

Luke 21:25

For any planting guidance, please contact Noesjka on 083 598 2671 or to purchase an Astro Dynamic Calendar please contact Julisa on 083 334 7089 or julisa@sojourney.co.za



MIRACLE MORINGA

THE NEW SUPERFOOD

by David Townsend M.D.

Moringa Oleifera known as the “**Miracle Tree**” has been described as the most nutritious plant known. It is non toxic, grown organically and is quite safe enough for babies and pregnant women.

It has been used successfully to treat malnutrition in India and Africa.

Indigenous to India, it is renowned in Ayurvedic Medicine to be the cure for 300 diseases. Indeed science is now beginning to support this view.

Analysis of the dried leaf shows that it contains an impressive **90+ nutrients**, including some **46 antioxidants**, **20 amino acids** including all the essential ones, **vitamins** and **minerals**, chlorophyll, anti-inflammatories, antibacterials and **Omega fatty acids 3-6-9**.

Compared with other foods, each 100gm dried leaf powder contains approximately:-

9 times the protein of yogurt.

17 times the calcium of milk.

25 times the iron of spinach.

15 times the potassium of bananas.

10 times the vitamin A (beta carotene) of carrots.

0.5 times the vitamin C of oranges.

One of the serious problems with health these days is that many people are *over fed* and *under nourished*. This is largely due to the consumption of junkfoods and poor diet, but another reason is the intake of synthetic vitamin and mineral supplements which account for most brands on the market. These supplements are not foods. They are made in the laboratory and are not readily assimilated by the body. There is research documenting that they can actually have harmful effects. This is true especially for the fat soluble vitamins A D and E, but also synthetic C or ascorbic acid. Recent research shows that it can thicken the arterial walls leading to a serious risk of heart disease. Because synthetic vitamin C is very poorly absorbed, very high doses are usually prescribed to produce any observable benefit, making this a particularly dangerous situation. Another concern with synthetic vitamin C is that most of it is manufactured from genetically modified corn.

The potential dangers of genetic modification of foods is another horror story.

Where food is concerned, *quality* is most certainly better and healthier than *quantity*.

This is how superfoods such as **Moringa** can literally save our lives by supplying natural organic nutrients in a supplement to offset the negative effects of our modern lifestyle.

Moringa is presently used to treat malnutrition, diabetes and related blood sugar problems, high cholesterol, blood pressure, arthritis, immune deficiency, infections, anemia, osteoporosis, low energy, colitis, breast milk deficiency, pregnancy, nervous conditions, liver and kidney problems, respiratory problems, obesity, hormone imbalance, skin conditions, cancer, HIV, and much more.

This information is for educational purposes only and does not replace professional medical diagnosis and treatment.

RADIOACTIVE



LOCAL & INTERNATIONAL NUCLEAR AFFAIRS

Civil society demands scrapping of Government's pro-nuclear direction – call to Motlanthe and Zuma

Civil society has called for a scrapping of the nuclear industry, including proposed nuclear reactors, fuel plants and smelters planned for local and imported nuclear waste, and a sustained move towards genuinely Renewable Energy, energy efficiency, and climate change reducing technologies.

A legally required public meeting was held on the 7th of October 2008 at the Royal Hotel (Durban) to engage civil society on the much-delayed, and increasingly expensive, demonstration Pebble Bed Modular Reactor. Recent reports by internationally renowned experts have raised serious concerns about the technology.

“There is no place for a nuclear radiation legacy in South Africa – we are blessed with abundant energy resources that are largely untapped, and can create far more dignified and safe work for our people, while providing energy security for all”, said Muna Lakhani of Earthlife Africa. “It is impossible to “manage” radioactive waste for hundreds of thousands of years, even ignoring the costs attached to that.

Already, sustainable and local alternatives are cheaper to build and run than nuclear power stations, and can provide baseload industrial volumes of electricity – so why nuclear? To benefit French companies?”

The South Durban Community Environmental Alliance was even more militant, demanding the scrapping of the entire nuclear industry immediately. ***“The entire nuclear industry is one of the last hangovers of the Apartheid government programmes, and this is now in the hands of this democratic dispensation and as our politicians they should listen to the people who voted them in and not allow the development of the nuclear industry which is pushed by corporate interest.*** – the industry must be disbanded immediately,” said Des D’Sa of SDCEA. Calls were also made to both President Kgalema Motlanthe and ANC President Jacob Zuma, to heed the calls of civil society.

“The toxic legacy proposed by the now departed nuclear champions, such as Alec Erwin, must be stopped in its tracks”, said a protestor. “The creation of well paid jobs to the elite through the nuclear industry must be stopped, and renewable energy must be subsidized and promoted – subsidizing fossil fuels and nuclear power are both expensive, and do not place South Africa amongst the world energy leaders.”

A handout made available by civil society and representatives of the Coalition Against Nuclear Energy (CANE), showed that planned South African projects using solar and wind power, are indeed cheaper than both fossil fuel and nuclear electricity generation, without the fuel and pollution costs attached to the latter.

Why is the PBMR bad?

- * The R16 Billion can be better spent on renewable and natural energy
- * TOXIC and NUCLEAR waste is produced at almost every stage of the nuclear fuel cycle
- * Perpetuation of short-term electricity price hikes
- * SA has no long-term storage/disposal facility for high level nuclear waste
- * Nuclear stations are very dangerous with severe health risks and direct implications to workers
- * The radioactive waste produced by the reactors remains highly dangerous for hundreds of thousands of years
- * Many scientists and governments have refuted the safety of the PBMR design
- * Increased Carbon emissions perpetuate climate change
- * Natural waterways used as coolants are released warmer and disrupt natural ecosystems
- * Leads to centralized energy infrastructure: High risk system; Large transportation losses; One company has great power and control

AS CITIZENS, CONSUMERS AND TAXPAYERS – WE INSIST OUR RIGHT TO DETERMINE OUR ENERGY FUTURE.

LET'S DEBATE THE FUTURE OF NUCLEAR ENERGY NOW!

by The Coalition Against Nuclear Energy

Dear Member of Parliament

Although the Nuclear Energy Policy is due to be gazetted this month, we feel that insufficient opportunity has been given to debate the matter in the House of Assembly. The Speaker has therefore been approached to place a debate on nuclear energy policy on the agenda of the National Assembly during this final week of plenaries. Your support for this debate is crucial.

We understand that at no stage has a clear business case been presented publicly in favour of affordable electricity production from nuclear power. It is equally unclear whether the excessive financial commitment to nuclear power (to the detriment of other priority spending) enjoys widespread support from the South African public. We therefore repeat our call for a fully participatory People's Energy Summit.

The future of this country depends on your and your party's accurate assessment of the popular mood and we believe that informed discussion on the issue is required to send a clear signal to the masses of people who were promised a "better life for all" in the 1990s.

We do not believe that spending over R1-trillion on a nuclear strategy will be compatible with combating crime HIV/AIDS, unemployment, or creating affordable energy. Nor do we feel will it contribute appropriately to the delivery of basic services to the poorest of the poor (including refugees!), and developing a sound and affordable education, health and public transport system.

Although a draft of the Nuclear Policy was submitted for public comment, none of the public's negative responses were acknowledged nor made public.

Yet this policy will have serious negative impacts on human health, the environment and on expenditure for poverty alleviation. The externalised costs of decommissioning, radioactive waste management and health have not been factored in. Nowhere in the world has a long-term solution been found to deal with long-lived with radiotoxic wastes. As last November's military-style attack on the Pelindaba nuclear facilities demonstrated, the threat of illegal nuclear weapons proliferation also persists.

The 1998 Energy White Paper is clear on this matter. It states that: "Government will ensure that decisions to construct new nuclear power stations are taken within the context of an integrated energy policy planning process with due consideration given to all relevant legislation, and the process subject to structured participation and consultation with all stakeholders." This participatory process has never been instituted.

The White Paper also states clearly that expansion will depend on, among other things, "public attitudes and the approaches by decision-makers in assessing the macro-economic, health and environmental aspects of the different options available for electricity generation". None of this assessment has been made visible yet.

Current consultative forums with ESKOM and NECSA leave much to be desired and no health studies have ever been completed on surrounding communities.

Honourable members, consider the findings of research the world:

- There is no such thing as safe dose of man-made, ionizing radiation
- The risks of nuclear accidents are economically uninsurable.

- As the many stoppages Koeberg Nuclear Power Station have shown, nuclear power is unreliable, and thereby threatens national security.
- Nuclear power could at best make only a negligible contribution to CO2 reduction, even then many years after massive cuts are needed and only by depriving real solutions of funding.
- Nuclear power worsens climate change because it diverts money away from alternative energy and efficiency efforts that would otherwise reduce greenhouse gas emissions.
- Viable alternative energy generation options are readily available, evolving as one of the fastest-growing industries in the world.
- Every rand spent on nuclear power is a rand not spent on clean renewable energy

If you are in favour of mass job creation and competitive energy costs that will become cheaper year after year, you will oppose nuclear power and support safe renewable energy.

PLEASE HEED THE CALL FOR INFORMED DEBATE.

SUSPEND THE NUCLEAR BILL & PROGRAMME.

LET'S HAVE AN ALL-INCLUSIVE ENERGY POLICY SUMMIT THAT PRIORITISES CIVIL SOCIETY REPRESENTATIVES.



SENTIENCE

ANIMAL FRIEND ISSUES



SCANDALOUS CANNED HUNTING STATISTICS REVEAL THAT MINISTER VAN SCHALKWYK IS GUILTY OF DOUBLESPEAK

A recent written reply by the Director-General of Environmental Affairs and Tourism (DEAT) to a question put in Parliament by the Democratic Alliance has once again sounded the alarm on the canned hunting industry in South Africa.

With all the duplicity, fanfare and spin put out by Martinus Van Schalkwyk over the past few years, the general public, both local and international, cannot be criticised for thinking that canned hunting in South Africa is a thing of the past. But nothing can be further from the truth. Far from being controlled, the canned hunting industry, with active support from the government, is growing exponentially. And it is not only confined to the hunting of large predators - elephants, rhinos, buffaloes and antelope species are also hunted and killed in this way.

The information released by DEAT confirms this. For example, 702 lions were killed for trophies in 2007. This means that since 2005 the number of lions killed by the canned predator industry has doubled, with most of the lions coming from the North West province (637), which, astonishingly, has eighty lion farms!

Over the past year provincial and national DEAT spokespersons have been at pains to promise lion breeders that the industry is not geared for demise. As recently as 9 July 2008 the Deputy Minister, Rejoice Mabudafhasi, unequivocally assured them that "government does appreciate the existence of the industry and that there is no way that the regulations will eventually lead to the closure of the

industry as the industry is an accepted part of the tourism experience package that South Africa markets."

In contrast, attempts by ARA and others to persuade DEAT to support a plan that would address the ethical and welfare concerns of the predators still caught up in the industry has fallen on deaf ears. Animal Rights Africa (ARA) spokesperson Michele Pickover says that "this is more evidence that Van Schalkwyk continues to pander to the profit-driven bloodlust of the hunters and breeders".

ARA wants to warn local and international tourists that it looks as if the South African government is trying to play them as fools. After the release of the Cook Report in 1997, which exposed canned lion practices in South Africa, there was a huge public outcry about canned hunting and its damaging ethical, ecological and biological implications. Public opinion favours an outright ban of this industry.

ARA believes that by 2005 Minister Van Schalkwyk could no longer ignore the weight of public opinion and the real threat this industry poses to the South African tourism industry. But instead of banning canned hunting, it seems Van Schalkwyk and his colleagues are playing a double game.

On the one hand, making public announcements that the government was going to "put an end, once and for all, to the reprehensible practice of canned hunting" and that after 1 June 2007 there would be no more canned hunting of large animals in South Africa, while on the other hand providing the predator breeding industry with loopholes that

will allow this reprehensible industry to continue and expand.

Loophole One: The NEMBA Threatened or Protected Species (TOPS) Regulations is flawed and inadequate legislation that does not ban canned predator hunting but merely attempts to regulate it.

Loophole Two: Inexplicably postponing the implementation of TOPS from 1st June 2007 to February 2008 thereby giving the South African Predator Breeders Association the opportunity to challenge TOPS before it came into force.

Loophole Three: Excluding lions from the definition for listed large predators of the TOPS legislation promulgated in February 2008, supposedly while the South African Predator Breeders Association court case against the Minister (which is likely to take years) is pending.

ARA is extremely concerned about the safety of workers in the dangerous sustainable use industries of lion breeding and elephant back safaris. "We also find it unethical that when workers are killed by the predators being bred in these farms, the farmers merely sell off some lions as trophies to "compensate" the families of the deceased.

Says Pickover: "Van Schalkwyk has often been quoted as saying that South Africa has a long-standing reputation as a global leader on conservation issues, but if this kind of unbending and staunch support for rampant sustainable use is what leadership and conservation is all about then the fate of wildlife, biodiversity and environmental management in South Africa is in VERY serious trouble." 🌍

Dear Friends,

Please support the banning of the vicious gin traps that lead to the horrendous maiming and death of South Africa's wild predators like leopard and caracal. Few people realise that the destruction of wild predators is one of the unconscionable costs of the meat industry. Thanks to Dr Bool Smuts, Director of the Landmark Foundation, (www.landmarkfoundation.org.za), humane controls of predators are now possible and a ban on gin traps, poison traps and dog-hunting parties, could potentially go through now, if enough people want it. Please copy and put your name and/or letterhead to the letter below and send it off urgently before 10 November.

With appreciation,
Louise
Compassion in World Farming

<----- Cut Here ----->

Dear Mr Madikizela

RE: DEAT should outlaw gin traps, leg hold devices, poison traps and hunting dog packs in the National Norms and Standards for the Management of Human-Wildlife Conflict in South Africa.

I write in support of an appeal to the Department of Economic Affairs and Tourism (DEAT) that you amend the draft Norms and Standards for the Management of Human-Wildlife Conflict in South Africa to include the following:

That no person or entity may manufacture, distribute, sell, possess, purchase, donate or received a donation, or use any gin trap or leg holding device (or other similar such mechanism), snares, poison traps or lures or hunting dog packs in the management of human-wildlife conflict, or in the hunting or handling of any wildlife or any animal.

I believe it to be essential that such an amendment be made in these norms and standards as it will be in support of the principles of the said regulations and its relevant legislation, namely the National Environmental Management: Biodiversity Act, 2004 (act 10 of 2004). Should these amendments not be made it would result in continued decimation and negative impact on our biodiversity and natural heritage, never mind undermining and contradicting the very legislation it is aimed at giving effect to.

The devices in question are unacceptable management tools in the management of human-wildlife conflict or in the hunting of any wildlife or any animal, and it has proven to be ineffective over the last 200 years! There is a growing consensus that these methods have been a major contributing cause of the escalating human-wildlife conflict. I support efforts that are non lethal, ecological and socially acceptable, humane and effective. In this regards I believe that many methods have been demonstrated to be effective, socially and ecologically acceptable, and humane, and more effective in the production of livestock compared to the lethal controls that I am appealing to you to outlaw. Thus I believe that you as a department tasked to conserve our natural heritage, should legislate and enforce the use of non lethal, ethical and ecological acceptable methods in these regulations, such as:

- * Livestock Guarding Animals (e.g. Anatolians, herding dogs, donkeys, alpacas, llamas etc)
- * Protective measures (kraaling, protective sheep collars, technology collars, fencing mechanisms)
- * Herdsmen/Shepherds
- * Deterrents (smells, noises, alarms)
- * Herd selections
- * Live trapping and collaborations the conservation entities
- * Conservation of wildlife on livestock and game farms

I am grateful to you for the opportunity to have input to the drafting of these important norms and standards, and strongly appeal to you to effect these important changes to the regulations and outlaw the methods listed above.

Yours Faithfully

<----- Cut Here ----->

Please Send Letter to:
Mr Bonani Madikizela
Director: Regulation and Monitoring Services
Department of Environmental Affairs and Tourism
P/Bag X447 Pretoria
0001
Tel: 012 310 3308
Fax: 012 320 2733 or 012 322 2682
Email: BMadikizela@deat.gov.za



THUMBS-UP



Greenpeace Open Office in Johannesburg

International environmental activists, Greenpeace, have opened an office in Johannesburg to tackle climate change, deforestation and overfishing on the continent, it was announced on Thursday.

He said a second office would be opened in Kinshasa, Democratic Republic of Congo on November 24 and a third in Dakar, Senegal, next year. "While Africa contributes very little to global warming, the region will be one of the hardest hit by its effects," said Kanoute. "South Africa needs to take a strong stand at the UN climate talks [in Poland next month] for a deal that includes substantial funding from the industrialised world for developing countries to adapt to and mitigate the devastating effects of climate change.

"The South African government should also support

central African countries by backing moves to create a funding mechanism that makes protecting tropical forests and the climate more economical than logging," he said.

Kanoute said South Africa is the 14th highest carbon in the world and had commit to measurable actions to reduce its greenhouse gas emissions, including ending its dependence on coal, without resorting to expansions in nuclear power.

- www.new24.com



Air New Zealand To Test Biofuel Next Month

WELLINGTON - Air New Zealand will make its first commercial flight using biofuels next month as it looks to cut fuel consumption and carbon emissions, the national carrier said on Wednesday. The flight on Dec. 3 out of Auckland will use a 50:50 blend of standard jet fuel and a biofuel made from the jatropha plant in a Rolls Royce engine on a Boeing 747-400, the airline added.

"The blended fuel meets the essential requirement of being a 'drop-in' fuel, meaning its properties will be virtually indistinguishable from traditional Jet A1 fuel," said Air NZ's chief pilot, David Morgan, in a statement. Jatropha is a plant that grows up to three metres and produces inedible nuts, which contain the oil. It is grown on arid and marginal land in Africa. Air New Zealand told Reuters in June it hoped to use one million barrels of biofuel a year, about 10 percent of its fuel consumption, in its jet fleet by 2013. British-based Virgin Atlantic used a bio-jet fuel blend made from babassu and coconut oils in a commercial flight in February.

- by Glen Johnson and Gyles Beckford

CONSUMER RIGHTS RECOGNISED: GM FOODS WILL BE LABELLED IN SOUTH AFRICA

Cape Town: History was made on the 16th September when the Department of Trade and Industry handed down a ruling for mandatory labelling of genetically modified foods.

The decision came after a clause to this effect, which had been removed from the draft Consumer Protection Bill last year, was reinstated. National Co-ordinator of

SAFeAGE, a consumer GMO watchdog that has been lobbying for two years to have this clause reinstated said, "The GMO Act does not protect consumers, it is rather a permitting system that welcomes untested, unlabelled and irresponsible genetic modification to run rife in our country. Consumers will finally have the right to choose once this Bill is implemented" - SAFeAGE

THUMBS-DOWN



Kimberly-Clark gets Trees from Ancient Forests



New photos reveal a massive stockpile of old-growth logs from the Boreal forest destined to be made into Kleenex and toilet paper for tissue giant Kimberly-Clark. As recently as August 30th, Kimberly-Clark has claimed that “much of [the] fiber from the Canadian Boreal forest comes to K-C in the form of wood pulp produced from sawdust and chips – or leftovers – of the lumber production process.”

The logs originate from the Ogoki Forest, the single most ecologically valuable area left in Ontario’s southern Boreal forest and the site of growing controversy. These new photos as well as recent government correspondence reveal that Kimberly-Clark is currently purchasing huge quantities of pulp made primarily from whole, old-growth trees from intact areas of Canada’s Boreal Forest. - Treehugger

NSPCA & Mazarakis of Carte Blanche claim OBP Horse Slaughter is a “Scam”

A dishonourable mention must also go to the NSPCA & George Mazarakis, executive producer for Carte Blanche, who claim to have investigated the OBP Horse slaughter and found that the info is “a scam” and “bears no truth.” It seems that Onderstepoort, Carte Blanche and the NSPCA are all trying to sweep this matter under the carpet. Agendas? Old boy network? We’ll persue it, wherever it leads until we have resolution and transparancy. - EcoT

“WHALING” IN THE FAROE ISLANDS (A DANISH PROTECTORATE)

This “whaling” is supposedly regulated by Faroese authorities but not by the International Whaling Commission as there are disagreements about the Commission’s competency for small cetaceans, which are also hunted by the Faroese. Around 950 Long-finned Pilot Whales (*Globicephala melaena*) are killed annually, mainly during the summer. The hunts, called “grindadráp” in Faroese, are non-commercial and are organised on a community level; anyone can participate. The hunters first surround the pilot whales with a wide semi-circle of boats. The boats then drive the pilot whales slowly into a bay or to the bottom of a fjord, where they are slaughtered. Help stop this brutal practice by making your voice heard here: http://getactive.peta.org/campaign/uk_faroe_whales?qp_source=puk_fpaa -Wikipedia - EcoT



GREEN GROWTH

PLANT LIFE NEWS



WHY WE NEED MORE TREES

Forests, Air & Water

Trees are nature's air conditioners. An acre of trees can grow about 2 tons of wood per year. This same acre removes 3 tons of carbon dioxide and produces 2 1/2 tons of oxygen per year. A person uses less than one pound of oxygen per day, or about 278 pounds per year. So every acre of forest produces enough oxygen for 18 people. At the same time, an acre of forest removes 13 tons of dust from the surrounding environment and releases 8,000 gallons of water into the air. This results in forest areas being cooler and cleaner than surrounding areas.

The Benefits of an Urban Forest

A forest is reducing water pollution: Tree leaves and branches catch rainfall during storms. The water drips slowly from the tree, reducing

the rate that storm water reaches the ground. This decreases peak volumes of storm water that can overwhelm sewer systems. Water also evaporates from leaf surfaces, going back into the atmosphere and increases rainfalls rather than going down the drain.

Trees also help improve the quality of ground water. The trees divert captured rainwater into the soil, where bacteria and other microorganisms filtered out impurities. This bio-filtration can dramatically reduce the sediment, pollutants and organic matter that reach streams, sewage systems and eventually the Bay.

More Facts About Trees

Trees keep our air supply fresh by absorbing carbon dioxide and producing oxygen. The fine roots of trees release about 1 ton of carbon per ha/year into the forest soil.

Trees and the Environment

- * In one year, an acre of trees can absorb as much carbon as is produced by a car driven up to 8700 miles.
- * Trees lower air temperature by evaporating water in their leaves.
- * A tree does not reach its most productive stage of carbon storage for about 10 years.
- * Trees cut down noise pollution by acting as sound barriers.
- * Tree roots stabilize the soil and prevent erosion.
- * Trees provide food and shelter for wildlife.
- * The amount of oxygen produced by an acre of trees per year equals the amount consumed by 18 people annually. One tree produces nearly 260 pounds of oxygen each year.
- * One acre of trees removes up to 2.6 tons of carbon dioxide each year.
- * Shade trees can make buildings up to 20 degrees cooler in the summer.
- * Trees lower air temperature by evaporating water in their leaves.

Tree Biology

- * Trees are the longest living organisms on earth.
 - * Trees and other plants make their food through a process called photosynthesis.
 - * The inside of a tree is made of lignin, phloem, cambium, and xylem.
 - * The xylem of a tree carries water from the roots to the leaves.
- www.coolforest.org.za



READING MATTERS

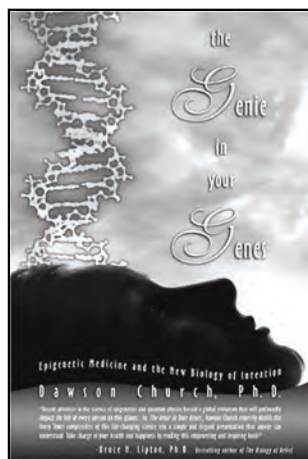
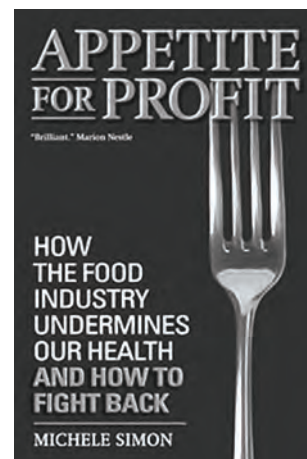
Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back

Michele Simon

Perseus Publishing

ISBN-13: 9781560259329

While food is ubiquitously available in our country, nutritious food is difficult to find, and it is becoming increasingly hard to discern the nutritious from the junky. This is exactly what Big Food wants, according to public health attorney Simon. This exposé of Big Food's unethical behavior and devious marketing strategies is a convincing call to action. Simon, a vegan, does not offer readers advice on changing their diet. Instead, she proffers tips on how to see through corporate rhetoric that does not match with reality and how to protect children from junk-food marketing. Concerned parents will no doubt find this an especially valuable tool. Appendixes provide a glossary to understanding corporate-speak, a guide to industry front-groups, a breakdown of the myths debunked throughout the book, and resources for those who want to effect change. An essential purchase for public health collections, this book is recommended for public and academic libraries as a follow-up to Eric Schlosser's *Fast Food Nation* and Marion Nestle's *Food Politics: How the Food Industry Influences Nutrition and Health*. - Mindy Rhiger, St. Paul



The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention
Dawson Church
Publisher: Midpoint Trade Books, Incorporated
ISBN-13: 9781600700224

“Health writer Dawson Church, Ph.D., decided to investigate the scientific basis of so-called “medical miracles” and the role of consciousness in healing. The result is *The*

Genie in Your Genes, the first book to summarize remarkable scientific studies that are revolutionizing the ways we think about the link between consciousness and health. The book focuses on a class of genes called Immediate Early Genes or IEGs, which can be triggered by thoughts or emotions, as well as outside events to turn on other genes that affect specific aspects of our immune system.

He explores the science behind the breakthroughs being achieved through Energy Psychology techniques, showing that there is a sound theoretical framework, based on credible experiments, for understanding these astonishing results—and predicts that these techniques will dramatically advance the fields of medicine and psychology in the coming decade. Showcasing some 300 scientific studies, *The Genie in Your Genes* points to where the leading edge of science might take medicine and psychology in the next century.” -www.bn.com

Exposed: The Toxic Chemistry of Everyday Products and What's at Stake for American Power

Mark Schapiro

Chelsea Green Publishing

ISBN-13: 978-1-933392-15-8

Cosmetics, computers, cell phones—these are the accoutrements of modern American life. As it turns out, many of these items are also laden with chemicals potentially so toxic that several countries around the world, notably in the European Union, have taken regulatory steps to ban them. In this smart and timely new book, Mark Schapiro, editorial director of the Center for Investigative Reporting, examines the widening gap between American and EU chemical and environmental regulation, cogently arguing that although the United States used to be a leader in environmental protection, the power has shifted across the Atlantic.

“Power has shifted,” Schapiro concludes. “American citizens are being put in a position that would have been unimaginable a decade ago: in some instances a dumping ground for goods not wanted elsewhere in the world, in other instances the accidental beneficiaries of protective standards created by another government over which they have no influence.” Either way, the United States is being left behind and *Exposed* makes a persuasive and informed case that the only solution is to raise the national bar when it comes to environmental regulation.

- Erica Wetter



Festive Feast

Refreshing raw food recipes for a healthy, happy holiday!

by Beryn Daniels

PATÉS

Sprouted Chickpea Hummus

2 Cups chickpeas
½ Cup Tahini
½ Cup water
2 cloves garlic
2 Tbs Lemon Juice
Himalyan rock salt to taste

Soak the chickpeas in water overnight. In the morning drain the water and leave the chickpeas to stand in the bowl to sprout for the next 2 days. Wash the sprouts in the evening and again the next morning. In a high speed blender or food processor add all the ingredients and blend. Pour out into a serving bowl and enjoy with crudites or on onion bread with mung bean sprouts.

“Egg”- “Mayo”

½ Cup water
½ Cup lemon juice
1 ½ teaspoon turmeric
1 Clove garlic
1 ½ Cups Macadamias or Cashews
1 teaspoon black Indian salt
½ Cup chopped spring onion
½ Cup chopped celery
½ Cup chopped red pepper

In a high speed blender combine the first 6 ingredients. Put the mixture into a bowl and add the celery, red pepper and spring onion. Mix well and serve.

Power lunch salad

1 Cup Spinach
1 Cup Rocket
1/2 Cup Watercress

1/4 diced Cucumber
1/4 Cup Broccoli
1 Cup mixed sprouts
1 large Avocado
Handful of baby tomatoes (or sundried tomatoes)
Olives
Olive oil
Lemon juice
Himalayan Rock salt or sea salt

Why it's a Power Lunch?

The rich green salad leaves are high in Silica and therefore good for hair, skin and nails. Sprouts are a living food and help facilitate detoxification, alkalisation and weight loss. Broccoli contains iron and magnesium and is helpful for high blood pressure and constipation.

Olives contain good proteins. Olive oil is a good source of essential fatty acids. Avocados are delicious and a good source of good fats. Himalayan rock salt or sea salt contains vital trace minerals.

Lasagne

Courgette pasta

3x courgettes
salt

Slice the courgettes with a mandoline into thin strips and sprinkle with Himalayan rock salt.

Cashew nut cheese

1 Cup cashews
1 tsp onion powder
1 tsp salt

Blend together in a high power blender with a little water, adding



If you'd like to learn more about raw foods book yourself on to one of Beryn and Peter's Raw food Preparation classes for the full experience. Classes are run over 2 full days, usually weekends and are being run in Cape Town, Durban, Johannesburg, East London and the Garden Route.

For more info please call Beryn or Peter on 021 7947793 or visit www.superfoods.co.za and check out the 'events' page.-

just enough water to get a creamy consistency.

Tomato sauce

4 large tomatoes
2 red peppers
1 Cup sundried tomatoes
1/2 Cup olive oil
1 Tbs fresh basil
1 tsp fresh oregano
1 tsp fresh thyme
1 tsp Himalayan rock salt

Process all ingredients in a blender or food processor until smooth.

Spinach-courgette filling

3 more courgettes, grated
3 Cups finely chopped spinach

Mix the grated courgette and chopped spinach with half the cheese mixture and add a little extra salt.

Putting it all together

Alternate layers of courgette strips with tomato sauce, spinach cheese filling and top with the extra cheese. Eat as is.

If you prefer it warmed up you can put it in the oven for 30 minutes on less than 50 degrees celcius with the oven door slightly ajar.

Falafels

1 Cup almonds
1 Cup walnuts
1/2 cup sesame seeds, ground
1/4 cup parsley
1/4 cup coriander
1 Tbs garlic
2 Tbs olive oil
2 tsp salt
2 Tbs oreganum

Process the almonds in the Oscar using the solid plate or in a food processor.

Combine all ingredients. Form into balls and dehydrate for approx 4 hours. Serve with Tahina dressing and a green salad.

HEALTHY DESSERTS

Chocolate Avocado Mousse:

For the mousse:

4 Avocados
1 cup Cacao powder
1/4 cup Coconut oil
1/2 cup Maple syrup
1/4 cup Water

For decoration (optional):

strawberries, sliced

Put the avocados, coconut oil, cacao powder, maple syrup and water in a blender and process them until they are silky smooth. Dispatch the mixture into a dish of your choice and decorate it with sliced strawberries.

Put in the fridge for at least an hour to set. It really doesn't get much simpler than this (except fruit picked from the tree, sun warm and delicious).

Get creative and add in optional extras if you want. Green powder is well hidden in a recipe like this, so put some in to boost your mineral intake and make this mousse even more nutritious. If you like something a little more rich or nutty, add in some tahini or nut butter of your choice. Some



like orange chocolate mousse, add orange juice. Some like hot chocolate mousse – add chilli!

Seasonal Fruit Romanoff

for the fruit part of the romanoff: seasonal fruit of your choice, fresh berries, melons, peaches, go wild banana ice cream (optional)

a sprig of mint for each glass

For the whipped cream:

3 cups raw walnuts, cashews, macadamia nuts, or nuts of your choice, soaked
1 cup freshly squeezed orange juice
4 tablespoons date jam (see below)

Date jam:

Simply soak the required amount of dates, and then blend the dates and their soaking water until a thick paste is formed. This is date jam, and can be stored in a sealed jar in the fridge for several weeks, ready to use in any recipe!

Banana ice cream:

Peel the bananas and then freeze them overnight. Once frozen, put them through the Oscar fitted with the crushing screen. Out comes banana ice!

Chocolate sauce:

Mix cacao powder into liquid coconut oil and add sweetener (honey, agave nectar or maple syrup) to taste.

In an attractive glass, place a layer of fruit. Add a layer of cream. Place another layer of fruit on top of the cream layer. Continue like this until the glass

is full, ending with a delectable whirl of cream, decorated with fruit and a sprig of mint. Variations on this theme include substituting every second layer of nut cream with a layer of banana ice-cream. We can also drizzle agave nectar, honey (flavoured with vanilla or ginger?) or chocolate in between layers and on top of the glass.

Perfect for a summer afternoon! 🌍

soil for life

For all who must eat to live, there is hope.

Grow your own food.

by PAT FEATHERSTONE

Soil for Life is a Cape Town-based NGO which teaches people to grow their own food. For more information about Soil for Life membership and organic methods for growing vegetables, herbs and fruit, please phone Pat on (021) 794 4982

The baby marrow or zucchini is a member of the pumpkin family and is a prolific producer.

The fruit is best eaten when picked young and succulent, with the flower still attached. In fact the flowers themselves are a delicacy, dipped in tempura batter and deep fried. Unfortunately this plant belongs to the 'cut-and-come-again' type of crop. The more you pick, the more the plant is stimulated to produce.

Barbara Kingsolver writes in her book "Animal, Vegetable, Miracle" of the marrow season (which she describes as 'Zucchini Larceny') at her home where the family were subjected to zucchini cooked in every conceivable way. She says, 'All dinner guests were required to eat [them] and then take some home in plastic



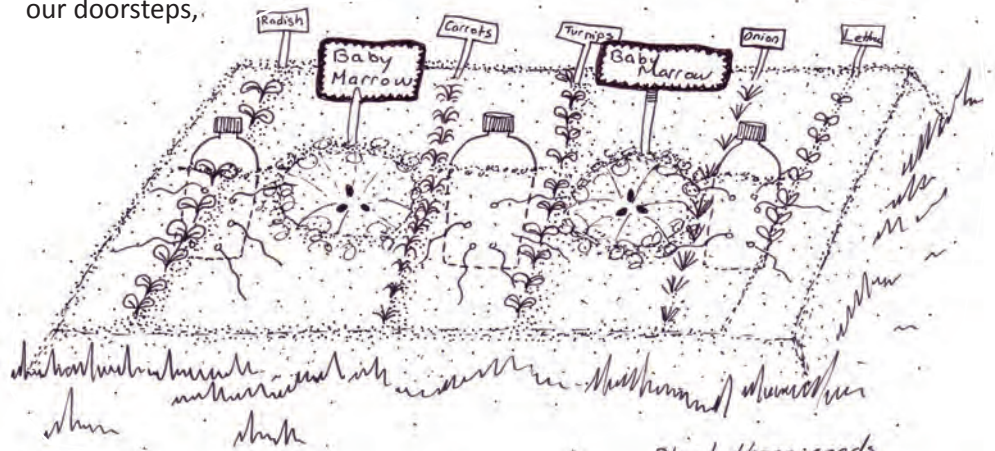
Unlike most other members of the squash (cucurbit) family which sprawl and climb, they grow into large plants which take up a lot of room in the vegetable garden. Some planning is therefore needed because

sacks We started considering dinner guest lists, in fact, with an eye toward those who did not have gardens. Our gardening friends knew enough to slam the door if they saw a heavy sack approaching.' Even her daughter, Camille, did her part. '.. Before her sister's birthday she adapted several recipes into a genius invention: chocolate chip zucchini cookies' and 'with a sly grin' watched as marrow-hating children chewed through the batch of cookies and asked for more! So, with summer on our doorsteps,

one door-sized trench bed will only accommodate two plants as they need to be about 90cm apart.

Soil preparation: Make a hole the depth and width of a spade head and fill it with compost or well rotted manure. Replace the soil and form a basin (or pit) about 15cm across on the surface of each hole. Water the pit well before planting.

Sowing the seed: Soak the seed



Plant three seeds in the centre of a small shallow and well mulched trench.

it's time to try your luck at growing these 'dirigibles'. And if all else fails, you can turn them into ratatouille chutney or marrow jam.

How to grow... Baby Marrows (courgettes or zucchini)

overnight in luke warm water. Plant 2 or 3 seeds in the bottom of the pit. Water well, but do not water again until growth starts. When the seedlings have 3 or 4 true leaves, remove the weaker plants, leaving only the strongest one to grow.

Watering: Squash plants have large, deep root systems as well as roots close to the surface. In addition their large leaves lose a lot of moisture to the air. Therefore the plants need a lot of water. However, the water must be directed straight onto the soil, and not at the leaves. Sink plastic bottles with holes in the bottom between the plants and top them up with water for a good, deep soaking. Wet leaves in warm weather provide the ideal situation for the growth of powdery mildew, a fungal disease. It is perfectly normal for the leaves to wilt in very hot weather,

the plants to produce more fruits, and the plants remain productive for up to two months.

Cut the fruits off with a sharp knife to avoid damage to the plant and remember not to throw the flowers away. Cover them with a thin batter, deep-fry until crisp and enjoy as a snack.

Seed-saving: Allow one marrow on one plant to grow to full size. Dry it out and collect the seeds. Store them on a cool, dry place in a paper envelope for next season.



Don't let the marrows grow too big before harvesting as they begin to lose flavour.

and they will revive towards evening. If they don't, water well. Mulch the plants well with straw or dry grass to keep the soil moist, to prevent weeds (surface roots are easily damaged by shallow tilling) and to prevent the fruits from resting on the soil.

Harvesting: Baby marrows should be harvested when they are young, no more than 15 cm long and about 3 - 4 days after the flowers open; so watch your plants because the marrows grow extremely quickly. Before you know it they have grown enormous, and are watery and tasteless. Frequent picking stimulates

The Festive Season is upon us



Gift ideas from the garden

Some inexpensive, and fun, ideas for taking the sting out of end-of-year celebrations:

- Home-made jams and chutneys, atjars and pickles from fruit and veggies grown in your own garden and bottled in recycled glassware.
- Bouquets of home-grown herbs, salad leaves and edible flowers tied up with coloured ribbon.
- Decorative garlands with green leaves, sweet-smelling herbs, flowers, bright red chillies and dried orange and lemon slices coated with clear varnish.
- A selection of seeds saved from your garden for starting a herb and vegetable garden.
- An assortment of home-made labels for vegetable and herb gardens. Cut plastic bottles into neat strips and draw little pictures on them to show what has been planted in each row. You could also paint plant names and pictures onto smooth stones.
- Small herb garden in a pot - parsley, basil, chives, marjoram.
- A bag of compost (or vermi-compost) made from your own household and garden waste.

Baby Marrow Recipes for the Home Gardener

Baby marrow soup

A light, fresh, colourful soup that is just as good cold.

- 6 small baby marrows, cubed
- Salt
- 2 onions, finely chopped
- 1 clove finely chopped garlic
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 5 cups vegetable stock
- 2 tablespoons fresh, chopped herbs (combination of oregano / marjoram, basil, parsley & chives)
- 2 tablespoons lemon juice
- Salt & freshly ground pepper to taste

- Place cubed or shredded baby marrows in a colander, sprinkle with salt, and allow to drain for about 30 minutes.
- In a large soup pot sauté onions and garlic in oil and melted butter until the onions are golden.
- Dry the baby marrows and add to onions and cook over low heat for about 5 minutes. Add vegetable stock and simmer for 15 minutes.

Mash the soup with a potato masher, or push through a sieve. Return to pot and season with herbs, lemon juice, and salt and pepper. Reheat and serve sprinkled with chopped parsley and chives.

Baby marrow and carrot salad with orange sauce

- 3 teaspoons vegetable oil
- 3 large carrots, sliced
- 3 baby marrows, finely cut
- 3 teaspoons grated orange rind
- 2 tablespoons orange juice
- pepper

Heat the oil in a large frying pan. Add the carrots and baby marrows.

Stir-fry for 4 minutes or until the carrot is tender, but still slightly crisp. Add the orange rind and juice. Mix well. Season with pepper. Serve immediately.

Baby marrow fritters

- 2 eggs
- ½ cup self-raising flour
- 2 cups grated baby marrows
- 1 tablespoon grated lemon rind
- 1 tablespoon chopped mint
- ½ cup milk
- 1 tablespoon oil for frying

Separate the eggs. Beat the egg whites until soft peaks form, add the yolks and lightly beat. Fold in the flour, baby marrows, lemon rind and mint. Add sufficient milk to make a soft batter. Drop spoonfuls into the oil in a frying pan and cook on both sides till brown and crisp.

Vegetable pie

This dish can be made ahead of time, refrigerated, and baked later – a great idea for a light supper or a picnic.

- 3 large baby marrows, sliced
- 1 unpeeled brinjal, sliced

- 2 tablespoons vegetable oil
- 2 cloves garlic, finely chopped
- 1/3 cup spring onions and tops, chopped
- 3 eggs
- 1 teaspoon of mixed herbs -basil, thyme, oregano
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 cups grated cheddar cheese

Preheat oven to 180°C. Thinly slice the baby marrows and brinjals. Heat the oil in a large pan and sauté garlic until limp, then add chopped onions and prepared vegetables. Sauté, turning and stirring, for about 7 minutes. Meanwhile, beat eggs until frothy, adding seasoning. Combine the vegetables with the beaten eggs. Place in a baking dish, cover with grated cheese. Bake at 180°C for 40 minutes or until golden brown. Serve with sweet-sour cucumber sauce.

Enjoy the Fruits of Your Labour! 🌍

Soil for Life runs monthly workshops in Cape Town on all aspects of organic gardening. Check the website for details: www.soilforlife.co.za

Who are the Hathors?

"We are the Hathors. We come in love and with the sounding of a new dream reality for your earth. If you are ready to build the new world, we invite you to join us on a journey of the mind and heart. We are your elder brothers and sisters. We have been with you for a very long period of your evolution on this planet. We were with you in eons past - even in the forgotten days before any trace of us is known in your present written history. Our own nature is energetic and interdimensional. We originally came from another universe by way of Sirius which is a portal to your Universe, and from Sirius we eventually proceeded to your solar system and the etheric realms of Venus."

"We are what you might term an ascended civilization - a group of beings existing at a specific vibratory field, even as you have an energy signature. It is simply that we vibrate at a faster rate than you. Nonetheless, we are all part of the mystery, part of the love that holds and binds all the universe together."

"We are not saviors; we're not messianic. We wanted to clearly step out of that projection so that the reader understood that we were simply elder brothers and sisters offering our understanding and what we have learned. You may take it or leave it but we offer it freely. In our understanding, the belief that different alien intelligences are going to save you, and the belief that when you enter a photon belt you will magically be transformed, are just projection of human unconsciousness. The hope that someone or something will save you, that you will not have to make any changes in yourself, that you will not have to be responsible, is unrealistic." -from "The Hathor Material" by Tom Kenyon and Virginia Essene

The Dissolution of the Old World and the Birthing of the New

by the Hathors, through Tom Kenyon

In this message we wish to give you some specifics regarding the financial and earth changes that are now upon you. We had hinted at the probability of this in previous planetary messages, but now the probabilities have become realities. The main focus of our intent for this communication appears toward the end when we will share what we feel you can do, individually, to ride the storm.

The Current Financial Crisis

Those who have created/sustained the dominant planetary economic system are now finding themselves with their "backs against the wall." This is because the system, as it exists, is not self-sustaining. It is a form of imprisonment and is not in attunement with the shifting frequencies of consciousness that are taking place (albeit embryonically) on earth. And so financial institutions are attempting to re-organize themselves. But this is an attempt to perpetuate that which cannot be sustained. They are simply trying to re-arrange cards in the House of Cards.

But their attempts will ultimately be futile. This is because the current economic system is based upon greed, lies, control, and manipulation, and these thought forms, these cultural paradigms, are not in alignment with the new consciousness that is arising. What you are witnessing is the dissolution of that which needs to pass away, but that which will take its place has not arisen, and so it is a very frightening passage for those marooned in 3Dimensional reality.

The financial situation is complex and interconnected. The difficulties currently experienced in both the United States and England will affect the entire global economy. These will be difficult times in terms of monetary considerations, but

paradoxically these can be extraordinarily uplifting times spiritually.

We anticipate further deterioration of the financial markets in the United States, Europe and Asia. The corporate structures responsible for perpetuating the dominant economic paradigms will find themselves on very flimsy ground. This will unquestionably result in the loss of jobs, real income, and an increase of suffering for individuals. Our advice is get to know your community, your immediate surrounding community, because as the system implodes, it will be local relationships that matter.

Another element that makes this period particularly volatile is that your perception of time is changing. Culturally perceived time is speeding up and more seems to be happening in less time. This is occurring both for individuals and for the culture as a whole. This rapid movement and changing of events shall become faster and faster.

You are entering a relentless pace in which your perception of time will increasingly accelerate. Because your perception of time is speeding up, and the events within those time-frames are increasing in number, many will enter a kind of shock, a state of disbelief. Specifically, it is unimaginable that the economic system can deteriorate so rapidly! What do you do when money is scarce and the things you are used to in your life are hard to acquire? These are critical questions.

Collective humanity is at a pivotal point for it is at the cusp of new cultural paradigms—a shifting from fixation on 3Dimensional reality into a realization of higher dimensions and the possibilities that will be open to all as a result. While such a shift of cultural awareness sounds inviting, the actual process is extremely chaotic, which is what you are now in the midst of.

Factors of Novelty

As chaos increases, over the next several years, you can expect to see radical increases in what could be described as factors of novelty. By novelty, we are referring to a concept borrowed from your physics. We are not using the term as it is used in your mainstream culture, which is essentially the mindless pursuit of that which is new and different to fill in the void created by emotional desperation and emptiness.

Novelty, as we are using the term, refers to unintentional and unanticipated changes within a system. These changes can be positive, negative or both.

The term, factors of novelty, refers to the phenomenon that incidents of novelty exponentially increase as systems enter into a state of chaos. And the probability for chaos increases when you have many different systems interacting at accelerated rates. Unexpected results and situations, that were never anticipated or intended, can and will arise. As novelty increases worldwide, it will create mental and emotional strain for many individuals—primarily due to the fact that the paradigms that they have used to navigate through life will be (and are) dissolving right before them.

As difficult as these times are, and as difficult as they will be in the near future, there is an evolutionary catalyst within all of this.

New ways of thinking and new ways of generating resources have to be created if humanity is to survive. The old ways simply cannot continue. This is because they are not self-sustaining; they are intrinsically damaging to life; they are based upon lies and manipulation, and they are out of alignment with the new spiritual energies that are entering the scene. Nevertheless, those who have created and sustained the lies are doing

everything in their power to keep the House of Cards intact.

Your evolutionary opportunity in all of this is to pass through the storm by living (metaphorically speaking) in the center of the hurricane—the eye of the storm—where it is calm. We will offer some suggestions for this in a moment, but let us turn our attention to the Earth Changes, for they are upon you.

In previous communications we said that the melting of the polar icecaps and the glaciers would accelerate faster than scientists anticipated, and indeed, this is the case. This shall continue to accelerate and the models of weather generated by computers will not accurately predict the changes. Like everything else upon your earth, all changes shall accelerate. From our perspective we see an increase in the intensity of hurricanes, and we see them arising in times when they do not traditionally occur. There will be an increase in tornados and aberrant weather. Alterations in the cycle of the seasons (where fall and winter patterns occur in spring and summer and vice versa) will continue to escalate. Plants and animals that have based their life rhythms upon these seasons shall be increasingly confused. Due to these and other climatic changes (as well as earthquake and volcanic activity), we anticipate increasing food and water shortages over the next two decades.

Another critical element in this evolutionary stew is the upcoming Presidential elections in the US. For better or worse this Office affects not just the United States, but also the entire world, and while there are differences between the two camps, in some fundamental areas they are the same. Those who pursue the Office (from within the ranks of the two major political parties) may indeed have their personal visions of what America and the world can be, but they are like pawns on a chessboard, and the ones who move the pawns are largely unseen. Unfortunately, their agenda is not the health and well-being of the

United States, nor of the world. Their agenda is the consolidation of power. And the confinement and imprisonment of the human spirit that results from their blind pursuit of earthly power does not concern them.

An unprecedented collision of forces is now upon you. The economic and political situations, conjoined with earth changes are creating a crack in the facade. This facade is nothing less than the cultural, economic, political and



religious illusions and delusions that people have “bought into.” More and more individuals will see through the lies, simply because things will fall apart. The curtains that were hiding the lies will fall. This is not a graceful process. But the old ways of being and doing must come to an end, in order that new ways can take root.

It shall be increasingly difficult to perpetuate the old world in the same ways it has been perpetuated. And by this we mean both the old world of your civilization and the old world of your own

personal lives. As the wave of spiritual evolution accelerates, those who insist upon living in the old paradigms will find it increasingly difficult. Fear and paranoia will be the tone of the day, from the minutest aspects of personal life to international relations. This “tug of war” between that which wishes to remain locked in place, tugging against those forces that wish to open the world to new possibilities shall indeed become a surrealistic experience.

The evolutionary pressures upon individuals and society are extraordinary, and those individuals who are less centered (psychologically imbalanced) may experience an increase in irrational behaviors. Many countries around the world are already seeing a rise in irrational acts and unusual crimes.

Escape Velocity

We have spoken about it on numerous occasions, and although it is very simple, it is a powerful ally. Your word for it is appreciation and what we mean by this is the ability to appreciate the smallest things in your life as well as the large things.

Appreciation is a fascinating vibrational field with multiple effects. As you watch your economic system go through its metamorphosis, as you watch earth changes increasing and the stresses upon those around you escalating, including the escalation of stress on yourself, remember the doorway of appreciation. All you have to

do is step into this field and the disturbances around you will be less able to effect you negatively. The situations you are dealing with might not change, but your emotional response to them will be of a higher order. And you will be more resourceful in how you deal with the challenges you are facing.

Were we to describe, in detail, the probable future in terms of negative events, it would be overwhelming. That is not our intent, and so we will not discuss it. What we wish to discuss is escape velocity. How do you escape the negative,

imprisoning forces that continue to confine you and the human spirit? The most efficient and simple way is to cultivate appreciation—as ridiculous as that may sound in the face of the immense challenges facing your earth. Appreciation is a key that will unlock the doorway to the new world, even as the old world dissolves and falls apart, as it must.

As the spiritually driven evolutionary forces increase, and the rip in the fabric of your civilization becomes clear to more and more individuals, there will be a tendency for those who are fixated on 3Dimensional reality (without access to the higher dimensions of themselves) to enter into a state of mental and emotional shock, a kind of numbness. You can recognize these numb people because they will walk and talk like normal, but they are like zombies, half aware, half alive. Have compassion for these individuals because they are caught between the old world that is passing away and an uncertain future that has yet to be born. Have compassion, yet be wary of them. Do not let them seduce you into their numbness and fear.

If you learn to live in appreciation, you will enter a domain, a vibration that will carry you through the chaos of these times. You will find a type of solace and comfort, and the vibrational rate of your energy body will increase. At some point you will reach what we call escape velocity. You will easily step out of the illusions and the lies of the old world. You will see them for what they are, and you will become a joyous co-creator of a new world that is being birthed even as the old world passes away right before your eyes.

- The Hathors through Tom Kenyon
September 22, 2008 Orcas Island, WA -

Thoughts and Observations from the channel, Tom Kenyon

When the Hathors gave me this particular planetary message there was no hint that the Wall Street fiasco was coming. At least I hadn't heard about it, let's say that.

I am amazed at how quickly things are changing and I have to acknowledge



that the Hathors were bang on (once again).

When I was in the eighth grade, my algebra teacher would always introduce a new section of the curriculum with a slight grin on her face. She would look down at the book and then up at the class with these words—"it's going to get worse before it gets better."

I think that's what the Hathors are saying here as well. We are all in for a heck of a ride. But the strange thing about collective mayhem is that there are always islands of sanity, solace and comfort. I agree with them that we must find this within ourselves, and I agree with them that it is probably a good idea for us to get to know our neighbors.

As usual, the Hathors emphasize the importance of appreciation. They say at one point that we need to cultivate appreciation for the small things in life, not just the big. And as they have said previously, we need to learn how to create this feeling in the moment without having a specific reason to be happy.

That may seem odd to some, choosing to experience appreciation when nothing has happened to make us feel that way. But essentially what the Hathors are

saying is that appreciation is a specific vibration of consciousness and when we are in that vibration we are elevated. And I suspect that such skills as self-elevation (when many around us are in distress) will be an excellent skill to have.

Like all skill building, repetition and actually doing it (in this case, entering into appreciation) is the key. If you are new to these Hathor messages, I encourage you to go to the Archives and take a look at their postings regarding Ecstasy and the Heart. It is a very interesting and beneficial way of experimenting with the state of appreciation.

And although they do not mention it in this message, you would find their messages about the Holon of Balance and the Holon of Healing helpful. Descriptions of how to create Holons also appear in the Archives.

<http://tomkenyon.com/managing-subtle-energy-during-earth-changes/>

As many of you no doubt know, the Chinese word for transformation consists of two ideograms that translate as—danger and opportunity. There is no question that we are entering into dangerous times. But there are opportunities as well.

The evolutionary question is: will you, me, and we (the great collective) find the opportunities to create a new future for ourselves? Or will we get quagmired in the old world of perception and belief?

If the Hathors are right about this, and I think they are, we would all do well to cultivate more appreciation. Then perhaps, we will self-elevate enough to recognize that we live in an amazing universe brimming with possibilities even as those of us in the old world struggle with how to enter the new.

Tom Kenyon Orcas, Washington

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Jena's Hand in it All

by JENA GRIFFITHS

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Is your life in danger of being hijacked?

In some countries there is a very real danger of being hijacked and having your car stolen. In other countries it's your biggest dreams that get taken, right from under your nose. I'm not sure which is worse. A gun squeezed against your temple for your car keys, or a dream squeezed out of you at an early age.

In Switzerland, more than any other country, the risks of having your car keys taken are virtually nil. Still, dream hijacking is huge. And just because you can't see the violence, doesn't mean it isn't there. So, how do dreams get hijacked?

Have you ever watched a frigate bird in action? This is a big black sea bird. Frigates are the pirates of the bird world. They even look like pirates! These birds hover up high waiting for other seabirds to catch a fish. As soon as they spot one with a full beak they dive bomb. The poor gull gets such a fright they drop their dinner and the frigate scoops up the bounty without missing a wing beat.

Something similar happens in the human world. It's called shame and humiliation. Children are most vulnerable to being shamed or humiliated. So are people who haven't really examined who they are and what they stand for. You get bumped and whoops. Next minute you're on another track, and your life feels empty.

BLOCKED PASSIONS - HOW TO RECLAIM AND LIVE YOUR DREAM LIFE

How does this work? Something happens to cause you to feel deeply shamed. (You get dive-bombed) This is an unbearable feeling and often the only solution is to simply numb out. The more you numb out, the more you lose touch with your core desires. (You drop your fish, the one thing that feeds you.) This then causes you to numb out even more. You're no longer connected to your feelings. Now anything can happen. You have no boundaries, maybe even no respect. You become putty in anyone's hands, easily molded. This causes even more numbness and eventually (if you're lucky!) anger or depression. Why lucky? Well then you know something's wrong and you can fix it.

This sounds extreme and it can be, especially in cases of sexual violation. But what about shaming as a form of social control, by teachers or over-authoritarian parents? We get trained to tow the line, conform, be responsible and quit dreaming. So we put our deepest dreams on hold, often for an entire lifetime. Sometimes the only way to cope with this violation is to numb out completely to your heart's calling. We become numb to our own feelings and deep passions. Sometimes this numbness is so deep and has lasted so long we don't even know it exists!

So, what can we do? We can find out who we really are and what we really want. A very good way to do this is through hand analysis. Also, ask yourself: who really is steering my life? If you don't choose what you want to do with every minute of your life, someone else will do this for you! Look back at your last week, last month, last year. To what extent did you do what you really wanted or was it someone else's idea? Sometimes we think we are steering but actually we aren't!

How so? We are creatures of habit and habitual thinking. Most of our habits come from our parents or early teachers.

As Bob Proctor says: "You are the product of someone else's habitual way of thinking." To what extent are you conscious of the habits and belief systems controlling your life? To what extent are you making decisions based on faulty thinking inherited from your family: generational fear, ignorance, stories told over and over? We can't change what we are not aware of.

The good news? You can change any habit or belief you like. It takes only 21 days of willpower and then the new habit/belief becomes automatic and runs on autopilot. The problem is, we often don't know what faulty thinking is running our lives. If you don't know what to change, you can't change it!

Questions I ask myself: what are the secondary benefits to staying blocked? What am I currently getting out of not moving forward? To what extent are you aware of the choices you make and your core values? And to what extent are you in touch with your deepest heart's desire: Your soul's calling? Are you being blocked from living your passions by faulty family thinking? Or are you being blocked by shame? The more you explore what's really blocking you, and what you value, the freer you become to live the life of your dreams.

Jena Griffiths is an IIFA certified hand analyst and life purpose support coach. She also has BA, Bsc and Bsc(hons) degrees and post graduate diplomas in psychology and education. Jena grew up in South Africa and was SA triathlon champ in 1989 and South Africa's top cyclist in the late 80's and early 90's. She pioneered women's cycling in South Africa. 10 years ago she left SA to 'go sailing' and has sailed around the world, one third of it with a child onboard. Jena lives in Switzerland where she does private consultations in hand analysis and Life Purpose Support counselling in Sternenberg and downtown Winterthur (Canton Zürich). She also consults worldwide by telephone or by skype.



The way I see it, here are 4 steps:

1. Explore who you are
2. Explore what you really want. Are your wants really your wants?
3. Explore what you stand for (your values)
4. Figure out what's blocking you. Why know your values? Because if you know what you stand for you can't get bumped/humiliated. They can't shame you and you become less dependent on others for praise and evaluation. Also, if your wants clash with your values then they are probably not your wants but someone else's.

Here's a small example from my life. The other day I went to visit a friend and I took a video with me of my son 'practicing' his violin. I thought the video was rather funny but my friend was horrified. There he was, strumming this delicate precious instrument singing, 'I've got a little guitar, oh yeah!' Actually she was more than horrified. It was painful for her to even look at the video and she chastised me for allowing it. If I didn't have a clear idea of what my values are, that I value creative expression over material object, I may have felt deeply shamed and would have started tightening up on Jules in ways that don't align with my heart.

But let's push this to the extreme. What if he stomps on his violin and sets fire to

it like Jimmy Hendrix? I'll probably just strangle him! He can do that when he's a virtuoso and bought the thing himself. Yes, Jules does have to learn to respect and care for his musical instrument and, as his mother, this is my responsibility to teach. But I believe he also has to be free to experiment with creative expression.

Where to draw the line? There are no right and wrong answers here. It is just a question of values and why you need to be completely clear and totally conscious about what you personally treasure most.

What do you value most in life? Freedom or security? Continuity or creative expression? Family or independence? Pure air or owning a car? Once you know what you stand for you cannot be shifted off course by other people. You cannot be shamed. You will be less likely to drop your fish when a frigate dive-bombs you. You're prepared! You've thought about the subject and made a conscious, rather than unconscious choice.

Yesterday a young man came in to have his hands analyzed. He wanted to become a film director. I explained the importance of him getting clear on his values. If he decides to go back to school at age 28 and this means moving back in with his mother for a few years he won't feel shame about this if he has clearly

chosen living his passion over financial independence in the short term. People could tease him as much as they liked but he wouldn't feel a thing because he had made a conscious choice.

Back to blocked passions and finding out what yours are. There's hand analysis for exploring who you are and showing you where you are blocked. And there're techniques for helping you leapfrog over faulty family thinking.

How do blocked passions show up in hands? This issue can show up in the fingerprints or in the lines. If it shows up in the fingerprints, this is a major issue in your life. How does it show up in fingerprints? The lowest ranked fingerprint is on left index finger. And in Lines? I look for a combination of these:
An anger line
A depression line
An index finger that bends away from the thumb (a power giveaway marker)
a can't say no line
A co-dependency line
A burden of expectations marker.

These just some of many examples. If you'd like to know more, purchase the teleclass on these markers from my website.

Happy reclaiming your life! 🌍

Stop -- and look at your experience.

You will discover that freedom always exists in the form of the opportunity to make a different choice. Whether or not you take advantage of this opportunity depends upon whether or not you believe you are free to choose.

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About the Sodastream Pure Drinks-maker:

- An elegantly designed drinks-maker for the preparation of sparkling water and flavored sparkling beverages at home.
- Carefully designed with attention to every minute detail, utilizing high quality plastics and brushed stainless steel.
- The drinks-maker is sold together with 2 specially designed re-useable carbonating bottles, and a Sodastream CO₂ cylinder which enables preparation of up to 60 liters of sparkling drink.

The benefits of the Sodastream Pure Drinks-maker, compared to ready made bottled drinks:

- Provides the user with an endless supply of sparkling water, freshly made from tap water in just a few seconds.
- No more need to buy, carry or store large quantities of heavy and bulky bottles.
- A wide variety of healthy and natural flavors are produced by Sodastream and are available alongside the Pure, so that each family member can have whichever deliciously healthy sparkling flavor they fancy.
- The ability to make sparkling water as strong or as weak as one likes, makes the machine an ideal solution for the entire family's sparkling beverage needs.

Protecting the environment – an ideal alternative to ready made bottled drinks:

- The Sodastream Pure, together with all other drinks-makers made by Sodastream, are a fantastic alternative to the pollution and waste that are caused by the transportation and disposal of billions of plastic bottles each year.
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Sodastream, the world leader in home produced sparkling beverages, is proud to announce that its latest Drinks-maker, The Sodastream Pure, has received the prestigious Red Dot award.



reddot design award
honourable mention 2008



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Confessions of a Converted Carrot Cruncher

by PATRICIA GLYN



In the Glyn family, smoking goes down about as well as a Mexican wave at a funeral. Many were the times when my sister and I were told that apart from being a health hazard, smoking is what ‘common’ girls do. Just as only ‘common’ girls sit on their boyfriends’ laps. Or use paper serviettes rather than linen table napkins.

Having given you these insights into my upbringing, dearly beloved Biophile, I am relying on you to keep the following information from my mother. Not only have I used kitchen roller towel at my supper table, but I’ve done far more libidinous things than merely sit on a boyfriend’s lap. And – horror of horrors – I have S-M-O-K-E-D!

And *how* have I smoked! How have I gleefully sucked a Camel cloud into my luckless lungs. I am not a nicotine addict so much as a smoker by association. I smoke a) when I’m heartbroken, b) when I’m *very* pissed, or c) when I’m around a camp fire in the great outdoors.

So it is that my sister happened upon me at about 4pm one weekday afternoon, sitting in my garden, naked as the day I was born, blubbing uncontrollably over the cad who’d just dumped me, and sucking on a fag.

WHAT I DIDN’T LEARN BEHIND THE BICYCLE SHED

So it is that my friends happened upon me at about 4am one morning, dancing on their dining room table, skunky drunk, and attempting to suck on 10 fags at one time. Truly! I have the photo to prove it.

And so it is that my hiking buddies happened upon me recently, lolling contentedly in a camping chair after a great day under huge skies, chuckling deeply over the love of wilderness, and rolling a skyf.

Ja, ja, ja I know – smoking is a revolting habit. It’s smelly, unhealthy and (yes, Mum!) decidedly unladylike. But it’s also most pleasurable on occasion (at least for some of us). And because it’s a habit that has never savagely overtaken my life, I have never felt impelled to give it up. Until 10th October this year.

On that day I received an email from Toni Brockhoven, one of South Africa’s tireless campaigners for animal rights and in particular for the cessation of the despicable Foie Gras industry. It was titled:

“Are you still smoking? And still consider yourself an animal lover?”

Well, that sure caught my attention. And the rest of the mail caught my heart. It outlined the quite disgusting experiments that the US government sponsors *to this very day* in order to – wait for it - analyse the effects of nicotine on animals. Millions of dollars are granted to the NIH (National Institutes of Health) to establish what smoking does to the lungs and fetuses of monkeys, rats and mice. I’m not going to ruin your day by detailing these experiments, but if you have the stomach for them, go to www.idausa.org And even if you don’t go there, please won’t you sign a petition to stop this practice? You’ll find it at http://gaO.org/campaign/NIH_nicotine

This stuff makes me incandescently mad. I mean, how much more do we

need to know about the harmful effects of nicotine? As they say on the site, we know so much about it that “Big Tobacco’s best attorneys couldn’t talk their way out of the landmark \$209 billion Master Settlement Agreement (MSA) of 1998 between 46 states and the U.S. tobacco industry.”

Further, we have also long known that it’s a very dangerous thing to extrapolate results from clinical trials on animals to humans – that’s why the final stage of testing is always on us. Animal experiments, for instance, have routinely failed to demonstrate that smoking causes lung and other forms of cancer in *them* – but we know all too well that it does in *us*.

What’s happening in these labs (and of course many others around the globe) is both futile and outrageous. And the most obvious way of protesting against these experiments is – well, obvious.

But the site also provided me with a most effective piece of aversion therapy. Take a look at this photo. Take a long look at it. I did, and you can call me anthropomorphic if you dare, but those two pathetically vulnerable, terrified monkeys stopped me smoking immediately – and for ever.



Brickbats and bouquets welcome at patriciaglyn@wol.co.za 🌐



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from a Spiritual Perspective

by LOU BOGNON

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We are indeed powerful creators of our realities. And, now we are facing one of the most interesting of our creations: the global financial crisis, even if most of us will disown the idea of having had anything to do with it in the first place.

From a spiritual perspective of course, the financial crisis is excellent news for our collective growth and evolution as a species.

Perhaps now - that we no longer can afford be so focused on "things" and how many of them our money can buy after having created this new reality of lack in the money supply - we will start tapping into our inner world and relate to each other in more profound and meaningful ways. After all, we have been flirting long enough with the surface of things, through the stuff we wear, buy, give, receive, consume, waste, tuck and throw away.

I cannot help but refer to my third book, The Divine Laws, where we are informed of the soon to come time of "crumbling" when all systems that no longer function for the greatest good of all will disintegrate before our eyes and we will be inundated with obsolete stuff that no longer serve any purpose.

As I drive along the many highways of

Johannesburg, I cannot help noticing how the big SUV's (sports utility vehicles) are starting to look (at least to me) more and more like "FUV's" (funerary utility vehicles). Personally, I have nothing against such vehicles per se – when and where they serve their purpose in farms and rural areas where most roads really need the gifts of a 4x4.

This observation aside, what we are watching is just not the beginning of the "crumbling" but a confirmation and a consolidation of the new reality that informs us that things cannot stay as they are and so it is that we have created, collectively, crisis after crisis to come to this important point.

As the European leaders met in China this week to discuss this financial crisis and try to persuade the Chinese to part with some of the many trillions of their hard earned savings as a direct result of their hard labour and multi-factory production in their heartland, it was ironic to actually witness the death of capitalism just as taught by Marx, Engels and Lenin, namely: "for capitalism to die all that was needed was to give it enough rope so that it would hang itself". And so it came to pass that capitalism hanged itself in the great hall of China's communist party as China listened to its request for help and replied using more of the same rope and more of the same capitalist rhetoric as we have been hearing from all capitalist capitals: - let the IMF become even more powerful and involved.

Given China's astronomical reserves in US dollars, it begs this pertinent question: how long will they hold on to the tons of paper and bonds and therefore how long and/or what will take for them to "suicide the dollar" all together? Time alone will tell. This is a potential reality already inscribed in the many future probabilities and the global shift of power to the east, predicted by Chinese visionaries a very long time

THE CURRENT GLOBAL FINANCIAL CRISIS

ago, even before the rise (and the fall) of communism.

And so it is that we are now faced with a reality where we all need to face how obsessed we have become with buying, collecting, showing-off and even classifying each other by the amount and size of the outward staff. This has bred so much fear (of not having and being enough) so much injustice, greed, insecurity and misery that it is only normal that the frenzy sooner or later, had to come to an end.

And this is where we are at present. The least affected are those who remained somewhat awake through this creation and therefore did not engage the illusion or the frenzy. The more affected are those still trapped in the victim role. Too late though, to blame stock exchanges, banks, politicians, policies or conspiracies.

This is the time to create anew. This is a time to learn to let go of any idea of a saviour and a fixer – we are indeed the ones we have been waiting for all along – and it is time for this new reality to sink in. No politician and no economist (certainly not of the type we have been accustomed to anyway), will make any difference – we need to start taking our lives into our own hands and soon realise that the least we rely on the crumbling system/s the better off we will be.

In closing I am reminded to quote the words made famous by Jimmy Hendrix: *"When the Power of Love will overcome the love of power - the world will know peace"*.

This applies to America, Zimbabwe, South Africa, Canada, and/or every single country on Earth, as the Power of Love has nowhere, as yet, overcome the love of power. But we could create this reality. Now! Who we really are, our true spiritual identity – can indeed -create anything at all. 🌍

Global Cooling: Alaskan Glaciers Grow For First Time In 250 Years

By Paul Joseph Watson - Prison Planet

Plans to implement a world-wide carbon tax in the name of saving the planet from global warming have taken another blow after it was revealed that Alaskan glaciers have grown for the first time in 250 years after an abnormally cool summer.

Now that the planet has naturally exited a warming trend and is heading towards a new “big chill,” as evidenced by the near complete halt in sunspot activity, the glaciers are expanding once again. Temperatures 3 degrees below average caused winter snow to remain for longer, prompting the increase in glacial mass, reports the Daily Tech.

“Since 1946, the USGS has maintained a research project measuring the state of Alaskan glaciers. This year saw records broken for most snow buildup. It was also the first time since any records began being that the glaciers did not shrink during the summer months,” according to the report.

The biggest shrinkage witnessed in the region occurred between 1741 and 1900, during which the glaciers lost about 15 per cent of their total mass as the earth began to exit the climatological period coined the Little Ice Age. Correct me if I’m wrong, but CO2 spewing cars and jumbo jets were not too prevalent in the 18th and 19th centuries.

And now that the planet has naturally exited a warming trend and is heading towards a new “big chill,” as evidenced by the near complete halt in sunspot

activity, the glaciers are expanding once again.

Years more growth in the Alaskan glaciers “might mark the beginning of another Little Ice Age,” notes the report.

The expansion of the glaciers follows a similar occurrence in the Arctic, which has undergone an ice cover growth twice the size of Germany in the past year, a gain of about thirteen percent following a colder than usual year.

Man-made global warming adherents have attempted to downplay such instances as aberrations that defy a wider warming trend, but in reality no global warming has been observed since at least 1999 or even 1995, as University of Finland professor Jarl R. Ahlbeck maintains.

Evidence that the planet is tip-toeing towards the onset of a new mini ice age continues to present itself following unprecedented ice storms in Kenya as well as Sydney experiencing its coldest August for 60 years.

The cold snap arrives on the back of the Sun reaching a milestone not observed in nearly 100 years - the entire month of August passed without a single sunspot being noted.

Lack of solar activity in 2008 has coincided with evidence of a cooling trend across the world.

Earlier this year, China experienced its coldest winter in 100 years while northeast America was hit by record snow levels and Britain suffered its coldest Easter in decades as late-blooming daffodils were pounded with hail and snow on an almost daily basis. The British summer also left

many yearning for global warming, with temperatures in June and July rarely struggling to get over 16 degrees and on one occasion even dropping as low as 9 degrees in the middle of the afternoon.

Many parts of the U.S. suffered their coldest April on record. Canada had its third coldest April since 1970.

“Summer heat continues in short supply, continuing a trend that has dominated much of the 21st Century’s opening decade,” reports the Chicago Tribune. “There have been only 162 days 90 degrees or warmer at Midway Airport over the period from 2000 to 2008. That’s by far the fewest 90-degree temperatures in the opening nine years of any decade on record here since 1930.”

According to an Associated Press report, The Farmers Almanac is now also predicting “below-average temperatures for most of the U.S.” The publication boasts of an 85 per cent accuracy rate for its forecasts which are given two years in advance.

According to a report from the World Meteorological Organization last month, the first half of 2008 was the coolest for at least five years, adding that it may actually be the coolest since 2000.

Man-made advocates have been losing credibility in recent months on the back of bizarre proposals to fight climate change that include blocking out the sun with spaceships as well as eviscerating pristine old growth forests, despite wider evidence of a cooling trend that is just beginning to manifest itself. 🌍

Are You Building Your Freedom Fund ?

by Linda Smith

Do you pay yourself first? For many people, saving their money seems to be so hard to do. With interest rates hikes and the recent petrol price increases, it gets harder to make ends meet and so saving gets compromised.

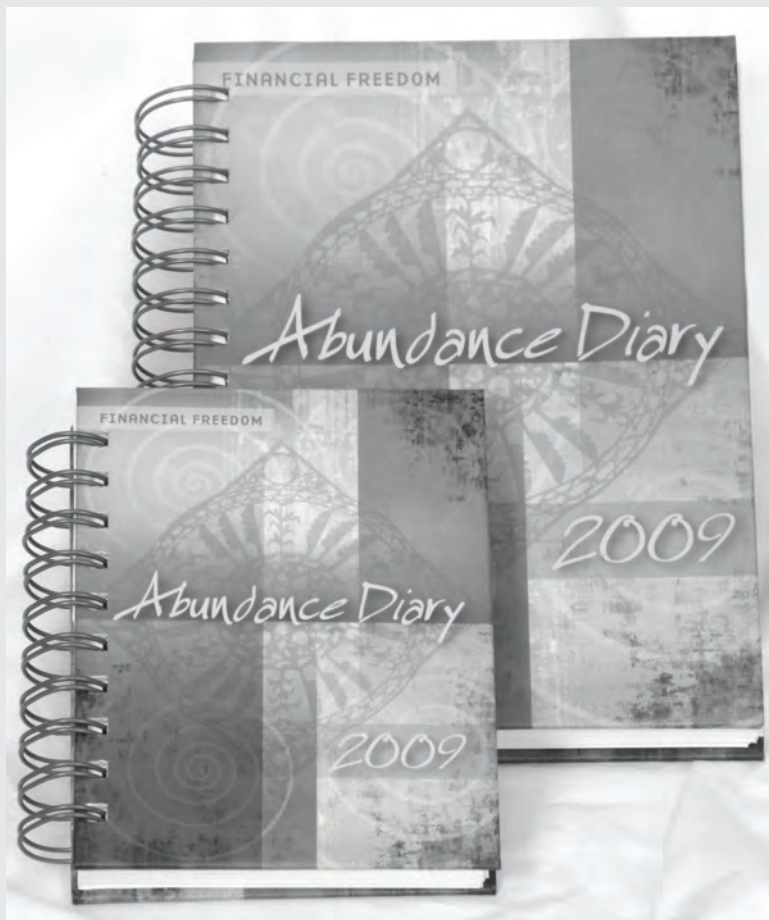
Many people report that they simply cannot afford to save and that they would, if they could. "When I earn more, I will start saving!" Sound familiar?

When saving is dependant on earning more, there will always be another reason why "now" is not the time to start saving. Do you ever notice yourself saying; "It is not enough!" That is a powerful belief that traps so many people.

You may find yourself believing that when you earn enough to save, then you will save. So how much is enough? When is the right time to start? The important point to remember, it is not how much you make, but how much you keep, that counts!

PRIMARY SAVINGS

That was exactly what Jennifer had experienced. She had heard about "paying yourself first" but



was uncertain about how to proceed. During her financial coaching session, instead of only allocating all her expenses in her budget, we approached it differently. The savings portion was allocated FIRST!!

We started on saving 10% of her income and allocated the rest of her expenses on the remaining 90%. The principle is to save a percentage of all the money you receive, first and then to allocate all the other payments. It is about having a commitment to yourself and your own financial well being. What she found remarkable, was that during the month, she did manage on the 90 percent.

SECONDARY SAVINGS

The next part of this financial management program was for Jennifer to set up using cash, instead of plastic, on a day to day basis.

Jennifer found that having the actual cash in her purse, made her think twice before she made a purchase. On certain occasions, she found that she actually chose to keep her money instead of making that purchase.

The "secondary saving" opportunity happened when she noticed that at the end of the week, there was cash left in her purse.

She was so delighted about having money left over, that she saved it. She paid herself again!

Her pleasure in saving began to exceed her pleasure in spending it.

Now she watches her savings grow!

How much will you keep?
When is the right time to start?
How about today?

The **2009 Financial Freedom Abundance Diary** is designed to guide you from debt to savings!



As you look back on the year that was, I trust you will find experiences that you can be grateful for. According to Socrates, “there is a whole lot to be thankful for, if you take the time to look”. Before we move on and focus on next year, it is important to understand that certain planetary patterns carry forward from one year to the next and it would be relevant to understand the current core issues that are not going to go away anytime soon. This is not specifically good or bad, it just is. What is important is to understand the general implications and make the lifestyle decisions that work with the flow. As an example, if you knew that weather patterns for your area were consistently indicating rain, you could carry an umbrella, even if the sun is shining when you leave home. If you chose not to, you should be prepared to suffer the consequences.

CHANGEABLE TRENDS for the future were initiated in 2008. With transformational Pluto moving into Capricorn and solid, unyielding Saturn opposite changeable, sometimes revolutionary and disruptive Uranus, the tone is set for years to come. This reaches a stressful peak, at the end of July 2010, when this major challenging planetary pattern signals change, challenge and crisis with capital C’s. In June 2010 there is an eclipse on Pluto, the focal planet in this heavenly pattern. This brings a focus of attention to conditions as determined by Pluto. Whatever unfolds in this time period, will be determined at this time. This signals major global changes and will be felt widely in the macrocosm and personally in the microcosm, for many years to come. During Pluto’s 16-year journey through Capricorn,

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GOODBYE 2008, HELLO 2009!

there will be a breaking down of old structures to build a new foundation. This will occur in many different fields but the key areas that will be affected are those ruled by Capricorn and include management style of governments, major companies and financial institutions. There will be changes to things of, or from, the earth, such as mining and farming. More importantly, there will be changes regarding money in general, what it represents and how we value it. In short, the widely used phrase “a new world order” seems to hold the essence of the meaning of conditions to come.

The world is ready for change, but there are those who will try to sustain the conditions that they believe will serve them best. As I write this article and look around for current examples of astrology at work, Zimbabwe has printed

a one million dollar note and yet it still can’t buy much. The ANC, which came to power just as Pluto was leaving Scorpio and entering Sagittarius, is now splitting, just as Pluto is leaving Sagittarius and entering Capricorn. Under the current astrological indicators this split could reach problematic proportions between 2010 and 2012. Barack Obama has just won the elections and becomes the first man of colour to rule the USA. This is in keeping with current changeable trends. There are those who are excited and supportive of these changes, as represented by Uranus, but there are those who want to sustain the status quo as represented by Saturn. Within a day of Barack’s victory celebrations, security was stepped up as yet another plot against his life was uncovered. Barack has come into power this public position under challenging planetary activity and he is personally affected by the eclipses of 2009. In keeping with his personal birth chart, he will need to be vigilant and cautious about his personal safety during his time in office.

GREED AND FEAR seem to dominate economics. Recently I read a quote by Warren Buffett, the famous, wealthy American financier, saying, “Be greedy when others are fearful and fearful when others are greedy”. While I understand the basic concept of this phrase I also instantly felt uncomfortable about the use of these particular words and their astrological connotation. While this phrase may have worked in the past, fear and greed are both to be avoided if we are to sustain equilibrium in current and future conditions. Saturn rules both fear and greed, and Saturn is being



challenged for some years to come. With this astrological information, it would not be prudent to see the current financial woes as a passing phase. The message is clear that neither greed nor fear is the way to go and I strongly suspect that it relates to a lot more than just the stock market. This led me to have a look at the birth date of Warren Buffett. A quick glance tells us that Warren is heading for troubled times that will only be getting worse over the next few years. If we are to believe those who say he is the representative, some would say the manipulator, of the USA economy, then it supports the premise that things will get worse, and continue for some time, before changing focus and improving years down the line.

WHAT NOW, WHAT NEXT? Saturn opposite Uranus is with us from now and throughout 2009 and 2010; even when they both change signs they will still be opposing each other. I have previously referred to this aspect as “adapt or die” and I continue to suggest that in times of change we need to be adaptable. While other planetary patterns may bring some relief, there is tension in the heavens and this will be experienced on the earth. We need to refrain from hooking into the fear. This tension continues for some time to come, we need to learn how to work with rather than against it. Saturn represents structure, limitations, restrictions, routine, discipline and formalities. Uranus represents freedom from limitations and restrictions, rebellion, change and sometimes disruption. It is important to understand that one needs to come to grips with the things that need to change but to find the balance so that we can learn to embrace change, yet also realise

the value of sustaining things of value where appropriate.

SUNRISE ON 1 DECEMBER sees us awakening with the combined energy of expansive Sagittarius and restrictive Capricorn. Fundamentally contradictory in nature, the message is that we should celebrate with moderation. Have fun, be optimistic, enjoy this holiday period while being responsible and realistic. Overdoing the partying and spending will have repercussions. In true Capricorn style, you need to take responsibility for your actions. By 12 December, the full-moon energy is involved in the Saturn-Uranus tension, bringing things to a head. The new moon on the 27 December brings 2008 to a close with a line-up of six planets in Capricorn with a very close conjunction of Mars, Pluto, Sun and Moon. This is a powerful combination of planets. Mars and Pluto together frequently trigger power issues involving a ruthless win-at-all-costs attitude. It can trigger anger and activates disruption and conflict. One can achieve much under this planetary dynamic if you focus this powerful energy positively and constructively. It is useful for those fighting for just cause, the sport person wanting to win and the weak fighting to survive. Things that have been simmering under the surface often come to a head, triggered by the action energy of Mars. Those who will be personally affected and need to be mindful of this are those whose birthdays are within the last few days of December, June, March or September.

HELLO 2009! The tone for the New Year is set by the same energy carried through from the time of the New Moon on 27 December. By 1 January the Moon has moved

into Aquarius, indicating that a good time can be had with like-minded friends. This Moon symbolises the group dynamic and the power of standing together as one, as group synergy is activated. Over a two-day period we have no less than eight planets clumped together in Capricorn and Aquarius and the conjunction of Jupiter and Mercury indicates the ability to tune in to the positive and look for the promise of the year a head in a realistic and practical manner. The Moon and her two supporters, Venus and Neptune, ensure a good dose of positive reinforcement, especially for those who operate with the group dynamic, or the greater good of all and the ability to open the compassionate heart. Focus on your vision for the year ahead but don't get lost in fantasy. The same intense “fighting” energy prevails, so put the fight into important things, engage in healthy competitiveness, be mindful that individuals may not benefit as much as standing together as a group.

A TWELVE-YEAR CYCLE of growth for Aquarius is in store as Jupiter, the planet of growth and expansion moves into their sign in the first week of January, for the year ahead. The New Moon on 26 January is a solar eclipse in Aquarius which we will discuss in the next issue of Biophile. For now be aware that Mercury is retrograde from 11 January until 2 February. For new readers of the back page of Biophile, this means engage humour and be alert to the antics of the trickster planet that rules, keys, time, communication and all instruments involved. ‘Till next year, continue to grow through change, and don't forget to find the gratitude. 🌍

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