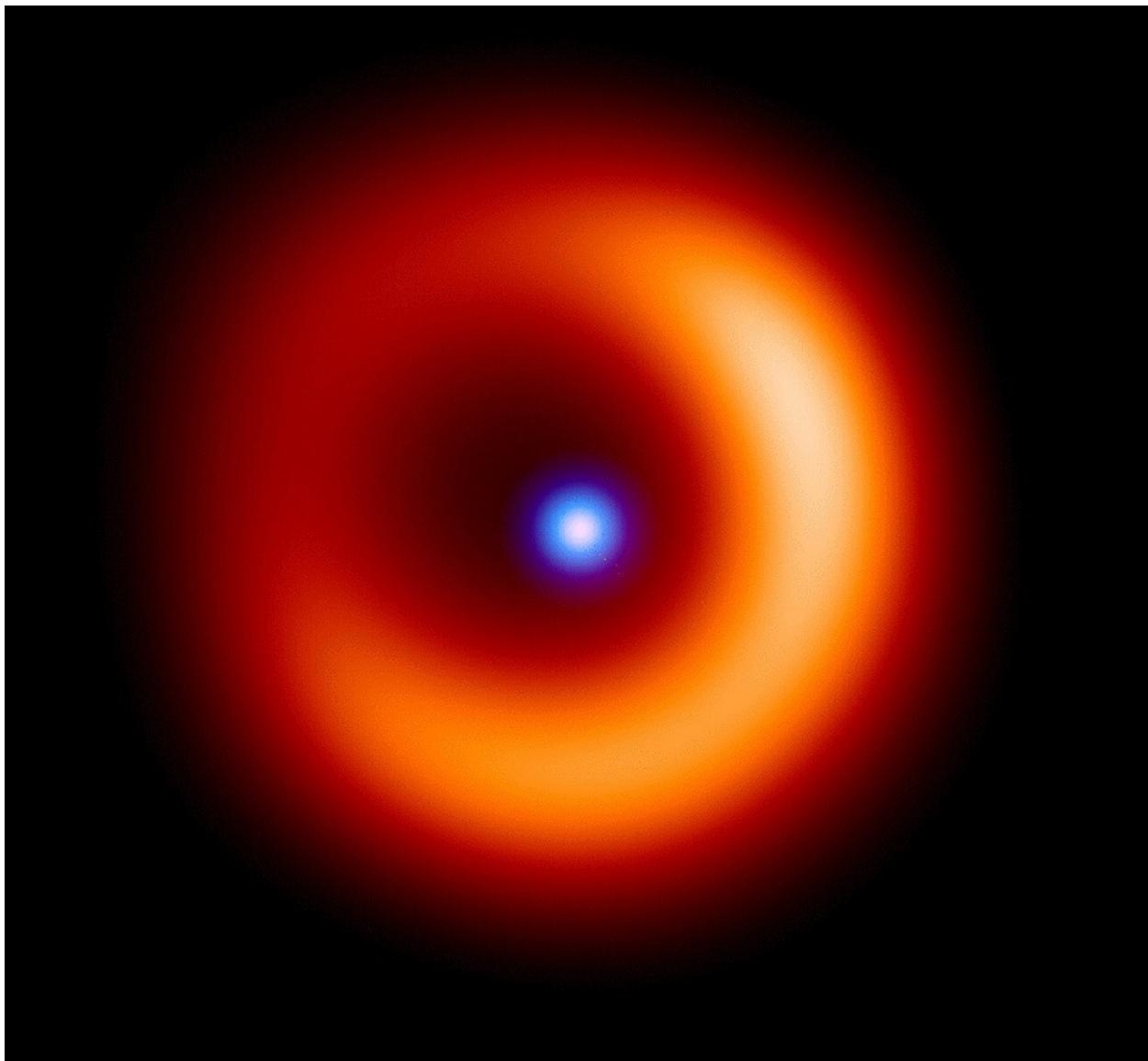


Birth and Death [Rev. 20180615]

By J — Latest revision: http://allis.foundation/Birth_and_Death.pdf

Dream Notes #166: I'm a newbie working in a house (where?), belonging to a criminal mastermind. The dream is about "ordering" prostitutes for an employee of the boss, or client, as a "treat." The girls arrive, and I ask them to wait where they are, as I go down to the 'hard' room, painted red, where the boss sits, with his 'enforcer' type of right hand man. Both project a powerful psychological discomfort, letting me feel in very 'indirect' terms, through eye contact and imposing presence of intimidation, that my life is at stake if I screw up. I feel a sudden change in my posture and heart, as if being empowered to become willing to use aggression myself, and disregard my morals and spiritual principles. It's quite a physical change, internally, like plugging the drain to fill a bath while running water, as my energy no longer flows freely, but becomes self contained, leading to "retaining water" and swelling with power...



ABOVE: FALSE COLOR IMAGE OF NEWBORN STAR LKHA 101 BY SYDNEY UNIVERSITY PHYSICS DEPARTMENT/W.M. KECK OBSERVATORY. *1

Conventional Wisdom

Something that happened to me a few years ago reflects some of this. It was back in 1981, and I was attending my first big economic summit, which was held that year in Canada. The meeting place rotates among the member countries. The opening meeting was a formal dinner for the heads of government of the seven industrialized nations. Now, I sat there like the new kid in school and listened, and it was all Francois this and Helmut that. They dropped titles and spoke to one another on a first-name basis. Well, at one point I sort of leaned in and said, "My name's Ron." Well, in that same year, we began the actions we felt would ignite an economic comeback—cut taxes and regulation, started to cut spending. And soon the recovery began.

Two years later, another economic summit with pretty much the same cast. At the big opening meeting we all got together, and all of a sudden, just for a moment, I saw that everyone was just sitting there looking at me. And then one of them broke the silence. "Tell us about the American miracle," he said. ^{*2}

Victims

Society teaches us everything comes from outside of ourselves, and to doubt ourselves so they can continue to steal our power. victim consciousness continues to be an insidious prison and the current spate of all these people who want to feel "special" and "privileged" such as BLM and the LGBT community to give two examples is what this poisonous collectivist thinking has done to humanity. Blame is great for those who are taught to think everyone else is responsible for their choices and the quality of their life. what better excuse to never put any effort into anything because someone else decides, and it wont matter anyway. These groups infected with victim consciousness are ironically the most judgmental, angry and rigid group, even though they claim they are interested in acceptance. This acceptance only applies to accepting them, and they are unwilling to accept or respect others. How can you be accepted or respected if you aren't willing to give that? The attempt to receive approval and a special status is to fill the emptiness and sadness and feeling of rejection within themselves. this can never be filled, so their actions grow more outrageous and more demanding. Victim consciousness is a huge lie that is dividing society and allowing the implementation of draconian ideas and lifestyles...

People cling to their beliefs, and the need to be right, and die or kill for them every day. It's all most people have to feel powerful. Choosing to be happy instead of right is a major step up the ladder. Humans aren't being raised to love and honor themselves or each other. Most have never felt pure joy or happiness from within themselves. So the feeling of being right is a powerful reward and poor substitute for happiness and peace. Attachment to things to satisfy our emptiness is taught from the time we are babies. Parents resort to baby gear and do not hold their infants like they should. They give them toys and in time, we learn that things will not hurt us or disappoint us, they will always be there for us. We place the natural healthy attachment we should have with our parents and others onto things and then are shamed for this coping mechanism as we are taught to be attachment disordered, psychopaths or sociopaths. Everyone is just doing their best to soothe themselves, whether it be thru drugs, food, or being right. Healthy attachment alleviates the fear of being abandoned or harmed. It creates a security that is vital to a higher form of consciousness.

Fear, not hate is opposite of love. Fear is a dangerous state of being for a fearful being is one who is unpredictable and usually resorts to violence; against self or others. Animals react strongly to fear for they understand the danger inherent in this out of control emotion. ^{*3}

To All the Girls I've Loved Before

*To all the girls I've loved before
Who travelled in and out my door
I'm glad they came along
I dedicate this song
To all the girls I've loved before*

To all the girls I once caressed
And may I say I've held the best
For helping me to grow
I owe a lot I know
To all the girls I've loved before

The winds of change are always blowing
And every time I try to stay
The winds of change continue blowing
And they just carry me away

To all the girls who shared my life
Who now are someone else's wives
I'm glad they came along
I dedicate this song
To all the girls I've loved before

To all the girls who cared for me
Who filled my nights with ecstasy
They live within my heart
I'll always be a part
Of all the girls I've loved before

The winds of change are always blowing
And every time I try to stay
The winds of change continue blowing
And they just carry me away

*To all the girls I've loved before...
[Repeat]*

*To all the girls I've loved before...
[Repeat]*

(Lyrics by Hal David)

The Biology of Emotions

Repressed anger is the cause of anxiety and depression. When you learn this simple biology the self-help measures will come naturally. All children are born with healthy anger, which is part of the fight or flight reaction. When parents mistreat or neglect us emotionally, even unintentionally, they usually cause us to suppress our justifiable anger. No parent needs to be perfect, but we must be allowed to be angry. The suppression of anger is more damaging than the trauma itself and leads to anxiety and depression later in life. Even the lullaby, 'Hush Li'l Baby Now Don't You Cry' serves the parent, not the child. Our parents probably had to suppress their anger as children, and this recovery is for them as well. As adults we unconsciously form co-dependent relationships, which are re-enactments of childhood relationships, for the purpose of releasing repressed anger and grief. Many of us have sought partners, bosses, and friends who remind us of our parents and have been unhappy in these relationships.

Suppressing anger causes a toxicosis in the brain. There is a flood of anger in the mind of mankind. When anger is suppressed toxic amounts of neurotransmitters and related neurochemicals in the brain clog up neural pathways where memories of our parents are stored. We don't remember the childhood trauma. During periodic detoxification crises these toxins, which store repressed anger, suddenly flood the pathways and cause excitatory nervous symptoms ranging from mild anxiety, to mania, even to misdirected rage. Because certain areas are more clogged up than others, the anger is often misdirected through the wrong neurons, so to speak. This means the anger may be directed toward the wrong person or directed inward as guilt, even suicidal thought. When thoughts and emotions are misdirected depression may follow, and thinking can become delusional, even psychotic. But excitatory nervous symptoms are detoxification crises and are healing events--the opening of floodgates to release repressed anger--and if we redirect anger in our minds toward past abusers during these excitatory nervous symptoms, more flood gates can open, and this speeds recovery. Recovery is a periodic detoxification process. The craving for stimulants and addictions will not cease until the detoxification process is finished, because, as in homeopathy, the stimulants trigger needed detoxification crises...

Freedom from emotional disorders and true euphoria are permanent. After the muddy basin period normal emotions are restored. Addictions cease. Eventually there is a sustainable euphoria, which is not a 'high,' but is best defined as freedom from anxiety and distress. We are reborn with the capacity to love and be loved.^{*4}

Earthing

Q: In a high-tech age, why is the concept of Earthing so important?

A: What is most profound about Earthing is that it is so natural and simple, and that it affects every aspect of human physiology. When you ground yourself, the entire body readjusts to a new level of functioning, the level, in fact, it seems to have been designed for throughout evolution. Many people who have lived Earthed for some years say that they do not want to go back to living ungrounded. They feel the difference. Living Earthed broadly elevates your quality of life to a level that seems not otherwise possible.

James Oschman, Ph.D., an internationally-renowned expert on energy medicine and a member of our board of advisors, describes the phenomenon thusly: "Recently I attended a meeting on the East coast. One of my colleagues came in from the West coast. She had a bad case of jet lag. I told her to take her shoes and socks off and step outside on the grass for 15 minutes. When she came back in, she was completely transformed. Her jet lag was gone. That is how fast Earthing works. Anyone can try this. If you don't feel well, for whatever reason, just make barefoot contact

with the Earth for a few minutes and see what happens. Of course, if you have a medical problem, you should see a doctor. There is nothing that comes close to Earthing for quick relief. You can literally feel pain draining from your body the instant you touch the Earth.”

Q: Why does the Earth's electric field transfer so easily to the body?

A: The body is mostly water and minerals. It is a good conductor of electricity (electrons). The free electrons on the surface of the Earth are easily transferred to the human body as long as there is direct contact. Unfortunately, synthetically-soled shoes act as insulators so that even when we are outside we do not connect with the Earth's electric field. When we are in homes and office buildings, we are also insulated and unable to receive the Earth's balancing energies.

Q: What is the difference between the Earth's electric field and the electric field used to conduct electricity in my home?

A: The Earth's electric field is mainly a continuous direct current (DC) producing field. Throughout history, life on the planet has attuned our biology to this subtle field. By comparison, home wiring systems in the U.S. use 60-cycle per second alternating current (AC). Unless at very low frequency (less than 10 cycles per second) and/or low power, alternating current is foreign to our biology. AC, and other forms of man-made environmental electromagnetic fields (EMFs) are being researched as possible factors in a variety of stress-related responses. Many people are sensitive to EMFs. Studies show an “association,” but not cause and effect, between living near power lines (or exposure to EMFs on the job) and higher rates of health problems.^{*5}



*Stop letting
people who
do so little
for you,
control
so much of
your mind,
feelings,
and emotions.*

Color Theory

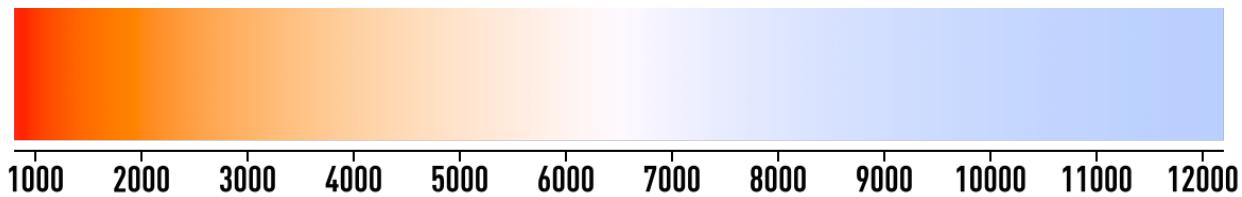


Worshipping Red: Understanding the world through color. Modern society is flipped upside down, rather than white light (spirit) illuminating our world and minds, black darkness (matter) is worshipped as the new God. The consequence on a social level is all perceptions of good and evil, right and wrong, are inverted from the natural laws. As observed in the world of human relationships, where men and women confuse physical love with spiritual love, and 'fall' for partners, even of their own sexes, purposely throwing the natural order of family as man, woman, and child out of balance. It also explains the deviant behavior which manifests throughout society, as laws are circumvented, criminality pushes righteousness aside to become an upcoming model of inspiration. Power is measured to suggest money and social political influence, as those living by morals are undermined and perverted by demonic trauma, antagonism, or violence, and most important of all, innocents are lured away from the certainty of their inner true nature in tune with intuition, aligned to the light with God.

Whereas red would normally be a creative foundation for survival, upon which to develop and elevate life through the colors of the rainbow, rising through sex in orange, joy of life in yellow, world unity and peace in green, towards spirit in blue, and higher spiritual enlightenment in indigo, and God conscience in violet; when red becomes the dominant focus, the human being is thrown decidedly off-balance as his own energy is working against the direction it naturally pushes him toward. As red's power gains influence in the physical world, another consequence occurs, in that beings of a spiritual nature, or higher conscience, get "pushed down the ladder" in terms of capacity or ability to maintain the natural order. Thus, spiritual people tend to become associated with "the poor, the jobless, etc." for these struggle to maintain status in a hierarchical structure which encourages physical manipulation by power, at the expense of personal salvation by self.

As an object heats up, it begins to emit light... In very simple terms, a hotter object emits more high frequency radiation than a less hot one. For the sake of this explanation, a "hot" object will have a temperature of around 15,000 Kelvin, a "warm" object will be at approximately 6,500 Kelvin and a "cool" object will be around 1,500 Kelvin.

Blue light has a higher frequency than red light, so it follows that hot objects will glow bluish, warm objects will glow white (made up from a combination of blue and red light), and cool objects will glow red. Using the term "cool" to describe something glowing red hot could be thought of as a slight misnomer, but it helps you to understand that compared to blue-hot objects, red-hot objects certainly are cool! ^{*6}



ABOVE: ILLUSTRATION BY BHUTAJATA OF BLACK-BODY SPECTRUM CONVERTED KELVIN TEMPERATURES TO RGB COLORS CC BY-SA 4.0 ^{*7}

Right vs Left Brain

Our brain, like many other parts of our anatomy, is made up of two halves, a left brain and a right brain. They are connected to each other by a thick cable of nerves at the base of each brain, called the corpus callosum. It is analogous to a cable or network connection between two incredibly fast and immensely powerful computers, each running a different program to process basically the same input. When Roger Sperry severed the corpus callosum in the sixties, which connected the left and right brains, he was stunned by the fact that his 'split-brain' patients behaved as if they had two minds and two persons in one body!

He found that the patient could *name* an object but could not explain what it was used for when the object was shown only to the right eye (the left 'verbal' brain processes data from the right visual field). When shown to the left eye (the right 'non-verbal' brain processes data from the left visual field), the patient could explain and demonstrate its use, but could not name it. Roger Sperry received the 1981 Nobel Prize for his work in this area. It appears that when a normal person names an object and explains its purpose, both halves or hemispheres of the brain, which are connected by the corpus callosum, participate in this final conclusion...

Aging and Brain Dominance

The rates of development between the two brains are different during a person's lifetime. The right brain develops at a faster rate during the first two years in humans. Spear has shown that *an infant attends to more events in an episode than even an adult*. However, this ability deteriorates as the left brain develops. From ages 3 to 5, the left hemisphere develops more rapidly, as the child acquires language.

The gradual elimination of 'blissful' states experienced in childhood may be due to the development of the discriminatory left brain. The old saying that we have to become like a child to 'enter the kingdom of heaven' also becomes more meaningful with our understanding of brain development.

Many aging studies show a decline in right brain functions as we age. For example, many researchers report an age-related drop in spatial memory while no significant analogous changes occur in left brain tasks. Also, memory for faces, a predominantly right brain ability, declines with normal aging. As we age, the left brain attempts to control all aspects of the organism, including the flow of information across the corpus callosum. In other words, the left brain becomes dominant. Klisz found that adults in their early forties could best be differentiated from adults in their fifties by impairment tests to their right brains.

All this suggests that when we (most of us) come into this world we are right-brain dominant; but when we leave it we are left-brain dominant. Since the right brain is also associated with creativity, does this provide evidence on why the most creative work of many artists and scientists are normally found earlier in life rather than later?

Logic of the Unconscious

Symmetric logic basically equates an attribute or property with its contrary or anti-property; in other words Yin = Yang. If there are two events, A and B, symmetric logic allows you to say that if A is before B, then B is before A. The order of the events is not important in symmetric logic. The operation of the logic would therefore be described as 'commutative.' For example, in the arithmetic operation of addition, $1 + 2 = 2 + 1$. In other words, the operation of addition is commutative. On the other hand, ' $1 - 2$ ' is not equal to ' $2 - 1$ '. The operation of subtraction is not commutative—the order is important.

The One

According to Blanco, in symmetric logic the part and the whole are inter-changeable; classes are dissolved into increasingly larger wholes, until we arrive at ‘indivisible reality’: here the infinity of things is in a mysterious way reduced to *one single thing*.

This can be understood when we reflect on a particle and its entangled anti-correlated particle. In quantum physics, we know that when the particle is disturbed in a certain way, its anti-correlated particle instantaneously changes in a converse way—even if it was on the other side of the galaxy. It is as if the particle and its anti-correlated particle were a *single entity* even though they may be a galaxy or light years apart. This implies that space-time is an illusion.

The (Mahayanist) Lankavatara Sutra claims that the intuitive mind partakes of the ‘universal mind’—which is often described in the Sutra as a ‘*perfect unity*’—also implying an absence of spacetime.

Neuroscientists, Eugene d’Aquili and Andrew Newberg, from the University of Pennsylvania, have asserted that there is a final mystical experience common to humanity that they call the experience of absolute *unitary* being.

Effect of the Discriminating Mind on the One

Dehning argues that because of discrimination, reality is split into opposites. Matte-Blanco views the mind as a dynamic discriminator and classifier. Every second the human mind is classifying things into categories. The ordinary ‘logical’ thinking activity is constantly dealing with combinations of triads: it recognises and makes *propositions* to itself about one thing, another thing, and the *relation* between those two things. Most of these relations are *asymmetrical*, for instance: ‘Simon is the father of David,’ or ‘A is part of B’; the converse order of such relations is not identical to it i.e. it is ‘non-commutative’.

This discriminating consciousness is a typical human phenomenon. ‘I do not know how and why it came into being,’ says Dehning. ‘But I am convinced that it deeply influences our being-in-the-world. Our discriminating consciousness automatically compels us to discriminate and classify these perceptions. “Friend or foe?”—This is the question to which our discriminating consciousness unremittingly tries to find an answer. Whenever we try to listen to a piece of music, to contemplate a landscape or a work of art, some “discriminating” question pops up and disturbs our general impression. There is a human need to try to retrieve some form of direct contact with indivisible reality, beyond the dividing categories of discriminating consciousness.’

Thus our asymmetric discriminating consciousness divides indivisible reality. By its splitting action, discriminating consciousness fragments reality. This crumbling cascades in a never-ending process (of symmetry breaking). Consequently the subject is left with an ever-growing number of things. What was originally one and indivisible falls apart into a plethora of elements that extrapolates infinitely. By establishing relations between different elements in our minds, we try to cement the countless cracks in indivisible reality that our discriminating consciousness caused.

According to Blanco, relations do exist in the indivisible reality, but these ‘relations’ are different from the asymmetric relations we are familiar with. We cannot *represent* them: in order to do so we would have to asymmetrise them, to make them fit into our well-known discriminating—and reductive—schemes. To some extent then, indivisible reality is like a living body—remove a part of it and the part dies. *⁸

Antidepressants Explained

Selective serotonin-reuptake inhibitors, or SSRIs, and serotonin and noradrenaline-reuptake inhibitors, or SNRIs, are the most commonly prescribed antidepressants. Dr. David Healy notes that the terms SSRI and SNRI are marketing terms, and not scientific or clinical. These drugs are not useful for treating serious depression, and they definitely do not solve the problems of everyday living that cause people to be sad and worried. In the fifth edition of his book *Psychiatric Drugs Explained*, he starts his chapter on antidepressants as follows:

"It is more difficult to specify exactly what antidepressants do than it is to say just what other drugs that act on the brain do. Part of the problem lies in trying to agree what depression is... Part of the problem lies in our changing views of depression brought about by the interaction between the development of antidepressants and the marketing strategies of drug companies. When first developed, these drugs were used to treat a condition called melancholia or endogenous depression but the boundaries between this disorder and sadness have been obliterated and many people now get antidepressants who perhaps shouldn't."

Dr. Healy goes on to explain that antidepressants are little use for people who have psychological symptoms in the absence of physical symptoms such as: loss of energy, loss of interest, poor concentration, altered sleep patterns, altered appetite, plus other physical symptoms. He notes that antidepressants "are not anti-psychological problem pills".

In other words, too many people are taking these drugs for different underlying conditions, some of which they are not useful for treating. Expectations of consumers and physicians increase the demand for the drugs, and perceptions of their benefit are shaped by other factors than true efficacy. For example, minor "depression" often goes away in a matter of months, and if a person is taking an antidepressant, they may feel better for reasons that have nothing to do with the medication. Similarly, other factors in treatment may cause an improvement in mood and outlook, while a person is taking an antidepressant. In these cases they may believe that the drug caused them to feel better when in reality a sugar pill would have worked just as well.^{*9}

What	Drug	Date	Where	Additional
School Shooting	Prozac WITHDRAWAL	2008-02-15	Illinois	** 6 Dead: 15 Wounded: Perpetrator Was in Withdrawal from Med & Acting Erratically
School Shooting	Prozac Antidepressant	2005-03-24	Minnesota	**10 Dead: 7 Wounded: Dosage Increased One Week before Rampage
School Shooting	Paxil [Seroxat] Antidepressant	2001-03-10	Pennsylvania	**14 Year Old GIRL Shoots & Wounds Classmate at Catholic School
School Shooting	Zoloft Antidepressant & ADHD Med	2011-07-11	Alabama	**14 Year Old Kills Fellow Middle School Student
School Shooting	Zoloft Antidepressant	1995-10-12	South Carolina	**15 Year Old Shoots Two Teachers, Killing One: Then Kills Himself
School Shooting	Med For Depression	2009-03-13	Germany	**16 Dead Including Shooter: Antidepressant Use: Shooter in Treatment For Depression

What	Drug	Date	Where	Additional
School Hostage Situation	Med For Depression	2010-12-15	France	**17 Year Old with Sword Holds 20 Children & Teacher Hostage
School Shooting Plot	Med For Depression WITHDRAWAL	2008-08-28	Texas	**18 Year Old Plots a Columbine School Attack
School Shooting	Anafranil	1988-05-20	Illinois	**29 Year Old WOMAN Kills One Child: Wounds Five: Kills Self
School Shooting	Luvox/Zoloft Antidepressants	1999-04-20	Colorado	**COLUMBINE: 15 Dead: 24 Wounded
School Stabbings	Antidepressants	2001-06-09	Japan	**Eight Dead: 15 Wounded: Assailant Had Taken 10 Times his Normal Dose of Depression Med
School Shooting	Prozac Antidepressant WITHDRAWAL	1998-05-21	Oregon	**Four Dead: Twenty Injured
School Stabbing	Med For Depression	2011-10-25	Washington	**Girl, 15, Stabs Two Girls in School Restroom: 1 Is In Critical Condition
School Shooting	Antidepressant	2006-09-30	Colorado	**Man Assaults Girls: Kills One & Self
School Machete Attack	Med for Depression	2001-09-26	Pennsylvania	**Man Attacks 11 Children & 3 Teachers at Elementary School
School Shooting Related	Luvox	1993-07-23	Florida	**Man Commits Murder During Clinical Trial for Luvox: Same Drug as in COLUMBINE: Never Reported
School Hostage Situation	Cymbalta Antidepressant WITHDRAWAL	2009-11-09	New York	**Man With Gun Inside School Holds Principal Hostage
School Shooting	Antidepressants	1992-09-20	Texas	**Man, Angry Over Daughter's Report Card, Shoots 14 Rounds inside Elementary School
School Shooting	SSRI	2010-02-19	Finland	**On Sept. 23, 2008 a Finnish Student Shot & Killed 9 Students Before Killing Himself
School Shooting Threat	Med for Depression*	2004-10-19	New Jersey	**Over-Medicated Teen Brings Loaded Handguns to School
School Shooting	Antidepressant?	2007-04-18	Virginia	**Possible SSRI Use: 33 Dead at Virginia Tech
School Shooting	Antidepressant?	2002-01-17	Virginia	**Possible SSRI Withdrawal Mania: 3 Dead at Law School
School Incident/ Bizarre	Zoloft*	2010-08-22	Australia	**School Counselor Exhibits Bizarre Behavior: Became Manic On Zoloft
School/Assault	Antidepressant	2009-11-04	California	**School Custodian Assaults Student & Principal: Had Manic Reaction From Depression Med
School Shooting	Prozac Antidepressant	1992-01-30	Michigan	**School Teacher Shoots & Kills His Superintendent at School

What	Drug	Date	Where	Additional
School Shooting Threats	Celexa Antidepressant	2010-01-25	Virginia	**Senior in High School Threatens to Kill 4 Classmates: Facebook Involved: Bail Denied
School Violence/ Murder	Antidepressants*	1998-05-04	New York	**Sheriff's Deputy Shoots his Wife in an Elementary School
School Knifing/ Murder	Meds For Depression & ADHD	2010-04-28	Massachusetts	**Sixteen Year Old Kills 15 Year Old in High School Bathroom in Sept. 2009
School Stabbing	Wellbutrin	2006-12-04	Indiana	**Stabbing by 17 Year Old At High School: Charged with Attempted Murder
School Threat	Antidepressants	2007-04-23	Mississippi	**Student Arrested for Making School Threat Over Internet
School Suspension	Lexapro Antidepressant	2007-07-28	Arkansas	**Student Has 11 Incidents with Police During his 16 Months on Lexapro
School Shooting	Antidepressant Withdrawal	2007-11-07	Finland	**Student Kills 8: Wounds 10: Kills Self: High School in Finland
School Shooting	Paxil [Seroxat] Antidepressant	2004-02-09	New York	**Student Shoots Teacher in Leg at School
School Threat	Prozac Antidepressant	2008-01-25	Washington	**Student Takes Loaded Shotgun & 3 Rifles to School Parking Lot: Plans Suicide
School Shooting Plot	Med For Depression	1998-12-01	Wisconsin	**Teen Accused of Plotting to Gun Down Students at School
School/Assault	Zoloft Antidepressant	2006-02-15	Tennessee	**Teen Attacks Teacher at School
School Shooting Threat	Antidepressant	1999-04-16	Idaho	**Teen Fires Gun in School
School Hostage Situation	Paxil & Effexor Antidepressants	2001-04-15	Washington	**Teen Holds Classmates Hostage with a Gun
School Hostage Situation	Antidepressant Withdrawal	2006-11-28	North Carolina	**Teen Holds Teacher & Student Hostage with Gun
School Knife Attack	Med for Depression	2006-12-06	Indiana	**Teen Knife Attacks Fellow Student
School Massacre Plot	Prozac Withdrawal	2011-02-23	Virginia	**Teen Sentenced to 12 Years in Prison For Columbine Style Plot
School Shooting	Celexa & Effexor Antidepressants	2001-04-19	California	**Teen Shoots at Classmates in School
School Shooting	Celexa Antidepressant	2006-08-30	North Carolina	**Teen Shoots at Two Students: Kills his Father: Celexa Found Among his Personal Effects
School Shooting	Meds For Depression & ADHD	2011-03-18	South Carolina	**Teen Shoots School Official: Pipe Bombs Found in Backpack
School Shooting Threat	Antidepressant	2003-05-31	Michigan	**Teen Threatens School Shooting: Charge is Terrorism

What	Drug	Date	Where	Additional
School Stand-Off	Zoloft Antidepressant	1998-04-13	Idaho	**Teen [14 Years Old] in School Holds Police At Bay: Fires Shots
School Shooting	Antidepressant Withdrawal	2007-10-12	Ohio	**Teen [14 Years Old] School Shooter Possibly on Antidepressants or In Withdrawal
School Threat	Antidepressants	2008-03-20	Indiana	**Teen [16 Years Old] Brings Gun to School: There Is a Lockdown
School Suicide/ Lockdown	Med For Depression	2008-02-20	Idaho	**Teen [16 Years Old] Kills Self at High School: Lockdown by Police
School Threats	Prozac Antidepressant	1999-10-19	Florida	**Teen [16 Years Old] Threatens Classmates With Knife & Fake Explosives
School Stabbing	Med For Depression	2008-02-29	Texas	**Teen [17 Year Old GIRL] Stabs Friend & Principal at High School
School Hostage Situation	Prozac/ Paxil Antidepressants	2001-01-18	California	**Teen [17 Years Old] Takes Girl Hostage at School: He is Killed by Police
School Knife Attack	Treatment For Depression & Strattera	2009-03-10	Belgium	**Three Dead in School Day Care: Two Children & a Caregiver: Happened Jan 23, 2009
School Shooting Plot	Antidepressants	2009-09-22	England	**Two English School Boys Plot to Blow Up High School
School Arson Incidents	Paxil	2002-04-12	Michigan	**Unusual Personality Change on Paxil Caused 15 Year Old to Set Fires inside High School
School Bomb Threat	Med For Depression	2009-06-29	Australia	**Vexed Father Makes Bomb Threat Against Elementary School
School Violence	Antidepressant	2005-11-19	Arizona	**Violent 8 Year Old GIRL Handcuffed by Police at School
School Violence	Celexa Antidepressant	2002-01-23	Florida	**Violent 8 Year-Old Boy Arrested At School
School Threat/ Lockdown	Lexapro*	2008-04-18	California	**Violent High School Student Shot to Death on Campus by Police
School / Child Endangerment	Antidepressants	2008-02-27	Canada	**Wacky School Bus Driver Goes Berserk: Also Involved Painkillers
School Violence	Paxil	2004-10-23	Washington DC	**Young Boy, 10 Year Old, Has Violent Incidents at School
School Threat	Wellbutrin Antidepressant	2007-04-24	Tennessee	**Young Boy, 12, Threatens to Shoot Others at School
School Hostage Situation	Med for Depression	2006-03-09	France	**Young Ex-Teacher Holds 21 Students Hostage
School Shooting/ Suicide	Celexa	2002-10-07	Texas	**Young Girl [13 Years Old] Kills Self at School With a Gun

What	Drug	Date	Where	Additional
School Hostage Situation	Paxil	2001-10-12	North Carolina	**Young Man Holds Three People Hostage in Duke University President's Office
School Murder Attempt	Med For Depression	1995-03-04	California	**Young Woman Deliberately Hits 3 Kids with Her Car at Elementary School: Laughed During Attack
Murder	Prozac	2011-09-16	Canada	*16 Year Old Stabs 15 Year Old: Will Be Tried in Youth Court Because of Bad Reaction to Prozac
Murder Attempt	Wellbutrin*	2006-02-12	Washington	*82 Year Old Man Found Not Guilty: Med Defense
Murder Attempt	Celexa Antidepressants	2011-02-08	Massachusetts	*Coed at Wellesley Found Not Guilty Due to Celexa Antidepressant Use: Stabbed Boyfriend 8 times
DUI	Paxil	2003-02-15	Virginia	*Defendant Acquitted of DUI Because of Involuntary Intoxication Caused by Paxil
Air Rage	Paxil* [Seroxat]	2006-01-25	England	*Diplomat Cleared of Drinking Charges: Drug Blamed
Rampage Shooting	Lexapro & Two Benzo's	2011-09-03	North Carolina	*Eight Dead in Nursing Home: Jury Spares Death Penalty Due to Medications
Murder-Suicide	Celexa SSRI Antidepressant*	2010-04-22	Ireland	*Jury Finds Celexa Cause of Murder-Suicide: Two Physicians Testify: Foundation Demands Action
Murder-Suicide	Paxil* [Seroxat]	2001-08-09	Wyoming	*Jury Finds Paxil Was Cause of Murder-Suicide
Shooting	Antidepressant*	2005-03-05	Florida	*Man Acquitted in Gas Station Shooting: Involuntary Intoxication by Med
Robbery/Armed	Paxil [Seroxat] WITHDRAWAL*	2003-08-10	England	*Man Cleared of Charges by Using Paxil Defense
Murder	Zoloft*	1994-03-14	Alabama	*Man Found Not Guilty Due to Psychosis Caused by Zoloft
Assault	Prozac*	2009-10-24	Kansas	*Man Found Not Guilty of Assault Using Prozac Defense
Murder	Med For Depression*	2009-11-19	England	*Man Found Not Guilty of Killing Wife While Sleepwalking

What	Drug	Date	Where	Additional
Murder	Zoloft*	2001-05-24	Australia	*Man Found Not Guilty Using Zoloft Defense
Murder Attempt	Zoloft*	2004-04-24	California	*Man Found Not Guilty: Used Zoloft Defense
Murder	Med For Depression	2011-08-23	England	*Man Released From Prison Hospital Because his Murders Were Caused by Psychosis From Depression Med
Murder-Suicide Attempt	Effexor & Paxil* [Seroxat]	2003-06-17	Australia	*Mother Acquitted by Using SSRI Defense
Murder Attempt	Zoloft*	2002-11-04	Arizona	*Mother Acquitted of Attempted Child Murder
Murder	Paxil & ADHD Drug*	2000-05-18	Washington	*Mother Stabs Daughter: Not Guilty by Reason of Drug Induced Insanity
Murder Attempt	Prozac	2008-05-20	Connecticut	*Not Guilty Because of Psychosis Brought On by Prozac & Adderall
Murder	Cymbalta Antidepressant	2007-05-15	Texas	*Not Guilty by Reason of Cymbalta Induced Insanity: Man Kills Wife
Embezzlement/ Bizarre Behavior	Paxil*	2006-11-17	Florida	*Not Guilty by Reason of Paxil Induced Insanity
Bank Robbery	Prozac*	2002-11-16	Connecticut	*Not Guilty by Reason of Prozac Induced Insanity
Murder	Prozac*	2003-07-11	Louisiana	*Not Guilty by Reason of Prozac Induced Insanity: Mother Kills Daughter
Murder	Paxil*	2011-05-20	California	*Wife Given Probation After Stabbing Husband Over 200 Times: Rage Caused by Meds
Violence	Prozac*	2000-06-30	England	*Woman Acquitted in Stabbing Incident
Murder	Prozac	1991-10-16	California	*Woman Kills Her Mother: Given Only 3 Years in Prison Because of Testimony Using Prozac Defense
Affair With Minor	Effexor*	2011-02-05	Canada	*Woman School Teacher Who Molested 15 Year Old Male Student Found Not Guilty: Effexor Insanity

Note: The above table is only a fraction of the compiled list (actively updated, before it was taken offline). *¹⁰

High Frequency Healing

The Emotional Body

Emotions are energy in motion and look like clouds hovering above and around our physical body. High frequency emotions such as love and joy look bright while lower frequency emotions look dimmer and dark.

Negative or lower frequency emotions can have a detrimental effect on our physical body over time. These emotions eventually can become toxins at the cellular level and can damage body tissues and even become serious diseases. Emotions store in the body in layers on top of layers and these can affect our mood, attitude and personality in their degree of concentration. Some people, for example, are always very angry and others hardly at all.

We can allow our emotions to flow freely and we can also repress them. In order for us to be clear of lower frequency emotions from our emotional body we need to release them.

However, we can't release them by just saying "ok, I release all my sadness right now!"

Thoughts, we think, and emotions, we feel. Emotions can only be released in their emotional energetic form. We can only be willing to let go and release them; so they can be transmuted by higher frequency energy.

Some of these emotional releases can be very painful; so we usually tend to repress them deep within where we can't feel them again. No matter how intense and painful a release might be, we feel much better afterwards.

The more we clear ourselves from accumulated lower frequency emotions, the higher our frequency will rise and the happier we'll become.

What is emotion?

Emotion is our perception of energy in motion; which we recognize as a feeling. Different emotions have different frequencies. Scientists call Electromagnetic Energy Spectrum the scale of energy frequencies.

Low energy has low frequency and long wavelength. High energy has high frequency and short wavelength. You can notice in the chart that Sound Energy is extremely weak compared to the ultra-powerful Gamma Ray Energy.

Similarly, an Emotional Energy Spectrum (Emotion Chart) contains all levels of emotional energetic frequencies from the lowest energy level to the highest.

Low energy emotions have low frequency and long wavelength. We feel un-happy... very depressed... useless. High energy emotions have high frequency and short wavelength. We feel happy... cheerful... enthusiastic.

The Law of Attraction which has become very popular lately as "The Secret," points out very clearly how "attraction" draws toward us events and circumstances which match the essence of our "feelings" or emotional level, which is another way of saying our "emotional frequency" level.

Our emotions are our life's power and vitality, the "carrier wave" upon which our projected thoughts are sent to create or modify our reality. The more potent our "carrier wave" is, the more quickly and effectively it will affect and transform our reality.

The happier we are the higher frequencies we attract. Our happiness level is a direct measurement of our creative and attractive power.

Emotional Energy - Visible Light Energy

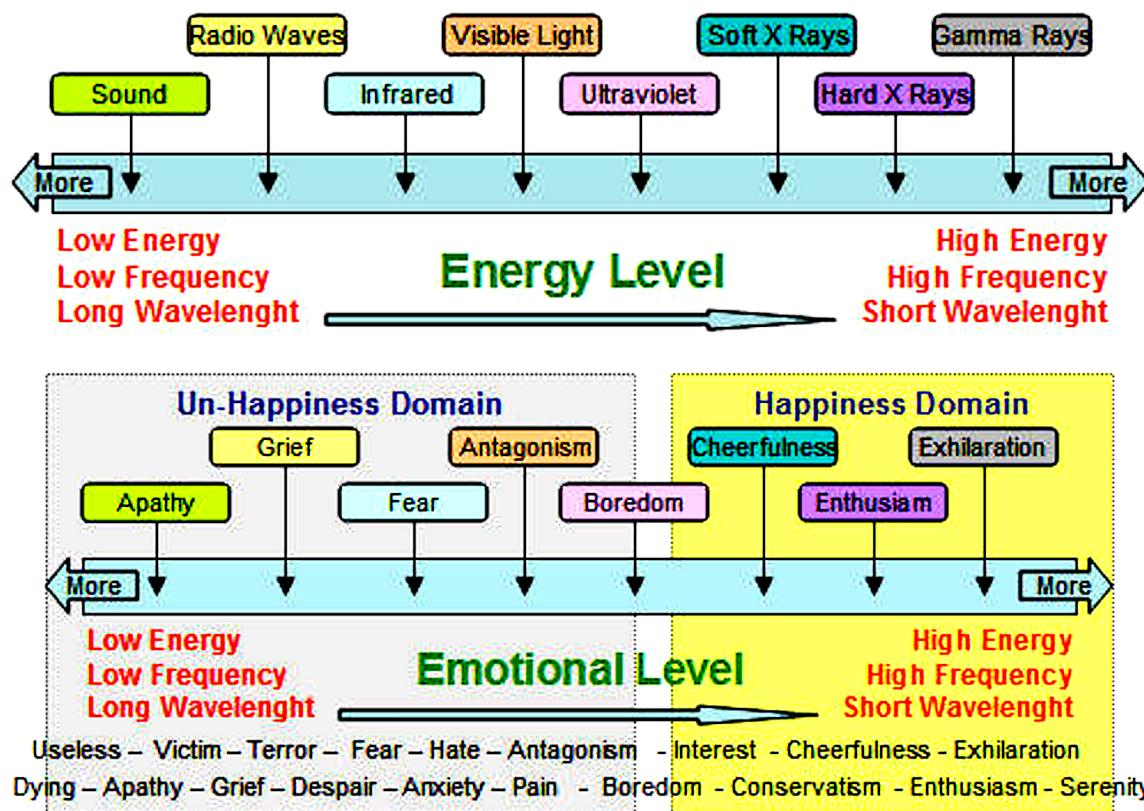
Like the "visible light" frequencies scale below. Low frequency is perceived as color red, when frequency of light energy increases, the perceived color changes to orange, yellow, green, blue, indigo. etc. - From low to high frequency.

The same is true with our emotions. A low frequency emotion is perceived or felt as, let's say, fear (1.0 in scale). Increasing our frequency we now feel anxiety, then resentment, hate, antagonism, etc.

Until we reach the Happiness Energy Domain of our list of emotions commencing to feel "good," maybe at contented level (2.8 in scale), then better and better as we move up the list of human emotions chart.

To find authentic happiness we must increase the frequency of our emotional composition by releasing lower emotional frequencies and allowing higher frequencies to replace them.

Increasing your frequency will change your attitude, behavior and increase your creative power. ^{*11}



Normal

"Is there a normal state of mind? The answer is no. There is the ability to deal with the reality of the world, which is a very important skill. But state of mind is another matter entirely. You could have a million people who can deal with the world, and they're all operating in different states of mind. There is no 'normal.' 'Normal' is a modern myth that has no benefits—except to the people who invented it and control it. If you can control 'normal' and disseminate it broadly, slip it into consciousness, you have power. It's like one of those steamrollers. You flatten people."

There is no 'normal' state of mind. It's a myth.^{*12}

Dreams

The major constituent of dreams are symbols—people, places, and things taken from a unique, worldly experience, and put to a theme. Dreams are internal to the dreamer; in essence, everything in the dream is the dreamer. Thus, to understand the purpose of dreams, it is necessary to understand the stuff dreams are made of—the symbols defined by the dreamer...

The stuff of dreams is symbolism, and presented by allegory as an attempt to repair damage to the life unit aggregates, manifest as emotional injury in animate creatures. Communication is used to retrieve the lost details of the original injury, and to initiate the emotional repair process. Dreams therefore exist as a rational and necessary part of complex, animate creatures, and are a feature of the Level 2, Biological existence—aiding in the identification and repair of life unit injuries in the cosmic sector, where the physical body and senses have no direct influence.^{*13}



ABOVE: WATER COLOR BY J, SAFELY EXPRESSING NEGATIVE SELF-DESTRUCTIVE EMOTIONS/BEHAVIOR THROUGH SOMATIC ART THERAPY.

Change

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind. *¹⁴

Life Is a Gift from God

We hold from God the gift which includes all others. This gift is life—physical, intellectual, and moral life.

But life cannot maintain itself alone. The Creator of life has entrusted us with the responsibility of preserving, developing, and perfecting it. In order that we may accomplish this, He has provided us with a collection of marvelous faculties. And He has put us in the midst of a variety of natural resources. By the application of our faculties to these natural resources we convert them into products, and use them. This process is necessary in order that life may run its appointed course.

Life, faculties, production--in other words, individuality, liberty, property—this is man. And in spite of the cunning of artful political leaders, these three gifts from God precede all human legislation, and are superior to it. *¹⁵



ABOVE: POLITICAL CARTOON BY ARTIST UNKNOWN, EXPRESSING THE REALITY THAT COMMUNISM AS A POLITICAL IDEOLOGY, ACCORDING TO VARIOUS ESTIMATES, IS DIRECTLY RESPONSIBLE FOR MURDERING > 100 MILLION PEOPLE DURING "SOCIALIST" 20TH CENTURY. *¹⁶

Song West

My consciousness,
is my confidence.
To see the light,
and be a star,
to rise beyond,
a world's altar.

My conscience,
is my silence.
To free my thoughts,
beyond the bar,
to join my spirit,
and call the wild.

What is it, you want from me?
How can I, help you?
What is it, you expect of me?
I don't live by your rules.

My freedom, is found.
Reluctance, unbound.
Stand on the ground,
my lonely response.
I'm not alone, anymore.

Part of me, I'm part of you.
Is there really a motive?
Connected from birth,
in existence manifest,
where nothing defines,
a beginning nor end.

Stuck homeward bound,
just going around,
and going around,
back to a land,
I've never known.
Is this where I belong?

Yes indeed it is.
My conscious is certain.
Yes my heart wants this,
to live as far west.

This isn't a dream,
it's something excepted,
to live on the coast,
and love the fantasy.



ABOVE: A DEEP SEA SERPENT FOUND BY BEATRIZ MORALES ACUNA IN MAZATLAN, CLAIMED "EXPelled FROM THE PACIFIC OCEAN" *17

The Sea Serpent Totem (Water Dragon)

The mysterious secrets of the vast, deep Sea may never be fully known by Mankind. There are many regions, yet unexplored, in the depths of the Ocean, and even large lakes. The Sea Serpent is said to dwell in these unreachable places where few people can venture. Countless sightings of these creatures have been recorded from all over the world. However, it was not until the advent of widespread camera and video usage that solid historical recordings of these sightings could be gathered.

The most famous of Sea Serpents in recorded history are as follows: Nelly, The Lockness Monster; who dwells in the Lock Ness Lake in Northern Scotland. Sightings of Nelly, the Sea Serpent, has been recorded as far back as the 6th Century. In Sweden the Sea Serpent referred to as Storsjöodjuret, who inhabits the Great Lake in Central Sweden, has been avidly photographed and sighted for centuries. There is also, Altamaha-Ha, spotted in the Alamaha River in Georgia, US; Champ who has been seen hundreds of times by visitors and residents in Lake Champlain in New York State US; Lake Van Monster seen in Lake Van in Turkey, and Nahuelito, who has been found in Argentina's Nahuel Huapi Lake, to name but a few.

All the Lakes in which these creatures of the Sea have been found are very deep and largely unexplored. There is a theory that the serpents find their way into the lakes from an ocean entry, while still young and small, and grow much too large to escape back out into the channel. There have been large, deep underwater caverns found at the bottom of several of these lakes in which it is believed that the serpents live, and hide from curious eyes. *18

Energy Follows Thought: The Science of Thoughtforms

THE SECRET OF ALL true meditation work in its earlier stages is the power to visualise. This is the first stage to be mastered. Disciples should lay the emphasis upon this process; in it lies eventually the ability to use the creative powers of the imagination, plus mental energy, as a measure to further the ends of the Hierarchy and to carry out the Divine Plan. All the new processes in meditation techniques (for which the New Age may be responsible) must and will embody visualisation as a primary step for the following reasons:

1. Visualisation is the initial step in the demonstration of the occult law that "energy follows thought". This, of course, everyone interested in occult study recognises theoretically. One of the tasks confronting disciples is to achieve factual knowledge of this. Pictorial visualisation (which is a definite feature of the work in many esoteric schools) is simply an exercise to bring about the power to visualise. In the work of those disciples who are being trained for initiation, this external aspect of visualisation must give place to an interior process which is the first step towards the direction of energy. The visualising of pictures is intended to focus the aspirant within the head at a point midway between the pituitary body and the pineal gland. In that area, he draws pictures and paints scenes and thus acquires facility to see—in large and in detail—that which he desires and for which he intends to work. The visualising of what might be called "directed process" goes on in a more focussed manner and in the area directly around the pineal gland. The pineal gland then becomes the centre of a magnetic field which is set in motion—in the first place—by the power of visualisation. At that point, energy is gathered by the disciple and then directed with intention to one or other of the centres. This focussed thought produces inevitable effects within the etheric body and thus two aspects of the creative imagination are brought into play.
2. The power to visualise is the form-building aspect of the creative imagination. This process falls into three parts, corresponding somewhat to the creative process followed by Deity Itself:

- a. The gathering of qualified energy within a ring-pass-not.
- b. The focussing of this energy under the power of intention, i.e., at a point in the neighbourhood of the pineal gland. The energy is now focussed and not diffused.
- c. The despatch of this focussed energy by means of a pictorial process (not by an act of the will at this time) in any desired direction—that is, to certain centres in a certain order.

This process of energy direction can become a spiritual habit if disciples would begin to do it slowly and gradually. At first, the visualising process may seem to you to be laboured and profitless but, if you persevere, you will find eventually that it becomes effortless and effective. This is one of the most important ways in which a Master works; it is essential, therefore, that you begin to master the technique. The stages are:

- a. A process of energy gathering.
- b. A process of focalisation.
- c. A process of distribution or direction.

The disciple learns to do this within himself and later to direct the energy (some chosen and particular kind, according to the demand of the occasion) to that which lies without himself. This constitutes, for example, one of the major healing techniques of the future. It is also used by the Master in awakening His disciple to certain states of consciousness, but with these you have naught to do.

3. The power to visualise correctly is one definite mode of ascertaining truth or falsity. This is a statement difficult for you to comprehend. Visualisation is literally the building of a bridge between the emotional or astral plane and the mental level and is, therefore, a personality correspondence to the building of the antahkarana. The astral plane, the second aspect of the personality, is the correspondence to the form-building aspect of the Trinity, the second aspect. The creative imagination "pictures a form" through the ability to visualise and the thought energy of the mind gives life and direction to this form. It embodies purpose. Thereby a rapport or line of energy is constructed between the mind and the astral vehicle and it becomes a triple line of energy when the soul of the disciple is utilising this creative process in some planned and definitely constructive manner.

This visualising process and this use of the imagination form the first two steps in the activity of thoughtform building. It is with these self-created forms—embodying spiritual ideas and divine purpose—that the Masters work and hierarchical purpose takes shape. Therefore, my disciples, it is essential that you begin with deliberation and slowly to work in this manner and to use the above information constructively and creatively. The need of the times is increasingly great and the utmost of work and of purpose is desired. *19

"The Americans have need of the telephone, but we do not. We have plenty of messenger boys."
- Sir William Preece, Chief Engineer, British Post Office, 1878



"How, sir, would you make a ship sail against the wind and currents by lighting a bonfire under her deck? I pray you, excuse me, I have not the time to listen to such nonsense." - Napoleon Bonaparte, when told of Robert Fulton's steamboat, 1800s



"The idea that cavalry will be replaced by these iron coaches is absurd. It is little short of treasonous."
- Comment of Aide-de-camp to Field Marshal Haig, at tank demonstration, 1916



"No one will pay good money to get from Berlin to Potsdam in one hour when he can ride his horse there in one day for free." - King William I of Prussia, on trains, 1864



ABOVE: EXAMPLES OF CONCLUSIONS, FRAMED BY THE CERTAINTY OF ONE'S AUTHORITATIVE POSITION, THAT DIDN'T COME TRUE... *20

The Royal Sport of Self-Control

The one sure way to stop the game of party politics and to learn what true democracy is, is for everyone or anyone to practice self-control and self-government instead of being controlled by politicians and other people. That seems easy, but it is not easy; it is the game of your life: "the Fight of your life"—and for your life. And it takes a good sport, a true sport, to play the game and to win the fight. But the one who is sport enough to begin the game and keep at it, discovers as he goes along that it is greater and truer and more satisfying than any other sport he has known or dreamed of.

In other games of sport, one must train himself to catch, throw, run, jump, force, resist, restrain, parry, thrust, elude, pursue, grapple, endure, battle, and conquer. But self-control is different. In the ordinary sports you contend with outer competitors: in the sport of self-control the competitors are of yourself and are yourself. In other sports you contest the strength and understanding of others; in the sport of self-control the struggle is between the right and the wrong feelings and desires which are of yourself, and with your understanding how to adjust them. In all other sports you get weaker and lose the power of combat with increasing years; in the sport of self-control you gain in understanding and mastery with increase of years. Success in other sports largely depends on the favor or displeasure and on the judgment of others; but you are the judge of your success in self-control, without fear or favor of anyone. Other sports change with time and season; but interest in the sport of self-control is continued success through time and season. And self-control proves to the self-controlled that it is the royal spot on which all other sports depend.

Self-control is a truly royal sport because it requires nobility of character to engage in and continue it. In all other sports you depend on your skill and strength for the conquering of others, and on the applause of the audience or of the world. Others have to lose for you to win. But in the sport of self-control you are your own adversary and your own audience; there is no other to cheer or to condemn. By losing, you win. And that "yourself" which you beat is gladdened by being conquered, because it is conscious of being in agreement with the right. You, as the conscious Doer of your feelings and desires in the body, know that your desires which are wrong are struggling for expression in thought and in act against the right. They cannot be destroyed or done away with, but they can and should be controlled and changed into right and law abiding feelings and desires; and, like children, they are more satisfied when properly controlled and governed than to be allowed to act as they please. You are the only one who can change them; no other one can do that for you. Many battles have to be fought before the wrong are brought under control and are made right. But when that is done you are victor in the fight and have won the game of self-control, in self-government.

You cannot be rewarded with a victor's wreath, nor by a crown and scepter as symbols of authority and power. Those are outward masks, which have to do with others; they are foreign to the marks of character. The outward marks are sometimes worthy and great, but the marks of character are worthier and greater. The outward symbols are temporary, they will be lost. The marks of self-control on the character of the conscious Doer are not ephemeral, they cannot be lost; they will continue, with self-controlled and self-reliant character from life to life.^{*21}

To paraphrase a saying from the Bible—easier might it be to pass a camel through a needle's eye than to get a brainwashed German with his thumb in his mouth to let go of his lollipop guilt!^{*22}

When a child has a dream and a parent says, "It's not financially feasible; you can't make a living at that; don't do it," we say to the child, run away from home... You must follow your dream. You will never be joyful if you don't. Your dream may change, but you've got to stay after your dreams. You have to.^{*23}

From the Epistle of Barnabus

There are two ways of teaching and power; the one of light and the other of darkness, and there is a great difference between the two ways. For on the one are stationed the light giving angels of God, on the other are the angels of Satan.

And the one is the Lord from all eternity and unto all eternity, whereas the other is the Lord of iniquity that now is.

This then is the way of light, if anyone desiring to travel on the way to his appointed place would be zealous in his works. The knowledge then which is given to us whereby we may walk therein as follows:

Thou shalt love him that made thee,

Thou shalt fear him that created thee,

Thou shalt glorify him that redeemed thee from death,

Thou shalt simple in heart and rich in spirit,

Thou shalt not cleave to those who walk in the way of death,

Thou shalt hate everything that is not pleasing to God,

Thou shalt hate all hypocrisy,

Thou shalt never forsake the commandments of the Lord,

Thou shalt not exalt thyself, but shalt be lowly in all things,

Thou shalt not assume glory to thyself,

Thou shalt not entertain a wicked design against thy neighbor,

Thou shalt not admit boldness into thy soul.

Thou shalt not commit fornication, thou shalt not commit adultery,

Thou shalt not corrupt boys.

The word of God shall not come forth from thee where any are unclean.

Thou shall not make a difference in a person to reprove him for a transgression.

Thou shalt be meek, Thou shalt be quiet, Thou shalt be fearing the words which thou has heard.

Thou shalt not bear a grudge against thy brother.

Thou shalt not doubt whether a thing shall be or not be.

Thou shalt not take the name of the Lord in vain.

Thou shalt love thy neighbor more than thine own soul.

Thou shalt not murder a child by abortion, nor again kill it before it is born.

Thou shalt not withhold thy hand from they son or daughter, but from their youth thou shalt teach them the fear of God.

Thou shalt not be found coveting thy neighbor's goods;

Thou shalt not be found greedy of gain.

Neither shalt thou cleave with thy soul to the lofty, but thou shalt walk with the humble and the righteous.

The accidents that befall thee thou shalt receive as good, knowing that nothing is done without God.

Thou shalt not be double-minded nor double-tongued.

Thou shalt be subject to thy masters as to a type of God in shame and fear. [... within the commandments ...]

Thou shalt not command in bitterness they bondservant or thine handmaid who set their hope on the same God, lest haply, they should cease to fear the God who is over both of you; for he came not to call with respect of persons, but to call those whom the Spirit has prepared.

Thou shalt make thy neighbor partake in all things, and shalt not say anything is thine own. For if ye are fellow partakers in that which is imperishable, how much rather shall ye be in the things which are perishable.

Thou shalt not be hasty with thine own tongue, for the mouth is the snare of death.

So far as thou are able, thou shalt be pure for thy soul's sake.

Be not thou found of holding thy hands out to receive, and drawing them in to give.

Thou shalt love as the apple of thine eye every one that speaketh unto thee the Word of the Lord.

Thou shalt remember the day of judgment night and day, and thou shalt seek out day by day the persons of the saints, either laboring by word and going to exhort them and meditating how thou mayest save souls by thy word, or thou shalt work with thy hands as a ransom for thy sins.

Thou shalt not hesitate to give, neither shalt thou murmur when giving, but thou shalt know who is the good paymaster of they reward.

Thou shalt keep those things which thou has received, neither adding to them nor taking away from them.

Thou shalt utterly hate the Evil One.

Thou shalt judge righteously.

Thou shalt not make a schism, but thou shalt pacify them that contend by bringing them together.

Thou shalt confess thy sins.

Thou shalt not betake thyself to prayer with an evil conscience. This is the way of light.

The Shepherd of Hermes

I say to him, "Sir, these commandments are great and beautiful and glorious, (and are able to gladden the heart of the (man) who is able to observe them. But I know not whether these commandments can be kept by a man, for they are very hard." He answered and said unto me: "If thou set it before thyself that they can be kept, thou wilt easily keep them, and they will not be hard; but if it once enter into thy heart that they cannot be kept by a man, thou wilt not keep them. But now I say unto thee; if thou keep them not, but neglect them thou shalt not have salvation, neither thy children nor thy household, since thou hast already pronounced judgment against thyself that these commandments cannot be kept by a man."

Mandate 1

"First of all, believe God is One, even He who created all things set them in order, and brought all things from non-existence into being, who comprehendeth all things being alone incomprehensible. Believe Him therefore, and fear Him, and in this fear be continent. Keep these things, can thou shalt cast off all wickedness from thyself, and shall clothe thyself with every excellence of righteousness, and shalt live unto God, if thou keep this commandment.

Mandate 2

He saith to me: "Keep simplicity and be guileless, and thou shalt be as little children, and know not the wickedness which destroyeth the life of men."

Mandate 3

Again he saith to me: "Love truth, and let nothing but truth proceed out of thy mouth, that the spirit which God made to dwell in this flesh may be found true in the sight of all men; and thus shall the Lord who dwelleth in thee, be glorified, for the Lord is true in every word, and with Him there is no falsehood."

Mandate 4

"I charge thee," saith he, "to keep purity and let not a thought enter into thy heart concerning another's wife, or concerning fornication, or concerning any such evil deeds; for in so doing thou committest a great sin."

Mandate 5

"Be thou long-suffering and understanding," he saith, "and thou shalt have the mastery over all evil deeds, and shall work all righteousness.

Mandate 6

"Do thou therefore trust righteousness, but trust not unrighteousness; but the way of unrighteousness is crooked. But walk thou straight [and level] path, and leave the crooked one alone." *²⁴

Why?

Why don't you trust?
Destroy the positivity.

Why not take a chance?
Without, I don't go anywhere.

Why be so afraid?
Too careful, too careful.

To know, to love,
to see beyond the reality (of what's in front of me).

Why don't you value?
This is not worthy here.

Why be of value?
You don't respect me anyway.

Why shatter what could be?
The greatest, greatest,

To know, to love, to be...
The best of anything.

I can, I would, let me show you I can be...
The best at anything.

Why don't you care?
Money is the only thing.

Why don't you care?
Honesty don't mean anything.

So why should I bother?
Because no one wants to see.

Why, I can, I can, I can, I can, I can, I can, I can...

Why did I bother?
If no one cares.

Why did I bother?
If it ever only stays the same.

Why would I want to know?
You don't know me, you don't see me, you don't care...

That I can, I can, I can, do almost anything.

Why did you hurt me?
Only trying to help.

Why did you break me?
You have no right, no right, to decide for me.

I know, I know, I know, you think it's better for me.

Why, oh why,
why, oh why,
why, oh why,
deliver me to slaughter.

Why, oh why,
why, oh why,
why, oh why,
I could have been, anything.

I could have been, well, almost anything...

Why?

The “paradise” of the past is the “utopia” of tomorrow, which will become reality on the basis of mankind’s real, spiritual evolution. ^{*25}

My curious beliefs tend to cause violent reactions from people who believe otherwise. Why? When someone poses a belief that I don’t understand or agree with, I open myself to them and ask them to persuade me with evidence. Why don’t all believers operate this way? ^{*26}

“A close loving bond is needed between a child and the initial abuser so that a clean split is created when the initial mind-splitting trauma is carried out. The clean split occurs when the child is confronted with two irreconcilable opposing viewpoints of someone who is important to them. The child can’t reconcile the two extremely opposite views of the same person, one being a loving caretaker, and the other being the worst kind of abuser. The person the child trusted the most is the person the child fears the most. Some professional therapists have come to realize that this is how the core is split.” ^{*27}

Cutting Cords with Archangel Michael

This technique on How To Cut Energetic Cords (Etheric Cords) With Archangel Michael can be used for cutting negative cords and ties with a friend, a negative person, a former romantic partner or anyone you feel you need to take your energy back from. When you enter a relationship with someone, your energetic systems become connected and create energetic cords. The cords become strengthened when strong emotional, traumatic or painful events occur between the parties.

Energetic cords are also created through sex, through marriage vows, soul contracts, promises or oaths (spoken and unspoken). Your soul behaves as if these vows, contracts, promises and oaths are still valid.

For example, you get divorced and find it hard to find your next soul mate. You can check in with your higher self to see if you are unconsciously still honoring those vows, contracts, promises or oaths. **You can do this through muscle testing...** If you find you are still honoring those vows, you need to cut energetic cords with that person. Everyone has the ability to cut energetic cords themselves.

Here's the technique on cutting cords with Archangel Michael:

1. Think of the person whom you want to take your energy back from and cut cords with.
2. Close eyes and take 5 deep breaths into your stomach.
3. Call in Archangel Michael now: say, "Archangel Michael, please come to me right now. Bring back the part of myself that has merged with (name the person's name). Bring back my energy. With your sword of light, please cut the cords between (say person's name) and I. Please remove from my energy and field anything that is not mine, not serving me, that is of (name of person) or that (name of person) has brought in with him/her, and completely remove that energy field out of my body, from my body, from my house, from my property, from my animals, from my kids, from my car, from my workplace and anywhere else it currently resides. Fill my entire being with the Creator's Love and Light, especially where the cords were cut."
4. As Archangel Michael gets rid of that energy that is not yours, he sends it back to the person you named with absolute core love.
5. Give thanks and send out blessings to those involved, including yourself. ^{*28}

Old Doper

I used to smoke weed every day for over a decade. I doubt you're sociopathic. I thought I was for a while, then I realised that I had depleted neuro receptors and dopamine levels because I was always topping up those receptors synthetically (weed). Weed isn't addictive, but your brain gets so depressed chemically without it that it can be extremely hard to come off the stuff. When I couldn't get any I'd be a right miserable bastard. ^{*29}

Pyramid

We know from the Book of Exodus, that after the Israelites were released from Egypt, God summoned Moses to the peak of the holy mountain giving him two stone tablets that were carved with the ten commandments. At that moment, God provided Moses with exact instructions on how to build the Ark of the Covenant, one of the most enigmatic 'devices' in the history of mankind.

Not only did the ark of the covenant carry the ten commandments of god, but it was said to be the throne of God himself, wherever the Ark of the covenant went, God was present.

According to the Book of Exodus; the dimensions and characteristics of the Ark of the Covenant are:

2½ cubits in length, 1½ in breadth, and 1½ in height which is approx. 131×79×79 cm or 52×31×31 in.

The entire Ark was plated with gold, and a crown of gold was put around it. Four rings of gold were attached to its four feet, two on each side and through these rings staves of shittim-wood plated with gold were placed to carry the Ark. these were never to be removed. A golden cover was placed above the ark; also called kapporet.

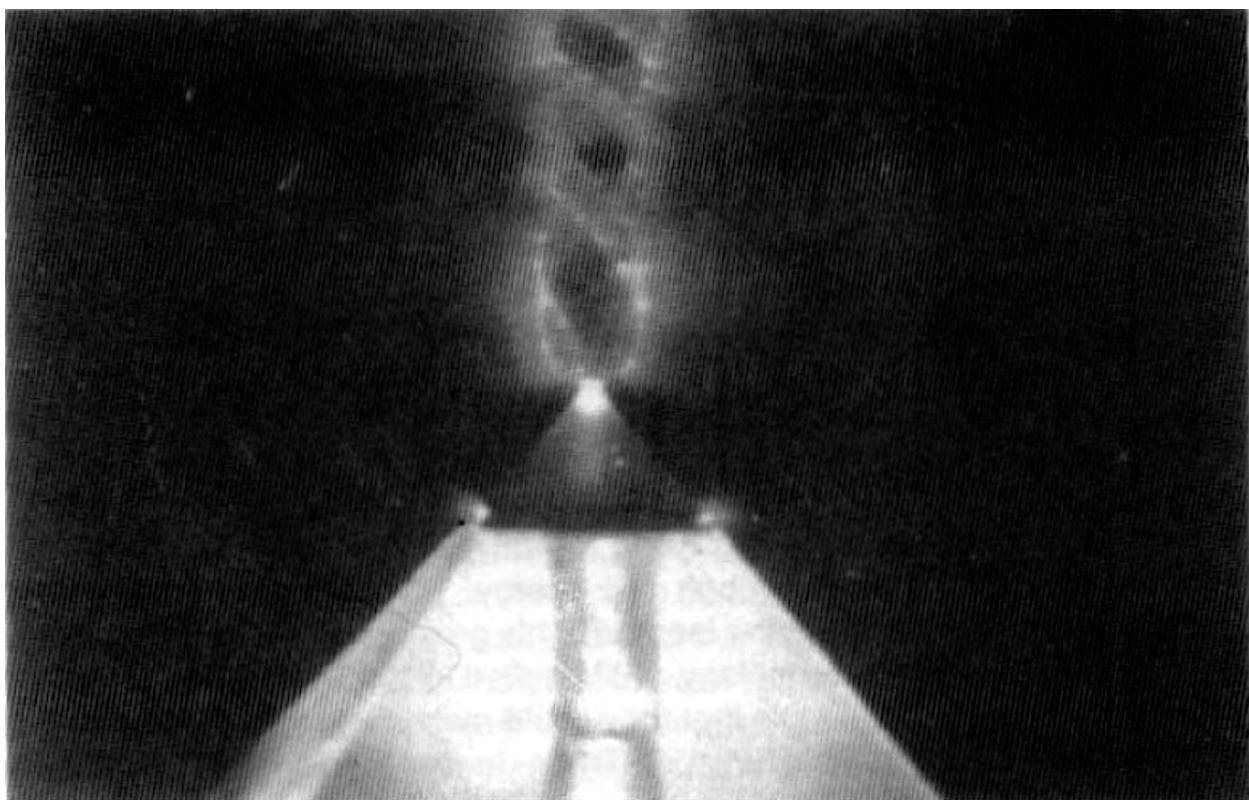
Interestingly, there are numerous researchers that suggest if the construction details of the Ark are those which were recorded in the past, then the ark would basically resemble an electrical capacitor with two electrodes separated by insulator drivers.

The ark which was made out of acacia wood and covered with gold is very similar to other artifacts that have been found in Egypt; the ark was placed in a dry "room" where the natural magnetic field is usually 500 or 600 volts per vertical meter. According to several ancient alien theorists, this would have made it possible to charge it through the golden crown that surrounded it; suggesting that the Ark of the Covenant would have acted as a capacitor.

Theories range as to what the Ark truly was, but some believe the Ark of the Covenant was, in fact, a generator of unknown, uncontrollable and deadly force.

It was an artifact that was forbidden to touch, and those who would carry and touch it had to have protective wear, others would need to stay at a distance.

These descriptions of the ark basically tell us that it was something extremely powerful, yet very dangerous for the health of man. ^{*30}



Dr. Dee J. Nelson and his wife Geo, produced this Kirtian photograph of pyramid energy using a Tesla coil in 1979.

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Thank you.

God

The *All* that *IS*.

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