
SIGHTINGS

Coming Attractions: The Whole Truth?

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Introductory Notes

1. The following includes a brief synopsis of events that **may** occur in the **near future**. I have no way of knowing with absolute certainty, but the **confluence** of **prophetic, psychic, alien, and biblical** predictions along with **historical evidence** has led me to strongly believe that these events will unfold. If your belief system is solely rooted in a physically manifested world, then discussion of higher dimensions, spirit guides, and OBE's will seem dubious, however, considering the stakes, you should approach this letter with an **open mind**. In the interest of brevity, this synopsis can only serve as a mere introduction to the subjects discussed. Since there is only room here to introduce the main elements in a large and complex story-without any supporting evidence -it would be premature to make a judgment based solely on this limited outline. In order to intelligently evaluate the significance of this material, participating in a far more detailed exposition or personal investigation is necessary.

2. The information about the Awakening, Transformation, Harvest, and Spiritual Orientation, Geophysical Effects, Earth Changes, and other topics were derived from a group of aliens who are described as * **Zeta Reticulans** or **Zetas**. When Betty & Barney Hill of Vermont were taken aboard an alien spacecraft in the early 1960's, Betty Hill asked her Grey abductors where they came from. They showed her a star system which Earthlings refer to as Zeta Reticuli (in the constellation **Lyra**), thus the name Zeta Reticulans. The Zeta communications can be accessed at a web site called **Zeta Talk** (<http://www.zetataalk.com>) The web site is maintained by a woman named Nancy, whom the Zetas describe as their emissary. Information discussed about The 12th Planet, the Anunnaki, and the Giza Plateau were mostly derived from the work of **Zecharia Sitchin**, however, some additional details are augmented and

elaborated by Zeta data {indicated by **(Z)**}. A channeled source that closely corroborates and parallels the Zeta information is referred to as The **RA material**. The RA material is extensively covered in Scott Mandelker's book From Elsewhere: Being ET in America (in most bookstores). The full four volume RA texts can be obtained from L/L Research, PO Box 5195, Louisville, KY 40255-5195.

Further corroboration on earth changes and spiritual evolution is available in the many books of **Edgar Cayce** and more recently in new books by futurist/seer **Gordon Michael-Scallion** entitled Notes from the Cosmos (1997) and **Bob Frissell's**, Nothing in this Book is True, But it's exactly the Way Things Are. Information on the **Government, The New World Order, MJ Twelve, Detention & Relocation Centers, FEMA, Alternatives 1,2, & 3, and The Council on Foreign Relations** can be found in the book Behold a Pale Horse (1991), authored by ex-Naval Intelligence officer, **William Cooper**

Y* Other Alien groups including **Pleiadians** and **Sirians** are also attempting to help prepare humans for the coming changes with essentially the same information that the Zetas present. Their input can be read in the books of **Lyssa Royal** (bookstores) or downloaded at <http://www.spiritweb.org/Spirit/lyssa-royal.html>

3. The topics that follow may initially appear disparate, but they are related. Some topics such as the Giza Plateau aren't essential. but are included to satisfy curiosity about common mysteries. The **most critical** information to focus upon in this synopsis is: **Transformation, Spiritual Preparation, The 12th Planet, Pole Shift & Earth Cahnges, Emerging Diseases, and Survival.**

I decided to begin with a discussion of the **Soul** to help the reader overcome the natural tendency to react to some predictions with fear and anxiety. Spiritual forces and Service-to-Others Aliens are trying to convey the concept to mankind that we should not allow ourselves to be manipulated and controlled by others (institutions or individuals) out of fear. We all have the capacity to overcome any difficulty; but most folks lack sufficient faith in themselves to prevail. On a personal note, I believe that I was led (among many I'm sure) to realize this information in order to inform others, as small an audience as that might be.

I have found that many people will react with anger towards disturbing predictions and will often direct that anger towards the messenger. **Try to resist that.** If you absolutely cannot believe these matters, then laugh it off as amusement, but it's foolish to engage in blind, uncritical **denial** and squander away the remaining time available to you-precious time that could allow you to prepare and...**prevail**. I offer this information to help and inform you; not to frighten you. To be forewarned is to be prepared and that is the purpose of this document.

Immortality of the Soul

Physical death is a **transition** to a greater awareness and is not an ending. People who have gone through Near Death Experiences (NDE's) & Out of Body Experiences (OBE's); ancient Tibetan, Hindu, and Egyptian writings (Book of the Dead); Past Life Regression; Remote Viewing; Channeled Spirits and Aliens all corroborate the same story: Under the advice of **spiritual guides**, we decide on the course our lives will follow before birth. The consensus is

that we are **immortal, Spiritual Light Beings** who experience physical life over and over again. Earthly life is described as a **schoolhouse** where we learn **lessons**, following a curriculum of our choice, while on a journey towards higher spiritual maturity. This theme seems to be the purpose of physical life.

People with OBE's know that physical life is an **illusion** and that the real action is on the other side. When out of body, you retain your appearance (in astral form), your personality, your memories, your likes & dislikes, all your senses, etc.. In fact, you retain everything that makes you, you! While we all have an obligation to the Creator and to our higher selves to participate in life, learn lessons, and attend school to its natural end, there is no reason to fear death as a finality. **We don't really die.**

Many authors cover the subject, but **Danion Brinkley's** two books: *Saved by The Light* and *At Peace in the Light*, tell the story as well as any.

Awakening

The rising increase in UFO sightings, alien contacts, abductions, crop circles, frequent appearances of The Virgin Mary, widespread dreams of cataclysmic events, etc. are connected. The human race is presently undergoing an **Awakening** to dormant memories about our place and role in the universe; as well as an understanding of the true origin of our species. Many people are arriving at this realization, with some fully informed of the approaching changes while others are grappling with pieces of the puzzle. Most people, however, **aren't taking notice of the signs** (E.g. crop circles, emerging diseases) and are mostly **unaware** of the momentous change that has started to occur (with no small thanks to the mainstream media who continue to ignore these important events which are reported daily). The ever-increasing frequency of **unusual phenomena** (bizarre & severe weather, earthquakes, volcanoes, alien contact, UFO sightings, Chupacabras, new disease outbreaks, etc.), are signs of impending change. Some indigenous native people like the American Hopi Indians and Australian aborigines have had contact with certain alien groups throughout their history and are aware of the events (with some variations) about to unfold. **Hopi prophecies**, particularly, align with the events predicted by the Zetas.

Transformation

In addition to rising awareness, a **Transformation** has started that will finally culminate in a quantum shift in human consciousness, abilities, and attitudes towards each other and towards the planet within the time span of a few generations. The Zetas have indicated that when a substantial majority of the remaining Earth inhabitants have made the decision to be of a ***Service-To-Others** spiritual orientation, a **density shift will occur** simultaneously for everyone to the next higher dimension. We will graduate from our present reality (**3rd Density**) to the next higher vibrational plane of physical reality (or **4th Density**). Humans will eventually openly share the Earth with Greys and the Human/Grey hybrids which the Greys have produced from female human abductees over the past few decades. In 4th density, human psychic abilities will expand (E.g. telepathy, ability to see auras, etc.) and we will once again, as in the Garden of Eden, be able to communicate with animals. **After a difficult period of survival and rebuilding**, the planet is destined to become a peaceful home for all who live here. Proper care of the Earth's ecosystem will be a top priority for future generations. The Zetas say that human souls who are principally **Self Serving** in nature will

not be allowed to reincarnate again on Earth after the density shift. Such prohibitions are enforced by a galactic oversight committee of sages known as the **Council of Worlds**. The Council of Worlds made a decision 50 years ago that the Earth was to become a home to those of the Service-to-Others orientation exclusively. And as in the past with other worlds, and in other parts of the universe, a **Harvest** of souls accompanies the density transformation process. As noted in the Bible, the Meek shall inherit the Earth.

Spiritual Orientation

The Zetas relay that **all** intelligent life throughout the universe fall into one of three categories of spiritual orientation: **Service-to-Others** are those who are concerned at least 50% of the time about the welfare of others. **Service-to-Self** individuals are those who think of their needs and desires to the exclusion of others at least 90% of the time. The majority of Earthlings at this time fall into the 3rd category of **Undecided**.

The 12Th Planet

Introduction

21 years ago, **Zecharia Sitchin** (linguistic scholar & historian of ancient Hebrew, Sumerian, Akkadian, and other early Mesopotamian civilizations) published *The 12Th Planet* (1976) which discusses **the periodic return to our solar system** of a large, red planet called **Nibiru** by ancient Sumerian historians (and **Marduk** by the Babylonians). Nibiru was home to a race of war-prone hominids referred to in ancient texts by either their earlier Sumerian name of **Anunnaki** or their later Hebrew name of **Nefilim** (the word Nefilim is mentioned repeatedly in the Bible). The Anunnaki are described as handsome, well developed human look-a-likes who are physically larger than humans; averaging 10-15 feet tall. While the rank and file astronauts who first came to Earth were called Anunnaki by Sumerian historians, the ruling royalty were always referred to as gods. The Anunnaki were technologically capable of interplanetary space travel when they first arrived on Earth about **450,000 years ago**.

Nibiru was called the 12Th Planet by the ancients because it is a member of **our** solar system (ancients included the Moon and Sun as planets). However, unlike the other planets in our solar system, which are in a singular orbit around the sun, Nibiru is in a **binary orbit** (Z) between **two suns**: our sun and another **cold** {unlit} sun far out in our galaxy.

Nibiru returns to our solar system approximately every 3,600 years. Nibiru is sometimes referred to as the **red comet** or **red star** in some ancient texts (and the 19th century channeled work, *Y the Oahspe*). Sitchin explains in his book that the 3,600 year periodic cycle of Nibiru is called a **Shar** or **Sar** by Sumerian historians. While a single shar occupies a time span of a little more than 3,600 years on Earth, it is equivalent to one year on the planet Nibiru. All told, ancient Sumerian clay tablets and cylinder seals record a total period of occupation/visitation by the Anunnaki of over **124 Shars**. Sitchin provides compelling historical evidence that the Anunnaki actively participated in the affairs of mankind up to the final destruction of the great city of **Sumer** in Mesopotamia, about 2,000BC. The Anunnaki's original objective in coming to Earth was **to mine for Gold**; an element they atomically dispersed in their **atmosphere** in order to prevent core-produced heat from dissipating excessively into space. Since 99% of Nibiru's orbital cycle is too far from our sun to benefit from its heat, it has to retain its internally generated heat in order to survive. The Anunnaki first extracted gold from the waters of the Persian Gulf area, but later switched to land mining in South Africa and other locations due to greater abundance of gold ore.

The Zetas report that the Anunnaki have access to a plant (or tree), native to Nibiru, that

prevents normal aging and bodily deterioration. Sumerian texts referred to it as the **Tree of Life**. Later, the Bible referred to it as **Knowledge of The Tree of Life** in the Garden of Eden story. Only Anunnaki royalty had privileged access to the Tree of Life (sometimes called Ambrosiac in Sumerian texts). They absorbed this substance into their bodies by taking baths soaked with this life extending plant. This special bath water was the origin of the story of The Fountain of Youth (Z). Apparently, Anunnaki royalty enjoyed extremely long lives. Sitchin's research reveals that some members of the highest echelons of the royal pantheon participated intermittently throughout the entire 446,000 years of the Anunnaki's occupation of Earth.

Exodus and The 12th Planet

The **last time** the 12th Planet passed by the Earth was during the time of the **Exodus from Egypt**. In fact, the upheavals, cataclysms, and fear generated by the near passage of the 12th Planet allowed the Israeli slaves the opportunity to escape from the grip of Pharaoh's troops-who had become completely overwhelmed by panic and confusion (Z). A red dust (iron oxide), along with larger chunks of debris, traveling in the tailing wake of the fast moving 12th Planet (as with other comets), rains down onto the Earth's atmosphere during a close passage. This red dust landing in water accounted for the Biblical account of the rivers running red with blood. The Bible also refers to fierce lightning storms and the red particle debris "reddening the face "of men. Electrical/magnetic storms of an intensity which only occurs during a close passage of the 12th Planet reacts with carbon materials thrown into the atmosphere by volcanic action. This produces a type of sticky **carbohydrate substance** in the atmosphere (Z). In some areas, this substance precipitates to the ground and is available as food if collected in the early, pre-dawn hours. When the substance falls on water, it appears whitish in color. Called **Ambrosia** in ancient texts (Greek), or **Manna**, this carbohydrate material is the biblical reference to **milk and honey** ("Unto a land flowing with milk and honey". **Exodus 33:3**)

Return of The 12th Planet

The Zetas predict that the 12th Planet will pass closest **between** the Earth and the Sun in **late Spring or early Summer of 2003, probably May or June**. At that time, the earth, being completely overwhelmed by the gravitational influence of the 12th Planet, **will stop rotating completely for 3 days or so**. There are numerous historical references to 3 days of darkness (non-rotation) cited in the Bible, Hopi Legends, Mayan Epics, etc. and well referenced by Sitchin in the books of his Earth Chronicles.

Geophysical Effects of the 12th Planet

The 12th Planet is **4 times larger** and **23 times more dense** than Earth (Z). The Biblical narration of 7 years of plagues, crop failures, increased earthquakes/ volcanic eruptions, and other phenomena that preceded the Exodus was caused by the magnetic & gravitational effects of the approaching 12th Planet on the **Earth's** molten **iron core** (which behaves exactly like a giant bar magnet running from the North to the South Pole). The growing disruptions in **our present day weather** patterns, increased earthquake/ volcanic activity, the **gradual slowing** of the Earth's rotation, reports of **magnetic deviations**, new manifestations of **DNA mutation** (deformed frogs & fish, recent births of albino buffalo calves {predicted by Hopi Prophecies}, emerging viruses and bacteria, etc.), and other anomalies are being precipitated by unique and **unrecognized forms of energy** being released from the core of the

Earth due to the approach of the 12th Planet.

Pole Shift & Earth Changes

The most dramatic earth movements/cataclysms will occur in **late Spring or early Summer of 2003**. The North and South Poles will shift from their *current location. The 12th Planet will pass between the earth and the sun, approaching from below the elliptic (from the direction of the South Pole) and move in a trajectory towards the North Pole. **As the 12th Planet passes by the central portion of the earth, the magnetic influence of the 12th Planet will be so great that its North Pole's magnetic field will cause the Earth's North pole to deflect away about 90 degrees.** This rapid movement of the Earth's molten interior core will pull the Earth's crust along with it. **The resultant earthquakes, volcanic eruptions, mountain building, mega winds, and tidal waves will be on a scale beyond normal reference or imagination.** The Zetas report that new land masses will rise in the Pacific Ocean, reducing its overall area; while land will sink in the Atlantic, expanding its current dimensions. Vast areas of both the East and West coasts, as well as the Mississippi valley of the United States will be inundated by tidal forces and permanently flooded. A large section of northern Europe, the western half of Australia, and most of Japan will go under water as well (as predicted by Edgar Cayce).

During the period of non-rotation, obviously half of the earth will be exposed to the sun while the other side of the earth experiences darkness. This scenario corroborates with the biblical revelation and Hopi Prophecies concerning **3 days of darkness** (Sitchin also points to many **historical texts** by ancient historians describing events from both the dark side and the illuminated side of the planet during past visits by the 12th Planet).

After the 12th Planet moves beyond its obstructing position vis a vis the sun, its gravitational grip will lessen and allow the Earth to again respond to the influences of the sun and other planetary bodies in our solar system. This lessening gravitational influence will permit the Earth to begin rotating again; slowly at first; but gradually returning to its normal speed as the 12th Planet pulls away from us. Due to the enormously long, debris-filled tail of the red giant, the close passage of the 12th planet will cause **a tearing away of a portion of the earth's atmosphere** as well as **raining down of a great deal of chunky debris and red dust into our atmosphere**. Oxygen in the atmosphere will burn with this inbound debris and ignite superheated **atmospheric firestorms** that will consume much oxygen. Continuous volcanic eruptions will throw up massive amounts of smoke & ash. The large amounts of sulfur and lead in this ash will poison most sources of surface drinking water such as lakes and rivers, and possibly contaminate some underground water sources as well. The Zetas report that it will take a few years for the atmospheric pressure to rebuild to former levels. During this period, clouds and **wind** currents (the jet stream), which normally blow aloft, will occur at the surface. This atmospheric change will translate into an almost constant rain and drizzle and very high surface winds. Therefore, it will not be possible to grow food unprotected or live above the surface for a few years. **Underground protected environments will be a necessity for survival.**

***New Polar Regions**

After the North and South Poles shift, they will permanently assume this new position and **not** return to their former positions. Present day **India**, as well as the mid-ridge of the Atlantic off the eastern tip of **Brazil** will be near the center of these **new polar regions** and will flash freeze within a matter of hours (Z). This will obviously change the location of the Equator, the Tropical and Temperate Zones, etc. The Zetas report that Nibiru has passed close enough

to Earth to have caused Pole Shifts many times before. Today, there are many books which discuss the ample physical evidence of former Pole shifts, but **Immanuel Velikovsky** was one of the earlier authors to thoroughly document the evidence and make the case for Pole shifts in the early 1950's. **John White's** contemporary book Pole Shift is also well done.

Safe Areas

The **Zetataalk**(<http://www.zetataalk.com>) web site discusses safe areas in depth. You should read these files carefully and study the attached maps (if you can't get the information from the internet, write me for copies). There are too many details to consider in choosing a safe area to include in this synopsis, but it should be borne in mind that the climate in your chosen safe area will change immediately following the pole shift. Southern Canada, for example, will assume the temperature range of present-day southern California. More detail on safe areas can be found at:

1. **TroubledTimes...** (<http://www.zetataalk.com/thub.htm>), an independent survival information site working in tandem with the Zetas towards similar goals.
2. **Lori Toye's site** (<http://www.iamamerica.com>) also includes post-cataclysm maps of the United States and other parts of the world which indicate safe areas for relocation. Call 1-800-930-1341 or write to: PO Box 2511, Payson, AZ 85547.
3. **Gordon-Michael Scallion** (<http://www.matrixinstitute.com>), a modern seer/futurist in the tradition of Edgar Cayce, provides post-cataclysm maps of the United States and the rest of the world. 1-800-628-7493/ Matrix Institute, PO Box 367, Chesterfield, NH 03466. Fax (603)256-6614/ Voice (603)256-6520

Genetic Engineering of Homo Sapiens

According to Sitchin, while the Anunnaki production of gold was increased by mining in South Africa, so was the physical effort to extract it. After continuous day and night gold mining for a period of 150,000 years (450,000-300,000BC), the South African Anunnaki mine workers **revolted**. The mutiny was resolved through the intercession of the brother/sister gods of the Anunnaki named **Enki** and **Ninharsag** by genetically engineering an African apewoman to create a replacement laborer. After considerable trial and error, according to the Sumerian story, a suitable hybrid worker was developed. Capable of gene manipulation technology, the Anunnaki implanted the apewoman's egg into surrogate Anunnaki maidens. This early hybrid could not sexually reproduce, but at a later time, some of these hybrids (referred to as **black heads** in Sumerian tablets) were moved from Africa to a place the Sumerians called **E.DIN** in Mesopotamia and further engineered to be able to sexually reproduce. Some considerable time later, some of the Anunnaki (including royalty) began to mate with human females. It's noted in the Bible: "That the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose." **Genesis 6:2**. Offspring of this union were referred to as Men of Renown or Demigods (.Biblical ref.: "when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown." **Genesis 6:4**).

The Zetas, on the other hand, have indicated that the Anunnaki genetic contribution to the human gene pool was a minor one at best. They state that man was genetically 'upgraded' at different times by **different aliens groups** and that while the Anunnaki genetically 'tinkered'

with man, they were not the creators of homo sapiens per se. The physical effect of these upgrades is most obvious in the appearance of the human brain which has **3 discreet sections** or regions: the lower reptilian brain (Medulla), the middle brain (Cerebellum) the upper brain (Cortex). Other mammals have a single, unified brain design. In addition, the anthropological evidence of the **sudden flourishing** of advanced civilizations such as **Sumeria** which followed a long period of decline can only be rationally reconciled by the recognition of some sort of 'boost' that placed man back on the right track. Most historians (including Sitchin) and anthropologists agree with this conclusion.

According to the Zetas, man as a species already existed when the Anunnaki performed their genetic adjustments to create their hybrid workers. The Zetas further point out that the principal extraterrestrial genetic contributions to the human gene pool came from the Pleadians, Sirians, and Lyrians {Greys}. Due to that genetic ancestry, it is these alien groups that are having the greatest interactions with humans at this time. It's interesting to note that many human contactees or abductees (E.g. Travis Walton) have reported seeing at least one group of aliens, known as Nordics, that look **exactly** like humans. They are blond, blue eyed and about 7 feet tall.

The Giza Plateau

Edgar Cayce predicted in 1934 that a **Hall of Records** (which contained details about earlier high technology civilizations such as Atlantis & Lemuria) would be unearthed in ** Asia, South America, and Egypt. He specifically predicted that in 1996, chambers buried beneath the left paw of the Sphinx would be discovered and would eventually reveal such a Hall of Records. These chambers were indeed discovered in 1996, but the Egyptian director in charge of the Giza plateau, **Zahi Hawass**, prefers the world to accept the orthodox view that the Sphinx was built by human slaves in 1250 B.C. and that the Great Pyramid was a tomb/monument built by the **Pharaoh Khufu**. Hawass is now denying access to the Sphinx and Great Pyramid to the very archaeological groups (the Shore Group, John Anthony West, Robert Bauvall and who were responsible for the discovery of the buried chambers. **Richard Hoagland** has presented credible evidence on the radio that Zahi is in bed with **NASA** and other **New World Order** people who want to keep the lid on information about the revelations of former advanced civilizations.

A documentary shown on public TV in the early 90's called The Mystery of The Sphinx with Charlton Heston, demonstrated that long-term water erosion evidence on the Sphinx pushed the date of its construction to beyond 11,000BC; when the Egyptian climate permitted long periods of rain. That date matches up closely to the time of the Great Flood. Sitchin points out in his book, The Wars of Gods and Men, that numerous Egyptian texts discuss a period after the Great Flood when "gods" helped the Egyptians construct canals, drainage systems, dikes, etc. to reclaim the flooded Egyptian plain. The gods were the **Anunnaki**.

**Asian Hall of Records

Tibetan monk, physician, and writer **T. Lobsang Rampa**, reports on pages 88-97 in his 1963 book The Cave of The Ancients that while still a young boy and trainee, he was taken by a group of monks to a highly concealed crevice entrance far up in the Tibetan mountains. The entrance led to a huge, cavernous interior. The interior was illuminated with artificial lighting in which the "bulbs" were ice cold to the touch. Spread throughout the smooth-walled rooms were many strange machines that seemed to be in working condition, but the monks could not understand their function or purpose. One oval shaped device allowed the viewer to place his head within its shell, whereby he could both hear and see different animals, music, etc.; a sort

of visual encyclopedia of Earthly life (some alien contactees have reported being taken into such cavernous locations deep within the Earth and shown similar **Halls of Remembrances**). Later, they entered another room with a machine that allowed them to view a holographic "movie" with sound and narration explaining that the machines were working models left as part of a time capsule/hall of records explaining the history of these pre-diluvian advanced civilization which spiritually declined, misused their technology and brought about their demise. The holograph revealed cities and forests disappearing in a twinkling of an eye due to massive earthquakes, volcanic eruptions, atmospheric fire storms, tidal waves, etc. While Rampa did not mention any knowledge of Nibiru, the Anunnaki, or Cayce's predictions, it is my opinion that this Tibetan time capsule/mountain location discovered by these monks is probably one of the Asian Hall of Records cited by Cayce. Cayce also wrote of other Halls of Records and of a **Golden City**, yet to be unearthed (or perhaps undisclosed by the Chinese), in the **Gobi Desert**.

In Rampa's first book, *The Third Eye* (1956), he lends corroboration to physical evidence of the Anunnaki themselves. On pages 210-214, he describes being taken down into a chamber deep below the Lamasery in Lhasa, Tibet. There, at the beginning of a 3 day long initiate ritual in which Rampa was expected to travel out of body and "walk among the dead", Rampa was first shown 3 uncovered black stone coffins. When he peered into the coffins, Rampa was startled to see the bodies of 2 men and one woman; nude, and completely covered in gold leaf (the final step in the Tibetan mummification process). The woman was 10 feet tall and the larger of the 2 men was 15 feet. The elderly monk who escorted Rampa to this location said: "My son, look upon these. They were gods in our land in the days before the mountains came. They walked our country when seas washed our shores, and when different stars were in the sky. Look, for none but initiates have seen these."

The Sphinx and the Great Pyramid

The Zetas report that the image of the **Sphinx** or that of a woman's head *on the body of a cat was ubiquitous in the statuary and monuments of the pre-diluvial civilization of **Atlantis**. They indicate that the Sphinx at Giza was built as a tribute to a highly admired Anunnaki warrior/leader killed in battle. The post diluvial reconstruction of the **Giza Pyramid** was a joint project carried out by the **Anunnaki** utilizing levitation technology(Z) and Egyptian builders* under the supervision of **Thothma** (or Hojax {or Enoch}), whom the **Oahspe** calls one of the greatest adepts ever to live. Thothma "could hear the gods and talk with them understandingly, and could cast himself in the death trance and go spiritually into the lower heavens and return at will". It appears that the Sphinx and the Great Pyramid were built at different times, but might have been intended to function in concert as suggested in **Bob Frissell's** book, *Nothing in this Book is True, But it's exactly the Way Things Are*. According to Edgar Cayce, the Great Pyramid alone took a 100 years to complete. Edgar Cayce also mentions the names **Ra Ta** and **Hermes** as important Egyptians involved in the building of the great Pyramid.

* A recent article dated November 9, 1997 on CNN's website (<http://www.cnn.com>) entitled Egypt considers creating Underwater Museum mentions in reference to an underwater area of recently discovered artifacts off the coast of Alexandria: "Some of the treasures found at the site this year include two copies of the Sphinx, one with the face of a woman."

The Great Pyramid

The Great Pyramid at Giza served multiple functions in its long history. It had been rebuilt at least once, possible more than once. It served both spiritual enhancement (initiation) purposes (discussed in the books of Edgar Cayce and more recently by Gordon Michael Scallion in his book, Notes from the Cosmos, and Bob Frissell's book, Nothing in this Book is True, but...) as well as pragmatic functions as outlined by Sitchin in The 12th Planet:

The Great Pyramid was not the first, nor the only pyramid built by the Anunnaki as a **Mission Control/Communication Center** for inbound **spacecraft**. It had to be built large enough and heavy enough in order to withstand earthquakes; so as not to alter its critical astronomical alignments. The polished limestone blocks originally covering the Great Pyramid was utilized as an aid to visual alignment as the inbound Anunnaki shuttlecraft approached their space port at **Sippar** (located in the region of present day southern Iraq on the Euphrates River). The reflected light of the sun off the pyramid could be seen for vast distances, even from the ground. The Nefilim built and (after the Great Flood) rebuilt spaceports and giant pyramids in other parts of the world as well.

The **Grand Gallery** leading to the Kings Chamber inside the Great Pyramid, at one time contained **27 pairs of different and extremely large crystals** obtained from sources both native and extraterrestrial. Besides emitting multicolored lights, these crystals produced radiating energies which allowed space communications, directional landing information, and some sort of air defense capability. The strongly fortified King's chamber contained a powerful, but delicate instrument housed in a huge hollowed-out stone chest. In 820AD, the son of the Caliph of Baghdad, **Prince Abdullah Al Mumun**, tunneled into the Great Pyramid anticipating great treasure. After finally working his way up to the King's Chamber, he was greatly disappointed to find the huge*stone chest (which is still there) empty. The purpose of the crystals and instruments originally housed in the stone chest included astronomical sighting/alignment functions and communications with the 12th Planet (using the moon as a relay station) as it approached Earth from the **Constellation Orion**.

* Sitchin relates in his book The Wars of Gods and Men, the eventual fate of the great crystals originally housed in the Great Pyramid.

Spiritual Preparation

Spiritual preparation should be addressed-even before physical preparations. **Spiritual growth** comes with the recognition that love and compassion for others (as well as yourself) is the most important thing in life. **Following the Golden Rule** ("Do unto others as you would have them do unto you".) and developing greater consciousness through **meditation** can open the door for spiritual awakening and permit contact with higher beings who will help guide you in the work that will be most beneficial to yourself and others during the difficult times ahead.

Marian Messages

For the past 200 years, The Virgin Mary has appeared to many individuals with warnings and predictions of future events. These apparitions have increased dramatically in the past few decades. While the catholic church has only officially recognized 7 visitations, there have been literally hundreds of multiple visits all over the world, many unreported by the media. The Blessed Virgin has specifically spelled out the increasing weather problems, upheavals, cataclysms, and pole shift with the resultant lost of life of the vast majority of the world's population in the very near future. She asks for everyone to pray and meditate for at least an

hour each day. She promises that God will aid those who ask for His Help and spiritually prepare for the earth's cleansing. **Annie Kirkwood**, an unassuming housewife, has been receiving regular visits from The Virgin Mary since 1985. The Blessed Virgin asked Annie to tell the world her messages of the coming changes. **I strongly urge you** to read her book: **Mary's Message to the World**. It only costs \$10. and is available in most bookstores. **Brad Steiger** has also recently published an excellent book on the Marian Apparitions. It's called: **Mother Mary Speaks to Us**.

The Government & Aliens

The United States government has actively negotiated with aliens since the **Roswell** crash of 1947. A formal treaty with the aliens was signed by President Eisenhower in 1954. **Majestic Twelve**, a powerful and secret committee, was created to liaison with the aliens and coordinate negotiated exchanges. In exchange for access to certain military and underground facilities, official denial, and non-interference with human abduction and animal mutilations, the aliens have given the US government:

- alien spacecraft and other high technologies
- provided transportation to **bases** set up on the **Moon, Mars**, and other planets
- access to alien telepathic/mind probe capabilities
- **time travel** and other advantages.

Over the years, numerous problems had arisen between the military and the group of aliens that the government made a pact with. Essentially, the government negotiated a treaty with the bad guys of the alien world-**Service-to-Self** aliens. This group lacks the honesty, integrity, and altruistic motivation not being their better known characteristics. Truman and Eisenhower were the last American Presidents to have complete knowledge of the alien activities and negotiated agreements. Today, a worldwide secretive governing elite, far more powerful or influential than either the President or Congress is running the show behind the scenes. The **New World Order*** (NWO), decides how much information will be given to US Presidents as well as the public. Anyone who defies them or doesn't play ball is eliminated; including U.S. Presidents (Kennedy). Here in the United States, Majestic 12 has known about the return of the 12th Planet since the late 40's and has taken many steps to protect their own, as well as the elite, wealthy, and well connected of the world. **Only the average American Taxpayer, who paid for all of it, has been left out of the loop.**

Alternatives 1, 2, & 3

In 1957 a world symposium on future development concluded that over-population and exploitation of the environment would result in the earth's self destruction by the beginning of the next century. By secret executive order, President Eisenhower commissioned a group of scholars know as **The Jason Society** to review the symposium's conclusions. They confirmed its findings and recommended three plans designated as Alternative 1, Alternative 2, and Alternative 3. **Alternative 1** was rejected because it involved the use of nuclear weapons. **Alternative 2 and 3**, however, were simultaneously put into place by both the United States and the Soviet Union.

Alternative 2 called for the construction of a vast network of huge underground cities and tunnels in which a select representation of all cultures and occupations would survive and

carry on the human race. These facilities have been built, however, there is concern today that these facilities might not offer complete protection for the government in-crowd. The Russians have already built enough underground cities to house 85% of the Russian population. They continue to build underground sites to this present day. The Swiss and many other wealthy nations have built similar underground cities to house their populations.

Alternative 3 involved the exploitation of alien technology to permit resettlement on off-planet locations. This included bases on both Mars and the Moon which have long since been in operation. In fact, when President Kennedy announced plans in his inaugural address to reach the moon by the end of the 60's, a moon base, with both American and Russian personnel on site, was already in operation (Kennedy was in the dark at the time of his announcement).

As a delaying action to population expansion, all 3 alternatives included recommendations for 1. Birth control, 2. Sterilization, and 3. **The introduction of deadly microbes to reduce or otherwise slow the growth of the Earth's population.**

*The New World Order (NWO)An extremely powerful **civilian dominated cabal** ,the **New World Order**, includes Majesty Twelve, The Illuminati, Order of the Quest, The Bilderberg Group, The Trilateral Commission, The Executive Committee of The Council on Foreign Relations, The PI-40 Committee, The Jason Group, The Club of Rome, The Group, The Royal Institute of International Affairs, The Open Friendly Secret Society, The Rosicrucians, The Brotherhood of the Dragon (or Snake), The Russell Trust, The Black Families (of Europe), Skull & Bones, the Scroll & Key, The Knights of Malta, the Illuminati arm of The Freemasons, and many, many other secretive groups.

FEMA

The **Federal Emergency Management Administration** (FEMA) was created in 1979 under Presidential Memorandum 32 authored for President Carter by Prof. **Samuel P. Huntington**, a Harvard professor and former FEMA Advisory Board chairman. Huntington wrote the Seminal Peace for the Trilateral Commission in the mid 70's, in which he criticized democracy and economic development as outdated ideas. As co-author of the book, Crisis in Democracy, the professor said: "We have come to recognize that there are potential desirable limits to economic growth. There are also potentially desirable limits to the indefinite extension of political democracy. A **government which lacks authority** will have little ability short of cataclysmic crisis **to impose on its people the sacrifices** which may be necessary."

Huntington's ideas were rewritten into **National Security Decision Directive #47** (NSDD47), which was enacted in July 1982 by President Reagan. Treated as a passing footnote by the media, this law identified legitimate areas to be upgraded to maintain national defense, but it also laid the groundwork for **Emergency Mobilization Preparedness**, a plan under which existing socio/economic regulations or **other legal constraints** would be **waived** in the event of a national emergency. This plan was further strengthened in **Public Law 101-647**, signed by President Bush in November 1990. What it boils down to is this: in the event that the President declares a **national emergency**, for any reason (from major earthquakes to increased international tensions or economic /financial crisis of any stripe), FEMA can then, at their discretion, implement **Executive Orders 10995 through 11005***. These Executive Orders permit a takeover by FEMA of local, state, and national governments

and the suspension of constitutional guarantees. **FEMA** will have the authority **to exert any sort of control that it deems necessary upon the American public**. A trained National Police Force, formally referred to by the name of **Multi Jurisdictional Task Force (MJTF)**, wearing black uniforms and composed of: 1. specially selected US military personnel 2. foreign military units carrying United Nations ID cards, and 3. specially trained existing police groups from larger metropolitan American cities. These members of the MJTF will implement and enforce martial law under the direction and control of FEMA. **The President and Congress are out of the loop.**

FEMA is the Trojan Horse by which the New World Order will implement overt, police-state control over the American populace.

*Executive Orders #10995-11005

The strategem of Executive Order allows the President of the United States to unilaterally create law without congressional oversight and approval **Thirty days** after signing an Executive Order, the order **becomes the law** of the land with the same force and permanence of any bill signed into law in the usual manner.

Col. James Ammerman (40 years as Army Chaplain) presented a talk to The Granada Forum (in southern California) on March 20, 1997. In this lecture, he outlined the details of **Executive Orders 10995-11005** as follows:

1. Executive Order #**10995**: Authorizes seizure of all communication equipment in the United States.
2. Executive Order #**10997**: Authorizes seizure of all electric power companies, fuels, fuel sources, and minerals (public and private)
3. Executive Order #**10998**: Authorizes seizure of all food supplies, food resources, all farms and all farm equipment (public and private).
4. Executive Order #**10999**: Authorizes seizure of **all** means of transportation- including personal cars, trucks, or any type of vehicle; Total control over all highways, roads, seaports, and seaways.
5. Executive Order #**11000**: Authorizes forced conscription of all Americans for work duties under supervision of Federal agents. This section also authorizes the splitting up of family units if deemed necessary by the government agencies in charge.
6. Executive Order #**11001**: Authorizes seizure of all health, education, and welfare facilities and their administrations (public and private).
7. Executive Order #**11002**: Empowers the Post Master General to register all men, women, and children in the United States for government purposes.
8. Executive Order #**11003**: Authorizes seizure of all airports and all aircraft, public, commercial, and private.
9. Executive Order #**11004**: Authorizes seizure of all housing and finance authorities and permits government agents to establish forced relocation sites. The government can declare any area of its choosing as "unsafe" and force the entire area to be abandoned of all persons. Authorizes establishment of new "relocation" communities; building new housing with public funds.
10. Executive Order #**11005**: Authorizes seizure of all railroads, inland waterways, and storage facilities, both public and private.
11. Executive Order #**13010** (New): This Executive order is entitled **Critical**

Infrastructure Protection. It established a commission made up of members from Federal government departments and agencies which will have greater powers than any body of officials in the history of the United States when an emergency is declared. This commission includes the heads of:

1. The Department of the Treasury
2. The Department of Justice
3. The Department of Defense
4. The Department of Commerce
5. The Department of Transportation
6. The Department of Energy
7. The CIA
8. The FBI
9. FEMA

Underground Cities and "Relocation" Centers

The government has built over **96** (known) **Federal Relocation Centers** with the majority located in Pennsylvania, Virginia, West Virginia, Maryland, and North Carolina. The operational hub of these centers is **Mount Weather**, a sprawling, multilevel city-beneath-a-mountain (containing the hardest granite in the eastern United States). Located 40 miles west of Washington DC in Bluemont, Virginia, Mount Weather was originally constructed in the early 50's under a civil defense plan called The Continuity of Government Program to house and protect the Executive branch during an emergency such as a nuclear attack. While its official title is **The Western Virginia Office of Controlled Conflict Operations**, it is most commonly referred to by its nickname, Mount Weather. Congress has repeatedly tried to find out what Mount Weather is really about, but has been stymied in that effort every time. The last attempt was by the Senate Subcommittee on Constitutional Rights in **September 1975**. Ret. Air Force **General Leslie W. Bray**, director of the **Federal Preparedness Agency** (FPA) which oversees the construction, maintenance, and daily operations of the Federal Relocation Centers, flat out **refused to divulge any information** to the Subcommittee's Chairman, **Sen. John Tunney** as to the "role and the mission..., or capability that we have at Mount Weather or at any other precise location". Mount Weather and the other Relocation Centers contain advanced computers with **data banks and dossiers on millions of Americans**. More disturbing is the existence of a complete parallel government in operation at Mount Weather including all nine Federal departments; Agriculture, Commerce, HEW, HUD, Interior, Labor, State, Transportation, and Treasury; at least 5 Federal agencies in residence: FCC, Selective Service, Federal Power Commission, Civil Service Commission, and the Veterans Administration; and a **President, with a full cabinet**. Former high-level officials from Mount Weather have indicated that this base is much more than a standby government facility and record storage center. It is, rather, a **separate government-in-waiting** which duplicates the functions of the Executive branch and the Cabinet. Protocol requires that personages be addressed as "Mr President" or "Mr Secretary", etc. Most of these mysterious appointees have held their positions through several administrations. In a 1974 Annual Report, the FPA stated that "Studies conducted at Mount Weather **involve the control and management of domestic political unrest** where there are **material shortages** (such as food riots) or in strike situations where the FPA determines that there are industrial disruptions and other domestic resource crises."

Foreign Troops training on US soil

- Col. Ammerman has stated that **today**, there are over **1.4 million foreign troops** stationed on US soil. The bulk of these troops are **German and Russian**. If you add in the additional foreign troops spread out in Canada and Mexico, the **total might exceed 3 million** (this figure **doesn't include** Canadian or Mexican military). These troops (not US troops) will make up the bulk of the **MJTF**, who will be the enforcement arm of FEMA.
- Our larger National forests are being declared off-limits to all citizens based on the excuse of protecting endangered species. Witnesses have reported seeing large numbers of foreign troops bivouaced and training deep in these off-limits National forests.
- Reports continue to circulate that US troops are engaging in urban control training in some larger US cities, like Pheonix, AZ between the hours of 2-5AM on weekdays.

Government Detention Centers

The government has been quietly building very large capacity "Relocation Centers" (especially in **Texas**) which in fact will be used as **detention centers** for Americans who are likely to balk at the government's imposition of a police state.

Can it happen? Can the United States become a police state?

Yes, because all the machinery, authorization, logistics, and personnel are in place for a takeover. Of course, whether it will happen is another question. However, it would be naive to assume that all these preparations are going forward for naught.

Emerging Diseases

There are newly emerging viral and bacterial diseases that the weakened immune systems of **millions** of people will be unable to fight off. The AIDS virus, Ebola virus, Hanta virus, Flesh-Eating Bacteria, and Gulf War Syndrome are likely the tip of the iceberg. Former Army nurse **Joyce Riley** has brought to light that over **15,000** US servicemen who served in the Gulf War have already died of Gulf War Syndrome (GWS). She has found that **over 200,000** family members of troops from the battlefields and missile attack areas have caught the same pathogen (**Mycoplasma Fermentens -Incognitus**) that has infected the Gulf War troops. Mycoplasma Incognitus is only **one** pathogen involved in GWS that has been identified by **Dr. Garth Nicholson**, a respected microbiologist located in Irvine, California. Nicholson has suggested that there may be as many as **15** different pathogens involved in Gulf War Syndrome. **It's contagious and can be transmitted through the air**. It's also incurable using orthodox protocols. Disease progression can be controlled, however, if the right antibiotics are taken early enough (the Bob Beck electro-medical devices discussed later can also offer you complete protection).*Remote Viewer **Ed Dames** has said on a radio talk show that the Gulf War troops were also adversely affected by a **drug** {pyridostigmine bromide}, that was suppose to protect them from Iraqi biological nerve agents. Dames claims that the drug reacted with air borne petroleum compounds from the burning oil wells and compromised the immune systems of these troops.

Overwhelming evidence continues to mount that the majority of these newer deadly pathogens-**including** AIDS-were **intentionally genetically engineered** to cross over to

humans hosts. Laboratories have been identified both inside and outside the United States where these pathogens had been developed. There are a number of books available on the topic, but *Emerging Viruses: AIDS & Ebola-Nature, Accident, or Intentional?* by **Dr. Len Horowitz** is a good place to start if you want the unsettling details.

The Zetas, working through their emissary Nancy, responded directly to a question that I posed concerning the genesis of the Gulf War Syndrome. In an e-mail response dated Sept 30, 1997, the Zetas said that the **US government intentionally inoculated our troops with the pathogens that cause Gulf War Syndrome**. Their verbatim response follows:

(Begin ZetaTalk[TM])The Gulf War Syndrom is a direct results of infection injected into the servicemen under the guise of immunizing them. The deliberate exposure of these men to biological warfare elements and burning petroleum was to disguise this infection. As has been noted during investigation of the causes of Gulf War Syndrom, the officers in charge were many times deliberately lax in enforcing safety measures, which was NO accident. The CIA, as with most of the deliberate infection of what is termed undesireables by the New World Order, was at the fore in this escapade (italics mine, RB). The purpose of this mass infection of unsuspecting foot soldiers was to measure the rate and speed of debility, which has proved disappointing to those who would eliminate large blocks of the US population ahead of the cataclysms. As might be expected, these blocks would be inner city blacks and Hispanic populations, considered aggressive and/or unproductive by the elite... (End ZetaTalk[TM])

The Zetas have reported that **Africa and South America** were targeted for takeover by the CIA with the help of Service-To-Self aliens in the late 70's and 80's. The AIDS and Ebola viruses were suppose to wipe out most of the populations and pave the way for surreptitious domination and exploitation of these continents. The AIDS infection went as planned, but the Ebola virus infection proved too deadly even for its CIA handlers, who were being killed by the virus faster than its intended victims. The project was abruptly abandoned!

* **Remote Viewing** is an information gathering technique developed by the military during the 70's and 80's for espionage work. Using teachable protocols, the remote viewer can tap into what psychologist Carl Jung called the collective unconscious. The collective unconscious can be thought of as a memory vault of all events and thoughts from any point in time (past, present, or future) that pervades every part of the universe. The **concept of linear time and space do not exist** outside of our 3rd density (normal) perception of reality. Time is an illusion created by man for his convenience, but does not exist in the spirit realm. As difficult as the concept is to grasp, all thoughts/events exists simultaneously in what some have called the **Spacious Present** (ref. Jane Roberts/Seth) of the collective unconscious. If you develop the ability to tune into these frequencies, you can experience the event. All humans are born with the capability of tapping into the collective unconscious. We only lack training. Deep mind probes of targeted individuals, in order to ascertain intention, attitudes, etc. are also possible with remote viewing.

Health Concerns

Big health problems are looming on the horizon. New deadly pathogens are going to emerge from **two areas**:

1. DNA mutations of existing viruses, bacteria, etc. into more virulent forms caused by unique forms of radiation being released from the earth's core by the approach of the 12th Planet (Z). Signs of increasing and widespread DNA mutations among vulnerable organisms began to show up last year with many reports of **Frog Deformities** (some fish, salamanders species as well). Numerous newspapers covered the story, especially in Minnesota. Time and Newsweek magazines covered the deformities as well. Recently, new reports of a deadly outbreak of **Red Tide** (May, '97) which caused major fish kills in North Carolina and South Africa. The traditional algae responsible for Red Tide is *Gymnodinium breve*, but a new pathogen dubbed **Pfiesteria** is responsible for these new outbreaks which adversely affects both fish and humans.

2. Biological warfare efforts utilizing **genetically engineered pathogens**. Intentional biological assault against Americans might originate from two sources: one domestic and the other foreign. A) The **domestic effort** is an attempt by **to reduce the US population by at least 55%** (recommended in a 1955 Council on Foreign Relations (CFR) report discussed by Dr Len Horowitz in his book, *Emerging Viruses*).

B) The **foreign effort** might come from **Islamic terrorists**. A chilling narrative presented by **Larry Harris** at the Global Sciences Conference, Tampa, Florida (April '97), outlined a sabotage conspiracy by Iranian Islamic fundamentalists to disperse biological pathogens in major US cities.

Precautions to Take

Avoiding all vaccinations from any source is a basic precaution that everyone (young & old) should take. Stocking up on Tetracycline-type antibiotics (which can be obtained without a doctor's prescription at animal feed stores) or obtaining Blood Electrification and similar electro-medicine devices will give you an effective means to fight off these deadly and fast moving agents, which would include **Anthrax** and **Bubonic Plague**.

Health Protection

In order to have the strength to fight off these pathogens, you have to build up your immune system. A strong immune system is built upon a truly healthy diet, free of contaminants (see Immune System below). Low cost, but effective devices like **Dr. Bob Beck's** Blood Electrification Device, Cold Plasma Ozone Generator, Colloidal Silver Maker, Magnetic Pulser, and other new electro-medicine designs utilizing **Nikola Tesla's Scalar Wave Technology** can save your life (write for more info if interested). These devices offer the promise of more protection and curative abilities than conventional pharmaceutical protocols. Other things to consider for parents with young children:

1. **Avoid all vaccinations.** This is hard to do because doctors and schools etc. insist on them, but parents do have **the right to refuse** and can tell schools that they have religious reasons and sign a form to that effect. The vaccines are contaminated with multiple, animal viral/protein particles that will **weaken** the immune system, and can predispose the child to succumb to later diseases (including SIDS and other mystery fatalities). **Viera Scheibner**, an Australian physician, makes a convincing argument in her book *Vaccinations: 100 years of Orthodox Research* shows that Vaccines Represent a Medical Assault on the Immune System that the widespread use of the **Diphtheria** and **Small Pox** vaccinations of the late 19th and

early 20th centuries compromised the immune systems of many Americans (and their offspring) who later succumbed to the **Polio Epidemic** of the 30', 40's and 50's. Remember, the Polio Epidemic only occurred in the United States! There are dozens of well researched books on the dangers of vaccines. Finally, young children **don't need Hepatitis shots!** They are at zero risk. The Clinton Administration is trying to snow the American public into believing that all school age children will benefit from a Hepatitis shot. They are using the tainted raspberry/strawberry scare to promote their agenda. **Don't believe it!** You have a much greater probability of succumbing to a disease condition related to the vaccine rather than the dying from the disease the vaccine was designed to prevent.

2. **Don't use cow's milk:** For babies, Breast feed if at all possible or use **organic goat's milk** if not possible. After 2-3 years of age, humans don't need milk. Fats, minerals, and proteins can be obtained adequately from non-dairy sources. Remote viewer Ed Dames has said on the Art Bell talk show that many young babies will die in a few years because of an AIDS-type virus infecting cow's milk. I have no way of knowing if that's true, but Dames did predict the frog deformities in May of **1995** and the deformity reports began to appear in late Summer **1996**.

3. It would be wise to **avoid** eating **beef**. I heard the President of the Cattlemen's Association, during the height of the Mad Cow Disease stories coming out of England (1996), assure TV viewers on the Oprah Show that there was **absolutely no chance** that US beef could be infected with Mad Cow's Disease. I happen to know different. I heard one woman describe how her brother came down with the symptoms of Mad Cow's Disease within **4 hours** of eating beef and was taken to the hospital the same day. He became raving mad the next day and **died 2 days later**. This disease can move **very** fast. Animals die in a similar manner.

The Immune System

It takes time and effort to build up the immune system, so why not take my 15 second health & nutrition course right now? First, **get a juicer** and use it; **Eat** organically grown fresh plant foods {vegetables, nuts, seeds, grains, brown rice, legumes, fruit, garlic, kelp, ginger, etc.} prepared with an absolute minimum of cooking; **No** meat {fish OK if you need animal protein}; **No** dairy; **Avoid** all forms of sugar, artificial sweeteners, refined carbohydrates or fried foods, soft drinks, alcohol, snacks, cakes, pastries, ice cream, hydrogenated anything, or cooking with heated vegetable oils; **Obtain fats** from plants {**flax seed oil, Olive oil**}, nuts, and **cold water fish oils**; **Drink daily** at least 8 glasses (12oz) of distilled or reverse osmosis water, 1 glass each of colloidal silver and ozonated water; **Take daily** vitamins, minerals, antioxidants, and tonic herbs; **Exercise** and **meditate**.

Survival

Consider the exponential increase in **strong earthquakes** (over 6.0 Richter) in 1997 alone around the Pacific Rim: China (January), Indonesia, Mexico, Ecuador, Peru, Costa Rica, Aleutian Islands, Japan, Iran (May), Pakistan (May), Marianna Islands (May), Bangladesh (May), the list goes on and on. Observe the **increasingly bizarre weather abnormalities**: tornadoes in Arkansas and Kentucky in February; heavy flooding already in many western states in late February/early March '97; 53 foot over-flood height of the Red River in North Dakota and Canada in mid-April; a never-before-recorded 12' wide tornado/waterspout along Miami Beach's hotel front area (May). Grapefruit sized hail from thunderstorms occurring 4

months too early in the season. These unusual weather patterns will continue to increase in frequency and severity. **Large scale crop failure is inevitable** .

Obtaining food and potable water will become the biggest concern for survival within a few years. Widespread food shortages will lead to an **economic tailspin**, growing **civil strife**, and eventually **food riots**. This would intensify breakaway efforts by militias and other sovereign-minded groups (E.g... McLeran case in Texas). Harsh government crackdowns might lead to Waco type disasters and a further increase in anti-government sentiment. **Martial law** will be declared when things begin to get out of hand. When that happens, **you can throw the Constitution and the Bill of Rights out the window**. You won't be needing them any more.

History has repeatedly shown that as an economy goes downhill, **paper money** at first inflates and then becomes valueless when stock markets collapse. Precious metals will probably continue to be an instrument of currency as past history has shown, but **bartering** and **food exchange** will undoubtedly become the principle means of goods/service exchange for most folks. People will have to fend for themselves. There will be no other choice.

Location Planning

The general, pre-cataclysm survival strategy should be to **move inland** (if you live near the coasts or large bodies of water), to **higher ground** (at least 700 feet, but preferably thousands of feet above sea level), to an area that is **relatively remote** and located **between two mountain ranges**. This allows you a mountainous barrier from tidal waters and a wind barrier from both directions. Shelter will have to be built **underground** in remote areas in preparation for the major cataclysms of 2003. Initially, accommodations should be planned for a small core group of builders/settlers, but it will be necessary to plan on expansion facilities to accommodate wandering refugees after the major upheavals occur. Camouflage and defense strategies against violent marauders need to be in place, but some sort of aid for innocent refugees must be taken into account.

Free energy devices should be explored with the greatest expediency, but conventional electricity production could take advantage of the perpetual high winds (post 2003) by using **wind generators**. Solar power probably won't work well because it will take some years (perhaps 10-20 years) before the atmosphere settles down enough to allow full sunshine to penetrate again (the Biblical references to Moses and the Israelites "wandering in the desert for 40 years" and walking through "the Darkness in The Valley of Death" allude to this darkened period (consider this: is there any logical reason why Moses would be wandering around in the desert "lost" for forty years?). Hand tools for work/repair should be the rule. Multiple-year supplies of long term storage food should be stocked as a backup to in-house food production strategies. Very few will have the resources and strength to survive as single family units. **Group strength allows a higher probability of survival.**

The web site, **Troubled Times** (<http://www.zetatalc.com/thub00.htm>) provides plenty of information on survival techniques with links to other survival sites. It's a source of invaluable information and ideas.

Crop Failure

As the weather anomalies continue to escalate, sporadic instances of crop failure will gradually rise between now and the year 2000. Crops will not only be destroyed by flooding and droughts, but unexpected freezing and frost conditions will kill off flowering buds in many instances as well. The Zetas point out that the worst crop failures will occur in the **3**

years prior to the Pole shift in 2003. Self-contained, self-sustaining food production facilities need to be put in place before the major upheavals.

Some ideas for post-cataclysm food production include hydroponically grown vegetables, fish tanks, harvesting bugs/worms for proteins, and green algae (E.g. Chlorella) for chlorophyll and amino acids, etc. Purchasing and caching of long-term survival rations should be implemented **now**.

The Clock is Ticking

There isn't a lot of time to prepare. Food production and supply problems might begin to show up in the later part of '97 and become more acute as we approach the turn of the century. Bizarre weather anomalies will abound. Tornadoes and hurricanes will escalate in frequency and severity. New plant diseases might show up which would further reduce food availability. These crop-related calamities will act in concert to drive up food prices. The media will explain it away as solar flare activity, ozone depletion, increased ultraviolet (UV) light radiation, etc. However, each succeeding year will be progressively worse than the previous on all fronts: including food availability, bad weather, the economy, etc. Rapid increases in the spread of infectious diseases, and worldwide epidemics will affect millions of people in the near future (Note: over 18 million died from the Spanish Flu pandemic of 1918). By the time 2003 rolls around, most people will be struggling to just survive. For most, any thought of escaping big cities and beginning the arduous task of setting up a remote, self-sustaining, protected living environment will be next to impossible. **In order to survive, people need to prepare ahead of time to survive underground for a number of years following the cataclysms.**

When food supply problems start showing up, the economy will go south and things will go downhill from there. Folks lose their jobs, inflation goes through the roof, and people start getting desperate. **You don't want to be scrambling at the last minute.** Most people will act panicky and the situation (even to travel) can become dangerous. Make provisions **now**. Spend your money **now**, while it still has buying power. It will also be necessary to take steps to improve your nutrition and build up your immune system **now**, before the disease outbreaks occur.

(Contact me if you are interested in more information about joining up with groups who are planning to survive the coming difficulties. I'll probably be putting out a newsletter in the near future to keep folks updated)

Zecharia Sitchin & Immanuel Velikovsky

Concerning the origins of the human race and the earlier make up of our solar system, **Zecharia Sitchin** and **Immanuel Velikovsky** have been prophets in the wilderness. Sitchin has published 7 books chronicling the story of the Anunnaki. 5 books are part of a group he calls *The Earth Chronicles, as well as Genesis Revisited, and Divine Encounters. Sitchin presents **strong archaeological** and **ancient text** evidentiary support to the thesis he puts forth in The 12th Planet: namely, the Anunnaki /Nefilim were, in fact, the gods of Greek; Sumerian; Egyptian; African, and Indian Mythology. So called Mythological gods were in fact, **real living aliens** with advanced technological capabilities, superhuman physical prowess, and were capable of living very long life spans. The power struggles, conspiracies,

betrayals, jealousies, rivalries, etc. which ensued among these gods while they occupied Earth constitute the tales of mythological lore.

Immanuel Velikovsky was a Russian writer/researcher who was belittled by the orthodox scientific community (led by **Carl Sagan**) in the early 50's for his theories about the earlier planetary configuration of our solar system and the unmistakable evidence of cataclysmic upheavals and previous Pole shifts here on Earth. Today, corroborating evidence by many other investigators (E.g. **Charles Ginenthal**) has shown that Velikovsky was correct in the majority of his theories. Velikovsky's books include *Worlds in Collision* (1950), *Ages in Chaos* (1952), and *Earth in Upheaval* (1955).

***The Earth Chronicles** refers to a group of 5 books by Zecharia Sitchin:1. *The 12th Planet* (1976)2. *The Stairway to Heaven* (1983)3. *The Wars of Gods and Men* (1985)4. *The Lost Realms* (1990)5. *When Time Began* (1993)

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