

Gilles Morand

Healthy People,



Healthy Planet

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Canada: www.amazon.ca (*also Kindle books*)

Mobile Phone: 514.452.9605

Email: gilles@canbec101.com

Blog : www.canbec101.com

Florida french E-Zine, USA : 1- <http://destinationsoleil.info/meli-melo/gilles-morand-2/>

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This book is dedicated to Marcello Chiocchio, for his support over 38 long years.

Furthermore, I also dedicate this book to all individuals who possess the courage of action, in order to save the earth and all of mankind; to every member of ecological MLM's and their customers.

You are all co-creators!

Prelude to change minds and mindsets

In this new century, a new human consciousness manifests itself with individuals knowledgeable in regards to our planetary evolution and human collective consciousness or mentality where the majority of people predict a change in the size of the planet, within the first half of the twenty- first century. This change is intimately linked to the impact of any individual on their surroundings and on the earth as a whole. Spiritual life is in full swing after the first quarter of the twenty-first century. However, to adapt to change, it is up to each of us to prepare the ground, in order to reduce the negative impact of the transition between the beliefs of our current era and those of the era about to begin. The old concepts will give way to new, but it remains that we must leave behind what is accepted as evident in today's society. The Mayan calendars and prophecies were right! Co-create! We are living a time shift in our evolution today that give us the power to change the world!

A large force is deployed right now on Earth. A brand new energy which aims to raise awareness of the new people, and Multi-Level-Marketing (MLM), is making its way into the hearts of every human. Indeed, if we meet the challenge of health and human survival head on, we will achieve a milestone in our spiritual evolution.

Caution:

Wanting the good of all, notice the following text can be a bit overwhelming to certain readers. Due to the indifference that too many people present concerning the movement promoting the preservation of the natural environment, it seemed important to use words that shake the conscience. It is important that all be vigilant.

Introduction

Life and everything that is living matter (mineral, vegetable and animal) is filled with energy. Man is fragile living matter and what we sometimes do to our body can lead to an energy imbalance. The body eventually recovers, but not always according to the original energetic order.

This is why being centered; having both feet on the ground aims toward a more balanced system.

In other words, modern life molds humans into fixed habits that keep them distant from the essence of living and to taking control of such requires, above all, the profound desire to change something in one's life. Discovering our interior selves is the most natural thing there is and we are all faced with this concept at one point in time or another - to the consciousness of our body, our emotions, everything that determines identity is in fact a part of us all. Understanding how our interior self recovers provides benefits to the overall unity of (Mind-Body-Soul) Body-Mind-Emotion and permits humanity to evolve, to grow naturally. Social consciousness has taken us far and away from our true self and it is important to find a controlled energy balance, to demystify the role that life has given us. Therefore, let us choose to live and attain the balance of universal energy which is within reach by everyone and every living creature in the world.

In humans, there is no good or bad energy. There is only good energy or poorly directed energy. Energy is intelligent and its purpose is to maintain and regenerate life. When energy is flowing and nothing impedes its flow, all is good. But if it is slowed down or blocked - problems that may arise; discomfort and varying unpleasant sensations, if the blockage is not remedied may even cause disease in the long run.

Awakening towards a self explorative adventure is the positive result of the initial outbreak in wanting to "know yourself" for a permanent energy balance. Right now, you are at the bottom of the ladder to your destiny, of your interiority. Experience life's best and keep in touch with who you are ... to evolve and use all our energy in order to live in harmony with nature (in all its forms) and in our everyday life.

Without this philosophy, the human race has tendency to rush and eventually things go to ruin. However, we need only take a look at our planetary ecological situation (the greenhouse effect etc.)... Never forget that since the appearance of life on earth, man is the one species who best knows how to escape the curse of destruction and decay. Man knows they have to survive and improve their actions before the full uproar sets in. Man must unquestionably be "human" foremost and evolve on the side.

It's hard to evolve naturally! We must change our bad habits. Sure, the will to succeed in climbing the rungs, one by one, of the evolutionary scale, pushes us to work towards acquiring better habits necessary for our overall happiness. It is a personal adventure and yet inevitable for our personal well-being as much as for that of the earth. You see, no matter whom we are, each of us is responsible for their life and their own means in moving forward. Energy tamed, be it through any technique of self-exploration, ignores all race and all color. It has no particular religious belief or preconceived ideas about anything that encompasses the human race.

It has been said: "Know thyself" - and that's the key to our successful transition within the review of lives meaning, in order to strengthen our ego, self-confidence and humanistic consciousness.

Tamed energy is also known as energetic balance (Mind-Body-Soul), (body-mind-emotion), in harmony. All energetic techniques used in the discovery of your inner being as well as within the will to move forward, or, exist in order to make you an overall healthy and balanced person, in all respects.

I want you to recognize this tamed energy for life is a wonderful adventure...

Beware of any scientific discoveries (Space Telescope, agricultural satellite, GPS, laser, etc ...) that enable new ways of seeing nature, or anything else that needs to be harmonized with old concepts - as they seem outdated in terms of achieving better balance.

Science is the ultimate Cosmic Intelligence; therefore the ultimate science is Nature.

Obviously, keeping your head above the clouds in order to have a better overview of history (like the eagle, symbol of evolution) and your feet rooted to the ground (like the tree, symbol Life) are given to us. The twentieth century, with all its wonders, is far from having invented and explained such concepts. In fact, everyone must find within themselves, the courage to open their eyes and look beyond their fears, reacting through these actions by pure faith or established belief. If it was possible for Einstein to catch a glimpse into a universe that no one prior to him, then maybe other secret universes await someone like you - humble enough to transmit the beliefs to mankind. Overall, it is possible for you to achieve a very useful act. The best is yet to come! "Everything will work out!" - This is a message from above! From the spiritual world!

Have you ever wanted to break through the retaining bars and destroy the walls of your mesmerizing cultural prison, imposed by society? Have you ever had the desire to allow the wonderful secret within yourself - the Serpent of Wisdom - to bring forth your awareness concerning the confines of space and time?

The Effect of Pollution on Ecology

The Real Planetary Situation: www.homethemovie.org

In the year 2000, the United Nations asked scientists, in general, what means they proposed for recreating balance between man and nature, to stop the destruction stemming from exploitation and pollution. The response from the scientists was very clear: "The new way of doing things is our old way".

For example, you may ask any indigenous people (aboriginal of any nation) exactly how their traditions managed to survive the unbelievable scourge of a five hundred year domination, controlled by the white man. The responses will all be similar - they were capable of respecting nature by avoiding its destruction. This specific answer is the same that was provided to the white man, entrepreneur-exploiter and polluter, who asked how to remedy his mistakes.

In April 1994, a white buffalo was born in Jacksonville, Wisconsin. For a bison, being born white appears to be completely impossible. In fact, this is so rare and considered so extraordinary that this occasion is actually unique in history. Furthermore, this special bison was advertised and publicized by Indian elders. This animal, born of another color, is also the symbol of the changes that lay ahead.

Hey! Yes! Aboriginal Indians of the world were persecuted, massacred for a total disappearance of a horrifying 96% - all because the white man wanted to occupy their territories. In the US, sixty million aboriginal people diminished into a mere 800 000 souls. However, these said individuals

know the answers to our world's questions and are willing to save the planet from devastation at the hands of the modern man, thanks to their traditional and overall respect for nature. This is the case especially for the traditionalists. The planet is like a mother who bears all life; this is why everyone must respect it. In fact, if we do not put a stop to the exploitation of the earth's tropical rainforests, the oxygen supply will, without a doubt, drop to a slim 50%. Yet, there are thousands of acres of such forests destroyed each day, equivalent to about three million hectares per year. This is nonsense! Further still, what about our western boreal forest cuts for lumber, construction and paper? Or concerning the disappearance of animals? More than a thousand species physically and completely disappear every year. How about what of commercial overfishing? Every year whales wash up on the beach due to changes within the magnetic field. How exactly is such killing, slaughter for exploitation causing pollution and disorder within nature? Since the human body consists of 80% water, this means that contaminated rivers, lakes and oceans is an overall warning sign for the extinction of human beings. In fact, this is what the American Indians and Aboriginal elders are willing to state concerning the violation of the earth over several centuries

Did you know that April 22 every year is Earth Day? This date has been well defined and distinguished in the global, traditional calendar. To remember this important date, where we are asked to perform a single action that benefits the world's environment, we should write "in relief" on the calendar. This is undoubtedly very important. Indeed, the earth goddess Gaia is alive but sick, because she is under the attack of a denatured whack. Gaia's life is our life. We are in danger of death. Man must respect life in all its forms (mineral, vegetable, animal). The smallest blade of grass is as much a form of living life as the largest tree around. The survival of humanity depends on respect for all life, and this, at a global level. Life on our planet is not guaranteed indefinitely.

This means that whatever happens, every action stemming from every individual and business is important to the environment. Everyone must do their part! Eliminate the process of destruction to our planet!

What to do? First, think holistically. This means to establish harmony and balance between the body-heart-brain. In short, practice love and compassion throughout life. Then physical action: recycle! Finally, evolve intelligently, so as to maintain people's health and promote ecology, in hopes that a future will be ensured across this majestic blue planet.

When will society function with motor vehicles run by something other than oil - this decaying, fossil fuel? Society appears to await NASA and other such companies that are deemed responsible for marketing a hydrogen-like fuel that would, apparently, allow cars to produce exhaust as pure as the air of the North American Rockies. Some predict it will be hydrogen; but when? The question can be answered by asking and mercantile companies and the individuals exploiting the resource, which expect the depletion of oil stocks to lead us into this new and revolutionary era.

Plastics, especially those that are not recyclable, are here to stay for several more generations; they are petroleum-based, oil pushing countries to kill to get it. And soon, ethanol, derived from corn or sugarcane, Will be the fuel used by the industry and by the individual for his car. Did you know that the biggest air polluters, apart from the industrial world, are cars? There are 650 million motor vehicles currently in circulation on the earth. This is enormous! And China, which once prized the bicycle, now wants cars! Don't you think we need to find ways that will produce no pollution, or almost none, for less? Protect the environment! How soon will we have electric cars?

They are coming soon! Solar electricity currently seems too costly to transform the consumer's daily transportation. However, Japanese and Quebecers have developed an electric car engine that can replace motor oil and be put into your old car... recycle! Wow!

Since the emergence of life on Earth, human intelligence has had to deal with all kinds of plagues. So every time, DNA, intelligent living matter which we are all the result of, has always triggered new connections in the human brain, allowing humans to solve their problems and access a new stage in their evolution. Indeed, the number of brain circuits accessible through our nervous system is 8. It's step by step that man explores the 8 brain circuits and uses them to ensure learning of consciousness within the community. For example, man learns to walk before learning to write. Among the completed pillars of learning for man, we must mention overall development. In this regard, the collective consciousness of humans has a positive impact on behavior. For example, when humans learned to give importance to others; society quickly took advantage of this openness towards others. In turn, man learned from others, there were human exchanges. Which makes it new. So every era has its own share of discoveries. It then comes as a revelation that excites and motivates the human. There are people, and their number is growing, that are smart enough to have figured out concern for the future of humanity: love and compassion for others and energy from the heart. Achieving this love and compassion and, consequently, changing minds will soon be a reality for all. It's just a matter of time. www.solar-revolution-movie.com

The grandest field left to discover is space. Is it within reach? Go for it! Is it not? Gaia is dying as the number of whales in the ocean and the ozone layer decrease dangerously. The ice caps are shrinking. This causes several problems on Earth. For example, we see that there is an increase in

skin cancer and the global temperature is rising by one degree Celsius per decade - instead of one degree Celsius per century, as was the case before the industrial era. However, the stratosphere around the planet will balance this problem in this century. Consequently, we must all adhere to environmental protection, marketing through ecological networks. We have to ensure the avoidance of giant tanker accidents that dump oil slicks into the sea, destroying the flora and fauna up to thousands of kilometers away. When will the bottom double-hull tankers be recognized as killers? And what about derailment on railways and those long freight trains full of chemicals? They pose a deadly risk to the surrounding population and a potential menace to the underground water layer.

Now that nuclear arsenal begins to be reduced, will this serve only to protect us from the giant meteor heading towards our planet? This is its only ecological benefit, aside from the guard, as policy, a territorial and ideological persuasion tool (the United States and North Korea for example). Hundreds of nuclear submarines are rotting at the bottom of the Arctic Ocean right now. What are governments doing?

Furthermore, nuclear waste deposited in supposedly-radiation-sealed-containers has long been downright thrown overboard in regular or lined barrels. Think of the multitude of tankers that spill on the road, due to liquids that unbalanced the center of gravity. These accidents leave it up to the environment to drain the oil, which is very harmful. Think even further about cracked nuclear power plants, ruptured and perforated oil and gas pipelines of the former USSR? Finally, do all authorities themselves carry the medical waste uniquely in such appropriate incinerators?

Despite these obvious facts, there is a certain correction to be made. While most cities use their sewage and garbage systems appropriately, they would certainly have had better control on the impact of slag to the environment. When will Japanese plants be put to use to filter contaminated water and make it drinkable without chemicals? Other actions should and can be taken. Today, we recycled pulp and paper, glass, plastic, metal, as well as many electronic parts. Hydroelectric megaprojects, left without antiterrorist surveillance, are drowning the wild lands, producing nitrogen and methane in the air and are central causes of pollution. We like to say that Quebec produces clean energy. What an aberration! When will wind farms proliferate? When will we recycle the roads of Quebec, which are in such poor condition? Why not build them from old recycled tires mixed with asphalt? In this case, they could serve towards something useful - instead of rotting in municipal dumps. The budget for repaving the roads was set aside twenty years ago and even enabled the political party of the time: promoting their ideals and enforcing their brainwashing. However, the current states of the roads in Quebec appear to be postwar. Think green or die! The future of the human being has arrived!

As was already mentioned, the last area to explore is space. No one doubts the potential it offers to researchers and scientists today in order to study and observe the planet, to find the means to survival. Steven Hawking, an astro-biologist suffering from sclerosis, states "humanity is so attached to technology that will self-destruct, extinction of humanity towards the year 2,045". See www.tinyurl.com/futurproche



People in Harmony with Nature

See you in this picture!!!

The Future of Humanity

Assuming that the universe is filled with hundreds or even thousands of inhabited planets - all with different and intelligent life forms - we can then hope to contact these life forms in order to communicate and live together in love and universal peace? Yes! However, too many people are afraid of such visitors from space, as they are already aware of our destiny. If we take care of the environment, in due time, these extraterrestrial species will ensure our survival; only then will intervene at our request - because they require us to show them that we care for our earth.

We, as a society, will take a huge step forward and perhaps even save the planet - if time allows us to do so and depending of course on the state of our planet. We may even access outer space. This will prove that life on earth has earned human respect and can therefore be perpetuated. If we take increasingly ecological actions and secure them for our health and the environment, then our closest neighbor will benefit. Do not forget that we just might suffocate in our own human folly.

Does this mean that if the planet continues to deteriorate due to stupidity of the man, will the only solution be to gather all the scientific knowledge? Does this mean that therefore, only astronauts and wealthier people are qualified to colonize space? These are not the specific words in the air. These space colonies will perhaps emerge faster than we had planned. I believe that living in space is the only inevitable solution for the survival of the human species.

We know that a star, like our sun, has a service life of at least five billion years. Our solar star, the earth, survived for about four and a half billion years. That leaves five hundred thousand years before it becomes a red giant and super nova. In other words, our planet will in fact explode,

resulting from its race against time. There is no doubt that before this happens; a planet that is closer to the sun, younger and likely to produce life will first be discovered, ensuring the survival of the human species.

Humanity is doomed to leave its current nest. Which generation is bound to experience this fabulous adventure? Maybe in a hundred years, but time is our best asset for now. The balance between man and his natural environment should be sought at all costs. Everyone must do their part to improve the environment. Humans, because of their consumption of toxic household products, small and medium enterprises and multinationals businesses, due to their enormous amount of pollution, must act immediately in order to keep our environment healthy. We must take charge of hazardous waste, recycling, and all other related issues! Only 17% of household waste is recycled. Consider the preservation of the environment and we will see the result: human survival and long-term planetary for generations to come. Let's be careful with the choices that are currently available to us! Nature, Gaia and science have always given good advice to those who can hear them - use this advice wisely. Operate as humanely as possible, while respecting life for what it really is: fragile and intelligent. Use ecological household products that are biodegradable. Clean up a sector of wooded land to facilitate the transitional age of 2012-2017 which will last about three months. The new planetary vibrations will settle in and the outcry will flow towards the cities. Certain religions, ignorant and gullible concerning the Apocalypse, believe that what is currently happening is the end of the world. In fact, this is the end of the world - however, it is also the birth of a new one. This is what many authors call the 'transition of ages' - or the announcement of thousands of more years of peace on earth. Hurry up! Open your heart! www.heartmath.org

Our role towards our good old' planet earth is to ensure universal harmony. Never forget to keep our planet healthy. The human being (man, woman, child) are all affected by the environmental and technological changes. Respect nature! Furthermore, in this modern and decisive time for human and spiritual evolution, the earth will store all information. We are all born from Gaia - our Mother Earth. There remains only fifty years for humans, according to environmentalists, to initiate the necessary worldly turn of action. Otherwise, it's simply the end of the human race. This would sum up to a lack of drinking water and food at the global level. The colonization of space is the only intelligent solution to our survival. What happens to the Kyoto agreement and protocol abatement of greenhouse gases?

SETI (Search for Extraterrestrial Intelligence) Search for Alien Life

On the 12th of October 1992, NASA (National Association Space Agency) Carl Sagan, an astrobiologist speculated that within the past 10,000 years of modern history, we had at least one visit from extraterrestrial species. At this same time, NASA commenced a research program where two giant radio telescopes were located in Green Bank, USA, to monitor any extraterrestrial life on other planets by capturing radio waves from exterior solar systems, revealing the existence of other intelligent life - be them similar or different to ours. The reason is that the scientific world, given the vastness of the universe, has awakened and no longer believes that human beings are the only inhabitants. Today, over 1000 such radio telescopes are directed towards the stars.

When Charles Lindbergh performed his legendary flight, his assumption was that he was capable of reaching Paris, by crossing the Atlantic Ocean, nonstop. The main hypothesis of the US space research team being to prove that man can reach cosmic space continuously at will. What is the reason for the importance of space exploration? The main reason is the current overpopulation of the earth. Indeed, such overpopulation of the planet will become insoluble problem in just a few centuries. From 1950 to 2016, the earth's population increased from 2 billion to 7 and a half billion people. According to statisticians, the world's population will reach 8.7 billion people by 2050. In other words, this means that there will be approximately 335 people per square kilometer. According to NASA, this then threatens worldwide hunger. We must not forget that if this happens, the eventual consequences are inevitable.

Listen to the gospel*. It reads: "Eat only when the sun is at its highest point in the sky and a second time when it is lying. So you will never see disease, because those conducting this kind found favor rest in the eyes of the Lord. And if you want the angels of God to rejoice within your

body and Satan fled far from your soul, in this case, do not take up a seat more than once a day at God's table".

The Japanese say: "Rice is Buddha". Dieticians advise us to eat three meals a day. What is important is to eat every day.

"Darkness and light are both of the same nature; the difference is only apparent, because each is born from the source of all" --- Extract from the tables Emerald of Thoth. ---

* SZÉKELY, EDMOND "Ancient Aramaic texts and Slavonic, Lausanne, Editions Pierre Guémillard 1975, 170 p.

We believe that humanity will one day settle on a planet like Mars, and it will adapt to the climatic and physical conditions of this planet - in the same way that the Inuit would adapt to the climate in Egypt, if they were ever to be transplanted there. The greatest quality of man is the ability to adapt to all life situations. One day, gigantic spaceships will shuttle between planets where we live with our children, and the children of our children. New planets are conquered and welcome each other as they did in the past, like America and Australia for example. This is the overall objective of space research: to offer future generations a chance at survival. Losing interest in the conquest of space is to condemn future generations into perish and hunger.

Here is the Drake equation by which NASA is based and further utilizes in order to support its claims and prove its case: Only our galaxy, the Milky Way, will host an approximate 10 000

advanced extraterrestrial civilizations. Do they have something of supreme importance in relation to us? According to galactic law, these civilizations cannot interfere with us - at least not without our consent.

Research is not all esoteric, nor does it relate only to savvy specialists. For example: explorations on Mars. Even those who feel that they have no responsibility in relation to humanity can not ignore the fact that the only reason humanity has not undergone a third world war is thanks to and through such research. Indeed, is it not the fear of total destruction that prevents major powers from deciding, but the material and ideological differences within a nuclear war?

We often hear that we should invest billions of dollars into developing countries who turn towards spatial research. This view is highly questionable. Obviously, the working masses of the Third World have already become the slave of multinational companies. This is due to poor and underprivileged countries seeking to live the industrialized and comfortable life of the Western civilization.

A myriad of beautiful human experiences await healthy and evolved people - or individuals intending to become so throughout their present life. I can hardly reveal what awaits these people, because, honestly, I have no idea. It is personal to each individual. Saying we will save the planet will lead us towards saving the planet. Everything will work out, - this is a message spread by all optimistic researchers. In fact, this is also an excellent anti-stress message that I have chosen to share with you. The key is unconditional and universal love, for all levels of life.

The destruction of the planet is a matter of life or death. Do you really believe those intelligent humans who value life will remain, standing idly, allowing the situation of survival get worse - or even reach a level that no one has ever imagined? No! However, everyone must participate in this awareness, this change in mentality. And, above all, everyone must take action!

Meanwhile, the last trip of the Atlantis space shuttle was built with the intentions to orbit around the earth. The first permanent orbital station was called the Freedom project. It is expected that the next station will be home for over a year for several human beings as they perform ecological studies, planetary and spatial science related research. Several countries are already participating.



Picture of Captain Mark Kelly in Space Station with Vitalizer supplements... www.thepoweroftheheart.com

Networks marketing companies

Ordinary companies have only one goal - that comes at all costs: to seek profit at the earth's expense. Consequently, these companies have no moral or social or ecological views, as they benefit from \$100 million as well as tax havens, amounting to billions. In contrast, companies who first market their products through a network of collaborators have humanitarian and ecological concerns at the forefront. There is currently a large number of trading companies participating in business transactions through direct contact with other people as well as with the Internet. It is important that all people develop a penetrating collective conscience to save the planet. However, the development of a collective consciousness depends on both psychological changes and individual lifestyles, requiring change within mentality. That is why human beings on Earth, polluters and multinational industries that are exploiting the Third World must, as soon as possible, effectively change their behavior. Worldwide, approximately 37,000 multinational companies hold a third of the responsibility in depriving the planet. Hence, a financial turnover of anywhere between \$5.5 trillion to \$5 million billion - despite the fact that they must take into account about 500 national laws ranging throughout the different states. Fortunately, more and more companies - however small the percentage - have the following major concerns: health and the environment. In regards to home based business that operate via a network of collaborators utilizing the internet, the requirements are far less large. This is the reason why network marketing is the best means to do home business today. In fact, some even say that it will become the future of all people wanting to achieve financial independence. However, such home based business owners must still take into account the national policies, ecological data as well as an overall respect the environment. It is more acceptable to increase revenues in peace, where the products sold are environmentally friendly.

Currently, there are hundreds of individuals that are marketing through a network of collaborator, selling environmentally friendly products. They establish a network of relationships through parents, family, friends, and work relationships or even through cold contacts and social media recruiting. Employment can be part time, according to their convenience or full time if they are really ready to commit and want their incomes to triple the salary of their employment - for those who have one. Ordinary people, professionals and people from all types of different backgrounds and nationalities are drawn to such networks due to the principle of leverage that this kind of legitimate trade provides. Regular and constant action, ranging easily between ten or twenty hours a week is often enough to have long-term and good income after about six to ten months. Gradually, the business continues to grow on its own, eventually creating a snowball effect. Within the network, other individuals are constantly determined to achieve while consumers are always looking for quality products, the cheapest services and the lowest prices. There is room for everyone in the world of online network marketing. Everything and anything depends on the dreams and aspirations of those who participate is the

Principle of Leverage

This principle can, if presented roughly, be summarized by saying that the more you recruit people who agree to selling your products to others who agree to purchase it or join in the same way, the more you make money and the more you get rich.

Suppose that as an individual, you buy up to \$100 per month of a given product which appears, according to this product alone, to be very little money. When taking into consideration the total

amount spent on products by an employee with an average income per month, the amounts start to accumulate fast. Certainly you are not alone in this situation.

Therefore, if one day you decide to sell this said product to those who are interested in it as much as you and further recruit them as sellers of your product, these individuals can in turn, recruit other potential buyers. Within these conditions, you will have formed a network that will provide leverage for your business as much as for those who work with you. Here's a more specific example: If you recruit six people and they in turn, recruit six other individuals, who recruit six other people and so on and so forth, after a year it is possible to have accumulated a part-time income of nearly \$100,000 a year and you will oversee a network of nearly 1 000 employees who will each sell up to \$100 worth of product per month. This is the principle of leverage. It is a principle based on mutual assistance and cooperation that I would otherwise designate as an altruistic collaboration.

Profit Distribution

If I asked you: “With whom do you share the profits of your traditional trade?” you would probably answer without any hesitation: the owner of the business. However, in the case of cosmetics, the answer should actually be: the factory owner, the carrier, the owner of the warehouse and with the store itself. Indeed, the benefits are often shared with someone else, namely the owner of the sales office or an exclusive sales agent who handles market for a given product. All these gross profits are the first component towards the selling price of a specific face cream, a lipstick or a store-bought soap. The second component is the cost of distribution. This includes storage fees, employee salaries, rent and depreciation, unsold items and flight fees. At the top the list, we find the cost of advertising. These two components, once combined, are called overhead.

If the head of a certain trade eliminates the majority of the links in the distribution chain, it reduces costs to a bare minimum. This is what occurs within marketing networks. It is obviously impossible to eliminate all costs. One cannot transport or store in different regional distribution centers without a minimal administrative costs. However, eliminating the middlemen, the owners of such businesses will save about 60% to 70% of the product sales price. Distributors take on the responsibility of buying and demonstrating the products, advertising, selling and recruiting other distributors within the network that they have created or joined. Thus they participate in saving money, as established by the company.

A portion of the distributors profits are included in the price of the products they buy from the said company. The price of product is lower than 20% to 30% of the proposed sale price. When

purchasing the product for personal use one component of the income is **savings**, , or **profit from resale**.

The second component of the distributor's profit and perhaps the most important is **the premium revenue within** each network. This premium is calculated not only through its own turnover, but also on the **network created**. This network consists of other distributors, which operate under the same legal code of ethics and are considered partners.

Every distributor is considered an independent and autonomous trader. In network marketing, there are no supervisors or employees or managers to coach you. You are your own boss. Each member of the network receives the same benefits: a head office with its products, its marketing plan, its support system, education and security. The members all start at the same level, which requires a minimum investment, no experience and no special knowledge. So everyone has the same exact opportunity to win as much money as they wish. Revenues generated by the multi-marketing networks (MLM's) are limitless, as are the territorial possibilities and working hours. It is the distributors themselves who set their personal limits. Besides the two mentioned sources of income for distributors, there are other bonuses and rewards that each company establishes within their particular system. **

** (Janusz Szajna, "The network marketing", lifestyle editions Un Monde Différent, 1998 168P.

The Ideal Business www.tinyurl.com/vitalus

A business enterprise network is the ideal company because it can be enriched gradually, without much regard to certain major tasks that remain the responsibility of the head office. It's easy as pie, but simple has never been synonymous to easy. However, think of it - are easy things really valuable? No! Are they not?

First, there must be an initial agreement on defining the ideal trade. Here are eleven criteria that I would use to clearly define the trade. You can use this list to evaluate your profession or business in which you are currently working. You can also use it as a **base** reference for comparing two kinds of business.

1. The ideal company serves not only their neighborhood, their city, but the **entire world**. In other words, it has a huge market.
2. The product of the ideal company receives **steady demand**. The product meets a daily necessity and is therefore always sold - regardless of the price.
3. The ideal business requires a **workforce** that is **reduced** to the minimum.
4. The ideal business sells a product that meets a **continuing need**. It is therefore not a product sparking a fad for which alternatives exist or where we can even do without.
5. The ideal business has very **little overhead**: its needs in buildings, electricity, advertising and legal fees are very limited.
6. The ideal company manufactures a product that is **difficult to imitate** or reproduce. The product is original (as published); it requires a very particular expertise. Also, it is **protected** under copyright, patent or an unconditional guarantee.
7. The ideal business **does not paralyze your capital** in exaggerated capital goods.

8. The ideal company completes **transactions on the spot**: its funds are not stuck due to long credit periods.

9. The ideal business is nearly completely **free of any form of regulation**, government or other.

10. The ideal business can easily be **implemented everywhere**.

11. The ideal business is one in which an individual deploys all their **intellectual energy**, and often **emotional** energy as well. *Here are two situations that are often encountered. First, begin by explaining the ideal company as limited without a purpose in life and without dreams to achieve, because this can be repulsive to any new idea. Next, add in the possibility of someone interested in achieving certain goals in life such as credit card debt, car payments, mortgage payments and employment. Then, marvel at the surprising and positive results of certain company builders within your network. Remember, there is room for all.

* (André Blanchard "Your financial freedom", through the marketing networks, publishing Un Monde Différent, 1996, 135P.).

How to Get Rich Quick!

According to Mr. Szajna, there is a method where one can earn about \$ 75,000 a year, while only working only three to four hours per week. Several networks of distributors can earn over \$ 75,000 per month, or even per week. However, it's not through working three to four hours a week that they achieved this. A person who would promise you such an income, simply by enrolling to the trade and by throwing a glance towards the product from time to time is certainly not trustworthy. The network marketing is a real business and therefore, you have to work to make progress. Several years of serious effort in developing your network will give you the results described above. This is, of course, unthinkable in the beginning. A distributor who invests little time in their network will harvest just as little.

Take a look at a company that have an impact net zero in CO2 gaz emission. A corporation and his opportunity for all at:

<http://www.abetterwaytv.com/home.htm>

We are told that in the new century, 50% to 65% of goods and services will soon be distributed by companies for marketing networks. So why not join a business network, mine or that of another and abide faithfully? This is the best way to increase your income and create jobs in your region, even your country, because all those who are part of your network are self-employed. As such, they benefit from tax credits, just like any other business. You may even, at some point, consider the globalization of your ecological network marketing business.

Why get involved?

We must think and act ecologically. Think "green".

Since we can no longer rely solely on our governments to create employment, we need to find our own means. In this regard, there is a wealth of information to be found in libraries. You cannot just dream about your business, you need to build it. Do not leave your chances up for grabs, as if they were part of the lottery. When gambling, there is one single chance in 55 million of winning the jackpot. This is insane! Why does the government place slot machines in such deprived areas? Because it is the poor, deprived neighborhoods that are most interested in playing these risky games. This is also because they hope to improve their spells of luck, but they instead become pathological gamblers, easily biting the hook of the game. The elderly population is no exception to this craze towards slot machines. When it comes to escaping poverty, slot machines can appear to be an easy and effective way. Unfortunately, the entire idea is deceiving and individuals can quickly become compulsive and unhealthy players. The rational solution is network marketing! Marketing through a network is a modern financial and feasible solution to anyone facing monetary issues. Involvement will be your new found joy and you will experience great satisfaction - to which I am sure of, if you simply follow the basics. Individuals such as single parents, reconstructed or still growing families are very often attracted to this form of business, mainly in order to supply for their households, especially because this allows for the reception of an additional income, which is very reassuring. Others are interested in acquiring more free time with family enjoying more of life and liberty.

However, it is important to make sure that your future business will be environmentally friendly. The Earth is life and it responds to human insults through natural disasters such as hurricanes, tornadoes, floods, volcanic eruptions and earthquakes. The Earth returns to balance in this way, regulating the underground magma. You can view the recent event in Southeast Asia - a tsunami. We must send thanks to the elements of the earth. Through our daily actions, we must all participate, as positive action means global ecological balance. It is a fact that greed seems to be the most widespread sentiment on the planet. Succeed and become increasingly rich is the *modus operandi* of only a handful of individuals, usually from rich countries benefiting from a free enterprise system. A good majority of capitalists do not account for the impact they have on the environment. They royally do not care. They say: "Caution! We work hard to achieve our success" Yes, but their children will suffer the consequences stemming from environmental destruction. What will be the price paid by humanity? On a short term scale, there will be an increase in disease, viruses, and death for many people. Commercial overfishing will eventually wipe the waters clear of any fish - in fact, in less than sixty years there shouldn't be any fish left in the entire world!!! Irresponsible people within the fishing domain should be severely punished by governments. Indeed, it is the politicians that have the task of reprimanding such actions through legislation and higher financial compensation. Who knows? The prison will perhaps serve, as has sometimes been the case, to ensure harmony of all ecosystems! Polluting companies should be responsible and repair their damage. Obviously, few multinationals companies show any ecological interest whatsoever. However, those considering a start up business running on marketing networks, must constantly bear in mind that continuous use of the car pollutes the environment. Think green! Now everything can and should be done via the Internet. The involvement of everyone, perseverance in action and honesty are the three keys to success in any personal business or team. To want is to can! To succeed, we must be entirely motivated. Instead of

washing your hands of responsibility, find people to join - at home and at work means no pollution.
Act ecologically. I can never say it enough: Ecology begins at home!

<https://youtu.be/BFuT5vl5lN0?list=PLvflDU1cev5nad2In8tCDLSSKlJaAkWAE>

When we reflect on the continuity of life, one wonders if the human species was not created upon a dead-end, due to the destruction of the environment. Is it possible for humanity to be restored to the limit of what it once was? I do not believe this. There is still hope! But for how many more years; according to Hubert Reeves, an astrophysicist, “there is urgency to act because many misdeeds are already irreparable”.

This book that you are reading does not contain misleading nonsense. This is an essential guide for you to read in a period of economic recession (ex.: “BREXIT” global effects, results) or in a moment of strong economic growth. The guide suggest ways of acting that could pique your intellectual curiosity and interest in the business, while respecting essential values for the survival of humanity. That is why we need to buy online in order to save the environment. For example, whether you obtain your products from domestic or industrial maintenance, on the shelves of a traditional store or via the Internet with a network marketing company, the surfactants, tension-active biodegradable products should be your preferred choice in reference to our ecology.

Call: 1-925-924-3000 (*3 minutes message on Get Clean products*).

Ideally, in order to promote economy, governments should be stabilized and adopt policies favorable to the environment and fair for all. In this way, the local and foreign investors would have a sense of reassurance and might even hope to profit from their investments, while being obliged to respect the people's living environment. Any business creation involves employment and further

benefits the citizens concerned. This would ensure that a large majority of the working population would participate in improving the economy.

Today, according to statistics, the rich get richer and the poor get poorer. What are governments doing? They adopt policies that reduce the number of middle class citizens (incomes between \$50,000 and \$100,000 per year). As a result, the quality of life of the middle class is diminished and freedom, in turn, is thereby restricted. It is necessary that governments encourage the rich to gradually take their environmental responsibilities and be respectful towards other human beings, wherever they decide to invest. For some people, perhaps millions of people worldwide, network marketing is the solution! But beware! We must not delude ourselves. If you have money, you can make money - this is a well known fact. However, to succeed, we must act. In other words, you always have a chance to succeed, even with a low income. The status quo has no future. It's exuberating stagnation. Cooperation, affiliation and the unselfish collaboration are the forces that create prosperity. Moreover, this type of marketing is based on such a principle, hence so does the most part of its growing international popularity. Network marketing favors all classes of modern societies in more than 70 countries and territories. Basically, you will succeed to the same extent that you help people succeed around you. Build a team of winners. Make money, while making money for those who are part of your network. Because the more and more people that apply this honest principle, the more we can expect an increase in the number of people belonging to the middle class.

After thirty years of legal wrangling, the governments who advocate for individual freedom legalized marketing networks (MLM). And with good reason! Of course, according to Richard Wright, Professor of Finance and International Business from McGill University in Montreal, argues that the network marketing is taking up more and more space. According to him:

“Individuals and companies worldwide will see the usefulness of this type of marketing if they want to succeed not only in business but simply survive. This is the concept for future years”.

The comments above remind me of a reality that has not yet changed: the rich get richer at the expense of the poor. There is nothing new under the sun, except the extraordinary marketing networks. Indeed, in this kind of business, every entrepreneur is rewarded for their efforts. Beware! This type of trade is not pyramidal, because anyone can obtain higher incomes than people in front of him. This is what makes network marketing so legitimate and wonderful. The experience of the network author will be convinced of the truthful proverb: “Man reaps what he has sown”. This is true for health as much as for business. According to its first actions, any new trader will cause a decrease in pollution while increasing healthy environments or maintaining the balance of ecosystems. Similarly, it can borrow money and will gradually accumulate bankruptcy or commercial success. In life, you can become sick because of heredity. You can also become sick from adopting unhealthy lifestyles. It's the same in business. Natural dispositions have a straight path to success, but in contrast, with no such qualities the company may, through consequence, fail. However, when someone is gifted for business, it may also fail by taking bad administrative habits or decisions. Of course, good habits must be taken very early in life, if we want to live as healthy and drilled as Pierre-Karl Péladeau (Quebecor) or Donald Trump (USA). However, rest assured that no matter your age, it's never too late to start doing the right thing.

Ideally, when a country is prosperous, it is safe for anyone to start a business. However, when a country is experiencing political interference, especially with the military, it loses investor confidence. Despite this, those who decide to start a business venture through networks are provided, in principle, support in overcoming the obstacles more easily. Indeed, the very principle of such trade is that any founder of this kind of business does not act alone. It is supported by all those who are part of its network and also have at heart the success of their business. Unity is strength.

Providing today is a vital need for mankind. Without this clarification, we would unlikely be capable of guarding against the uncertainties of the future. To govern is to foresee. But governments and major industries cannot presently do without the services of futurists, namely the consequences that predict the action of man on their environment. Governments need to plan today, for tomorrow. Larger companies, too, must program their investments for decades in advance. This is the case of every individual who wants to ensure success. They must think not only about their personal self and their ego, but also about their family. They must think about financial success. The thought processes must evolve in all areas in order to be ready for any change. One must be prepared to participate in ensuring the right moment to the inevitable competition in the business world. To achieve this, the affordable and equitable solution is marketing through networks. Why not join us?

www.tinyurl.com/vitalus Ask me how to join for free!

Where is Health in All This?

Today it is unthinkable to carry out a business venture if we do not have good health. This is true for all trades, including food. California has a reputation that is second to none in regard to innovations. Let's just take the "granola" ethics and the popularity of vegetarian restaurants. It is in these such places that began the movement for safeguarding human potential, all disciplines offering successful growth towards the awakening of greater responsibility for any individual, vis-à-vis themselves and their health. This is especially true as the "baby boomers" are coming forward. Faced with this reality, in Canada alone, an estimated ten times more operations for hip fractures are a not so distant future, increasing from 10,000 to 100,000 operations. But hospitals already are struggling to heal the sick first. What will happen when children from the cradle of the 60's start surfacing the emergency rooms of hospitals? Today, both the health and welfare industry amounts to more than \$200 billion a year - only for the "baby boomers", offering a gold mine of a \$TRILLION in about ten years certain experts argue. Meanwhile, here is a piece of advice from a friend: Rely on your inner radar; it is never wrong, because the future belongs to those who take care of their health, as much as to those who believe in themselves and who make things happen in their lives. Do you know that we are the architects of our welfare and our evolution in all areas?*

*Buy Whey Proteins at Mayan Majix e-Store in 108 countries around the world to save Central America tropical forests:

www.store.mayanmajix.com/?=click1040

Organic Whey Protein Concentrate

9 oz Eco-Tin container

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- Kosher
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- , complete super food—very similar to mother's milk
- Fast nutrient-delivery for instant energy and quick recovery
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 - Benefits immune function
- Helps the body cope with daily stressors and remove toxins
 - Helps repair damaged cells and rebuild muscle tissues
 - Helps repair damaged cells and rebuild muscle tissue
 - Supports beneficial gut bacteria (bifido bacterium)
- Contains: Natural anti-microbial and anti-inflammatory nutrients
 - Cell-protecting antioxidants and Glutathione precursors.
 - Cellular metabolism regulators for healthy growth and recovery.

Purity From The Source

- Non-GMO
- Gluten-Free
- Low Glycemic
- Non-denatured, cold-processed from pasture-fed organic RAW milk
 - A whole-food concentrate, not an isolate

- No sweeteners (safe for diabetics and dieters)
- ZERO fillers (no soy, sweeteners or emulsifiers)
- Free of pesticides, hormones, and antibiotics (no GMO, BSE, & rBGH)
- Non-toxic processing: non-instantized and never acid flushed
 - Free of heavy metals and radiation

Discover the delicious, life-enhancing benefits of the world's finest non-denatured, low-temperature-processed whey concentrate, made exclusively from pasture-raised organic milk!

When it's low-temperature-processed and contains all its fragile immune factors and nutrients, nothing tops the super food power of pasture-raised whey concentrate—it's one of nature's most perfect foods. Loaded with the ideal blend of nutrients — easily-absorbed amino acids, anti-inflammatory immune factors and metabolism-boosting peptides, along with potent antioxidants and alkaline minerals — this delicious, creamy whey protein is ideal for muscle nourishment, immune support, exercise recovery and body rejuvenation.

Typical whey powders are high-heat-treated, acid-flushed, and stripped of vital nutrients, creating an imbalanced, acidic "whey isolate" that's frequently contaminated with synthetic additives, chemical detergents, and heavy metals. It's no wonder that other whey products are hard to digest and have to cover up their acidic aftertaste with unhealthy sweeteners and artificial flavors.

But this whey is totally unique: carefully produced at the lowest-possible temperatures from the finest nutrient-rich organic milk of pasture-raised cows, with NOTHING added or taken away. It's a perfect food, very close to mother's milk: naturally sweet and creamy, with all its vital nutrients intact. It's a difference you will taste...and feel.

The Essential Living Foods Difference

Our whey is the purest, most nutritionally-complete and ethical whey available. You can feel good about your health and about the cows that produced this powerful super food.

Why?

Our product comes from small free-range pasture dairies. Typical whey products are a big-business by-product of massive factory farming operations, using hormones, antibiotics, and chemicals from start to finish. Because of this, they are frequently contaminated, often with heavy metals.

Even organic whey powders are not as complete. They're usually high-temperature-processed and isolated, so they lack our whey's alkalizing minerals and immune co-factor proteins.

What about "grass-fed" whey? Grass-fed cows are on restricted feed diets and produce very little milk, so they often end up going to slaughter after leading stressful lives. "Grass-fed" does not specify whether the animals are free-range or not, and they can be kept in confined conditions. Our cows are Pasture-Raised outdoors. The main difference is they can be supplemented with other feeds when necessary, so they have a more consistent diet, are better milk producers, and live longer, healthier lives.

Processing

Why is our whey so nutritionally complete and delicious?

Because we start with pure, organic-certified, pasture-raised whey, and we use a low-temperature process that doesn't involve any acid-treatment, additives, or mineral-stripping.

Because our whey is derived from raw milk used in making raw cheeses, it requires thorough monitoring to meet stringent state-mandated purity levels. Small, artisanal dairy farmers follow a pristine process in which the raw milk is kept in stainless steel containers and never exposed to open air.

The milk used to make organic aged cheese must still be heated, but far cooler and faster than in typical cheese-making or milk-pasteurization. To start the curdling process, the milk is heated to 72°C for a brief 15 seconds and then cooled down to 5°C. The thick, fatty casein proteins (which become cheese) separate from the water-soluble whey proteins. The whey is then forced through ceramic micro-filters that trap virtually all microbial elements, yielding a pure, clean product. The final liquid whey is dried to create a powder, and no fillers or chemical treatments are used.

This pure powdered whey concentrate (not an isolate) is a real food, complete with all whey immune factors and bioactive peptides, along with nutritional co-factors like vitamins, alkaline-minerals, and healthy non-homogenized fats.

Nutrition: Contents & Benefits:

WHAT EXACTLY IS IN OUR WHEY CONCENTRATE?

Our whey concentrate is lab-verified to contain the highest levels of naturally-occurring immune factors (verified by Kendrick Lab, Madison WI, 2011). The same tests also showed our whey had all of its fragile amino acids and peptides intact, including the muscle-building amino acids Glutamic Acid and Leucine (along with other Branched Chain Amino Acids).

All Essential Amino Acids

Pound-for-pound, our low-temperature-processed whey is more impressive than any other single protein food. It provides all essential and conditionally essential amino acids, including the muscle-building glutamic acid, branch-chain amino acids, leucine, and cysteine, which play key roles in energy production, immune support and muscular development. It also contains bio-active cysteine (glutamylcysteine), which is missing in the typical diet and yet required by the body for vital metabolic and immune functions.

The Richest Source of Naturally-Occurring Immune Factors

Our whey has been lab-verified as containing all naturally-occurring immune factors intact, including serum albumin, immunoglobulins, alpha lactoglobulins, beta lactoglobulins, glucomacropetides, glutamylcysteine and lactoferrin — virtually the same immune compounds that are found in human breast milk, responsible for providing the newborn with immune defenses against infections and disease. It contains two times more immunoglobulin G and three times more Lactoferrin than the average whey. The immunological properties of pasture-raised whey have been widely documented as beneficial for people of all ages, particularly people under increased metabolic stress such as athletes, people after injury, and the elderly.

Lactoferrin: a multi-functional peptide with several physiological roles, including

- Defense against microbial infections

- Regulation of iron transfer and metabolism

- Anti-inflammatory activity

- Regulation of cellular growth

- Protection against cancer development and metastasis

Glycomacropetides (GMP): a casein-derived peptide found in whey protein with beneficial functions including

- Stimulation of cholecystokin (CKK) and Glucagon Like Peptide-1 (GLP-1), the peptide hormones that regulate satiety, food intake, and energy. The stimulation of CKK and GLP-1 has been linked to early satiety from meals, reduced food intake, increased insulin sensitivity, and weight loss.

- Inhibition of platelet aggregation, a cardiovascular protective property

- Support of beneficial gut bacteria (bifido bacterium)

- A good source of branch chain amino acids (BCAA), which increases muscle energy, promote muscle buildup and prevent muscle wasting.

Alpha Lactalbumin: the most abundant protein in mother's milk, it plays a key biological role in the production of the sugar lactose, essential for growth and brain development of the newborn. Alpha

lactalbumin is believed to possess antibacterial and anti-cancerous activities. A folding variant of alpha lactalbumin has shown to kill tumor and immature cells but spare mature healthy cells. Alpha lactalbumin is generally low in bovine whey products but appear in higher concentrations in goat and sheep milk products as well as in pasture fed cows' whey.

Beta Lactalbumin: the most abundant protein in bovine whey, it is not an inherent part of human breast milk. Beta lactalbumin's main biological function is being a carrier of retinol (a pro-vitamin A) and a nutrient source for the amino acid cysteine.

Lacto Peroxidase: a peroxidase enzyme found in raw milk whey, known for its antioxidant and anti-microbial properties. Lacto peroxidase is fairly heat resistant and can survive low-heat whey processing, but is generally destroyed by ultra-pasteurization or acid-processing.

Immunoglobulins G (IgGs): the most abundant immunoglobulins in the body, with a distinct biological role of providing protection against pathogens. IgGs can bind to bacteria, viruses and fungi and protect the body by agglutination, immobilization and neutralization of their toxins. IgGs play an important role in the antibody response system. There are 4 IgG subclasses (IgG 1, 2, 3, 4), IgG1 being the most abundant. Each of the 4 IgGs has its unique biological role in the immune/antibody response to pathogens.

Bovine Serum Albumin (BSA): an important source of glutamylcysteine – the most bio-active precursor for the body's master antioxidant, glutathione. Glutathione plays essential roles in virtually every immune-enhancing, anti-aging, and anti-cancer activity in the body.

Buy it at www.tinyurl.com/laitpetit available in 108 countries...

North America: USA-Canada-Mexico: Smoothies Whey Proteins:

https://massageplus.myshaklee.com/can/fr/shop/poidssante/repasshaklee180/product-_p_melange-a-smoothee-au-petit-lait-shaklee-180supmcsupp

Secrets for a Global Health

A healthy diet and regular moderate exercise helps ensure an appropriate physical comfort while staying alert and facing the hectic pace of modern life. At the current rate that things are moving, we could say that the pace of modern life has increased about 25%. Those who take care of their physical and mental health through healthy eating and regular exercise, have better control over time; hence awareness of their health and time availability to do things right.

In summary, this is simply:

1. Exercise regularly and learn to rest.
2. Eat healthy foods every day. Eat organic foods and natural supplements of vitamins and minerals on a daily basis. It is important that these supplements not be synthetic because they are stressing the cells and the body rejects them. Feel amazing! www.tinyurl.com/vitalus
3. Have a joyful and spiritual approach towards life.
4. Maintain a daily personal hygiene and take care of your person by receiving periodic body massages. Courses on line Quantum-Touch, The Power to Heal: www.tinyurl.com/apprends
Consume household products that are non-hazardous and environmentally friendly for you and your children, and for the sake of Earth.
5. Undergo regular and annual medical examination. This visit is an assurance to maintain personal health.

"Let your food be your medicine and your medicine your food."

-Hippocrates (Father of medicine)

'In the heart of the children of eternity lives the seed planted that everyone has for himself long ago. It is a true gift that sleeps. Awakened, this seed rekindles the ancient promise of those who came before us; the promise that every soul will survive the 'darkest' times of life, to return home, intact and with grace. This promise is the seed of truth that we now have called compassion.'

Gregg Braden

Together, as we are, we will save the planet! Human evolution will be smooth. According to some authors, it has already begun. Whether in the years 2007, 2012, 2017, 2025 or 2045... There will always be an important event that relates back as to why we suggested that we act today, here and now. Through our daily actions, our conscience with regards to ecology and our spiritual or human progress, assured by love and compassion for all life, we will ensure ourselves and our future generations with freedom. We affirm and we live, while constantly allowing us to realize our basic right is to protect the Earth our real mother. Life, désoxoribo-nucleic acid (DNA), is only passing on this Earth. While it is true that in 500 million years the sun will break out - the mission of Man will then be of artisans and witnesses to return to a balanced respect for the environment. If

man fulfills its mission, humanity will survive. We will live new friendly contacts with other advanced or accessible civilizations. This will further depend on the collective consciousness, love and compassion present within people and given to others - virtues so little practiced in this era of time and great joy.

Exhortation

Player, it's time to put your abilities to the service of something. Your tasks are large and require you implement all your strength. If you give yourself the trouble to act, what you sow, you will reap profit.

When you will act, if the work that you must provide seems too big, always concentrate yourself on the positive results it will have for you and for others and this, in order to be completely aware of your learning process and to ensure your inner transformation.

"You can do what you dream you can do, so begin to do so. Audacity consists of genius, power and magic. "-Goethe

'Evolution' is to share your intelligence with the fruit of your knowledge, for the good of the global community". -Gilles Morand

'The greatest thing in this world is not so much where we stand, but in what direction we are going.'
Oliver Wendell Holmes

Is Your Home A Healthy Home? - Toxin Checklist

<https://www.youtube.com/watch?v=tDQc6nwzFzA>

Each year, over 1 million children are accidentally poisoned in their homes. 250,000 of these victims are hospitalized. 3,000 children will end up in intensive care. Dozens more will die. Thousands of children and adults are permanently disfigured or injured through contact with chemicals in the home, each year.

Incredibly, the most common substance to poison children are a household cleaner. Many of these products are considered safe!

Think of your own home- you probably have dozens of bottles of cleaners, containing hundreds of chemicals. Could an accident happen in your home?

Print this page and check off the products you use in your home and evaluate your risks. All information comes from actual manufacturer's Material Safety Data Sheets and National Poison Control Centers.

___ **Liquid Bleach - DANGER!** Causes severe eye injuries. Can damage mouth, throat, and stomach. Vapors irritate the nose, throat and lungs.

___ **Toilet Bowl Cleaner - DANGER!** Contains hydrochloric acid which is highly corrosive. Burns the skin, mouth and throat. Causes blindness.

___ **Furniture Polish - DANGER!** Contact with the skin can dissolve vital skin oils and cause severe dermatitis (skin burns). Can permanently injure eyes.

___ **Stainless Steel Cleaner - DANGER!** Can burn the eyes and skin. Vapors can cause headaches, dizziness and stupor.

___ **Aerosol Dusting Spray - DANGER!** Flammable. Irritates the eyes, lungs. 5,000 people visit emergency rooms each year with an aerosol can-related injury.

___ **Oven Cleaner - DANGER!** Contains lye which is highly corrosive. Burns the skin, mouth, throat and stomach. Causes permanent blindness.

___ **Brass, Copper, Silver Polish - WARNING!** Can cause moderate eye and skin damage, and burns. Fumes can cause headaches, dizziness and stupor.

___ **Carpet Shampoo -WARNING!** Can cause moderate to severe burns to eyes and skin.

Vapors can irritate the nose, throat and lungs.

___ **Carpet Stain Remover - WARNING!** Can cause moderate to severe damage to eyes and skin. Vapors can cause respiratory distress.

___ **Upholstery Stain Remover - WARNING!** Can cause moderate to severe damage to skin and eyes. Ingesting can lead to abdominal tenderness and bleeding.

___ **Disinfectant Cleaner - WARNING!** Contains flammable propellants, can burn skin and cause permanent corneal damage. Fumes can strongly irritate the nose, throat and lungs.

___ **Powdered Bleach - WARNING!** Breathing the dust can produce asthma-like symptoms, damages to eyes and skin. Mixing with ammonia can produce deadly fumes.

___ **Aerosol Air Freshener - WARNING!** Contains highly flammable propellants, can cause moderate irritation to the eye, can cause mild to moderate lung irritation, including asthma-like symptoms.

___ **Window Cleaner -WARNING!** Can cause moderate irritation and damage to the eyes, Fumes can be moderately to highly irritating to the lungs, can irritate the skin.

___ **All-Purpose Cleaner - WARNING!** Strong lung irritant, can cause mild to moderate damage to the eyes. Fumes can cause weakness and dizziness.

___ **Basin, Tub & Tile Cleaner - WARNING!** Some are flammable, contains acids that can burn the skin and cause corneal damage. Vapors can cause strong respiratory irritation.

___ **Tile/Hard Water Spot Remover - WARNING!** Contains corrosive acids that can cause moderate burns and irritation to skin and eyes. Vapors can be highly irritating to nose, throat and lungs.

___ **Floor Cleaner - WARNING!** Contains corrosive acids that can cause moderate burns and irritation to skin and eyes. Can burn mouth and throat. Can cause blindness.

___ **Scouring Powder with Bleach - WARNING!** Can cause moderate irritation to skin. Can burn mouth and throat. Can cause permanent eye damage. Gives off irritating fumes when wet.

___ **Drain Cleaner - WARNING!** Burns mouth, tongue, throat, and stomach, causing permanent damage. Can cause severe eye damage and blindness.

___ **Automatic Dishwashing Liquid - WARNING!** Strong skin irritant, Can burn throat. Many products contain bleach which can cause swelling and tearing of eye tissue. Vapors can cause headaches.

___ **Automatic Dishwashing Powder - WARNING!** Strong eye and skin irritant contains corrosive bleach that can burn mouth and throat. Most common reported poison among children.

___ **Dishwashing Liquid - CAUTION!** Possible skin irritant can cause swelling and tearing of eye tissue. Vapors can cause labored coughing, labored breathing, and in severe cases, death.

___ **Liquid Laundry Detergent -WARNING!** Strong eye irritant can cause corneal damage, can irritate the skin. Vapors can cause coughing, labored breathing, and in severe cases, death.

___ **Powdered Laundry Detergent - WARNING!** Can burn the skin and eyes, can cause corneal damage. Dust can cause headaches, dizziness, labored breathing and in severe cases, death.

___ **Liquid Fabric Softeners - CAUTION!** Mild eye irritant, skin irritant, vapors can cause headaches, dizziness, nausea, labored breathing, and in severe cases, death, can aggravate asthma symptoms.

___ **Fabric Softener Sheets - CAUTION!** Possible skin irritant can irritate eyes. Vapors can cause headaches, dizziness, nausea, and in severe cases, death.

___ **Powdered Carpet Deodorizer - CAUTION!** Contact with skin can produce mild irritation. Contact with eyes can cause abrasive eye damage. Dust can irritate the lungs and aggravate asthma symptoms.

___ **Aerosol Deodorant - DANGER!** Contains highly flammable propellants vapors can irritate the lungs and eyes.

___ **Aerosol Hair Spray - DANGER!** Contains highly flammable propellants can cause eye damage due to direct contact. Skin irritant, vapors can cause headache, dizziness, and fatigue.

___ **Mouthwash - CAUTION!** Eye, nose and throat irritant, ingestion can lead to dizziness

and stupor. Most products contain 20% ethyl alcohol. Each year a number of young children die from ingestion.

___ **Cologne/Perfume** - Most scents contain enough alcohol to harm a kill a child after ingesting only a few swallows. Many ingredients can irritate the skin and burn the eyes.

___ **Cosmetics** - Cosmetics are second only to cleaning products as a poisoner of children. They are not regulated like cleaners and have no warning labels.

The labels on products only have to warn of the acute (immediate) harms from ingesting a product, breathing the fumes, or contact with the eyes and skin. They don't reveal the harms presented by chronic (long-term) exposure to the chemicals in these products. Now see the long-term risks presented by the chemical-laden products in your home. As you have seen, many household cleaners are very dangerous. They are just as dangerous when they are used properly and even when they are not being used at all. Most products "outgas" chemical vapors that may produce profound chronic harms.

One study found women who worked at home had a 54% higher cancer rate than those who worked outside the home. Infertility is on the rise.

Cancer in children has risen 20% over the past two decades. It is the number one killer of children by disease.

The asthma rate has tripled in children over the past twenty years. Asthma deaths in children have increased 118% since 1980.

ADD and learning disorders have skyrocketed over the last twenty years.

All these conditions have been linked to chemicals in the home. In fact, one study has linked 50% of all health problems to deteriorated indoor air quality.

Take a look at the products you use and possible dangers you are being exposed to. Consider how many different chemicals are in your home's air, and the potential danger of the "toxic cocktail".

Cancer in smokers is the result of daily exposure to the trace amounts of carcinogens in cigarettes. In the same way, people who are exposed daily to low levels of carcinogens in their cleaning products face the same risks.

Chemicals in household products also put the user at risk for nervous system damage, kidney damage, liver damage and asthma. Children are especially vulnerable to the

chemical fumes released by these products.

Fortunately, switching brands is easy. There are companies that manufacture safer products for your home. They are free from ammonia, phenol, chlorine, petroleum distillates, synthetic solvents and other dangerous ingredients. Talk to the person who shared this information with you. They'll be able to help you the most.

Is Your Home A Healthy Home?

ARE THERE DANGEROUS TOXINS IN YOUR HOME?

In a report to Congress, the EPA stated that "indoor air pollution is one of the most important environmental health problems." Where do these pollutants come from? They come from your grocers' shelves. Are there dangerous toxins in your home?

They wouldn't sell it if it weren't safe, would they?

When we pick a product at the local grocery store, most of us like to think that we are getting something that has been tested and proven to be safe. After all, we have laws to protect our health and safety, don't we?

What do we do with these products?



We disinfect our baby's room with them.



We smear them on our skin.



We wash our clothes and linens in them, so we wear them all day and sleep on them all night.



We wash our dishes in them.



We brush our teeth with them.

They are a part of our lives. We don't question whether they are safe. We grew up buying them from the grocery store. We trust that they are safe.

Consumers are using products every day that contain such hazardous chemicals as

Formaldehyde

Phenol

Phosphates

Chlorine

Lye

Petroleum distillates, such as Naphtha and Benzene.

Unfortunately, consumers know very little about labeling laws, fine print warnings and the adverse long-term effects of certain chemicals. It's also next to impossible to relate a certain symptom such as **dizziness, headaches, fatigue, allergies, or asthma** to a particular unknown chemical used in every-day household products.

Seventy thousand (70,000) new chemicals have been introduced since WWII. Today, thousands of these chemicals are appearing innocuously on the shelves of your grocery store. Merely because they are for sale on the grocery store shelves, you assume these products are safe for you and your family, but they are not.

Of course, we can see the warning, danger, or poison labels, and many people already know that common chemicals like chlorine, ammonia, and lye are dangerous. But obviously, no one plans to drink them; so they should be all right. Right? Wrong - the body can be poisoned in many other ways too. **If a harmful chemical you breathe gives off fumes, they are absorbed into your body.** This is compounded if it is sprayed from an aerosol container, the propellants of which are often toxic themselves (such as vinyl Chloride), not to mention being highly inflammable.

If you get a chemical on your skin, you also absorb it, even touching a surface that has had the chemical on it days or weeks before. Stop-smoking patches, seasick patches and even heart medicine patches are all examples of a whole new industry in delivering drugs by means of absorption through the skin.

So, a toxic chemical can be absorbed by ingestion, smell and touch. Slow, gradual contamination can be just as harmful to one's health as sudden poisoning.

Are we "seeing" the Warnings?

Are we seeing the warnings so often that we're not **seeing** the warnings?

Danger
Warning
Flammable
Combustible
Contains Petroleum Distillates
Contains Acid
Contains Lye
Causes Burns to Skin
Harmful or Fatal if Swallowed
Do Not Inhale Fumes
Use Only in Well-Ventilated Area
Do Not Allow Contact With Eyes and Skin
Do Not Induce Vomiting
Prolonged contact with skin or inhaling fumes may cause dizziness, headache, nausea

Here are some disturbing facts....

The American Lung Association advises that, "the range of household products that contain potentially harmful substances that contribute to indoor air pollution is wide-reaching and diverse. Some of these products release contaminants into the air right away, others do so gradually, over a period of time (outgassing).

"The harmful components in many household and personal care products can cause:

dizziness
nausea
allergic reactions
eye, skin, and respiratory tract irritation
some can cause cancer

("Indoor Air Pollution Fact Sheet," American Lung Assn - 1990)

"Household cleaning products are among some of the most toxic substances we encounter daily. In one study over a 15-year period, **women who stayed home all day had a 54% higher death rate from cancer than women who had jobs away from the home.** The study concluded that the increased death rate in the women was due to daily exposure to the hazardous chemicals found in household products including ammonia, benzene, chlorine, formaldehyde, methylene chloride, naphthalene, toluene, trichloroethylene, and xylend." (Nancy Sokol Green, "Poisoning Our Children," The Noble Press - 1991)

The National Institute of Occupational Safety and Health (NIOSH) analyzed 2,983 chemicals used in personal

care products. The results are as follows (Judith Berns, "The Cosmetic Cover-Up," Human Ecologist 43 Fall, 1989)



884 of the chemicals were toxic



314 caused biological mutation



218 caused reproductive complications



778 caused acute toxicity



148 used tumors



375 caused skin and eye irritations

Toxin Checklist for your home

Each year over 1 million children are accidentally poisoned in their homes. 250,000 of these victims are hospitalized.

Thousands of children and adults are permanently disfigured or injured through contact with chemicals in the home each year. Incredibly, the most common substance to poison children is a household cleaner. Many of these products are considered safe! Think of your own home - you probably have dozens of bottles of cleaners, containing hundreds of chemicals.

Could an accident happen in your home? Check off the products you use in your home and evaluate your

risks.

(All information comes from actual manufacturer's Material Safety Data Sheets and National Poison Control Centers)

Cleaning Products

Air Freshener - may cause moderate irritation to eyes and lungs.

Disinfectant - can burn skin; irritate nose, throat and lung.

Toilet Bowl Cleaner - Burns the skin, mouth, and throat; can cause blindness.

Oven cleaner - Burns the skin, mouth, throat, and stomach; can cause blindness.

Window Cleaner - moderately to highly irritating to lungs; can irritate skin.

All Purpose Cleaner - mild to moderate damage to eyes; can cause weakness and dizziness.

Basin Tub and Tile Cleaner - Contains acids that can burn the skin and cause corneal damage. Vapors cause strong respiratory irritation.

Automatic Dishwashing Liquid - strong skin irritant; can burn throat; many products contain bleach which can cause swelling and tearing of eye tissue.

Liquid Laundry Detergent - strong eye irritant; can cause corneal damage; can irritate the skin; vapors can cause coughing, labored breathing.

Personal Care Products

Aerosol Deodorant - vapors can irritate the lungs and eyes.

Aerosol Hair Spray - can cause eye damage due to direct contact; skin irritant; vapors can cause headache, dizziness and fatigue.

Mouthwash - Eye, nose and throat irritant; ingestion can lead to dizziness and stupor. Most products contain 20% ethyl alcohol.

Cologne/Perfume - can irritate skin and burn eyes.

Cosmetics - second only to cleaning products as poisoner of children. They are not regulated like cleaners and many have no warning labels.

What can you do to protect your home?

The first step is to educate ourselves. What are you using in your home? **Eliminate toxins from your daily life.**

While cleaning and personal care products are not the only source of toxic chemicals in your home, they are among the most toxic and harmful. Fortunately, they are also the easiest to replace.

This report is not only meant to inform, but it is also a call to action. Knowing now that the chemicals in your home can seriously harm you and your family, wouldn't it be better to get them out of your home?

**So what can you do?
Switch to non-toxic products!**

<https://massageplus.myshaklee.com/us/en/shop/healthyhome>

There are safer products available. By switching to safer, more natural products, you can rid yourself of these toxins and make your home a healthy home! **NOW** is the time to make the break. Make your home a healthier and safer place.

If you want more information on **safer, healthier alternatives** to the products you use every day that would also **save you money** over the brands you're now buying, then please contact me today! Now!

What is a Carcinogen?

A Carcinogen is a substance or agent producing or inciting cancer. Today, cancer is the leading cause of death for women aged 35-74. In 1901 cancer was considered a rare disease. Statistics show that 1 out of 8000 persons had cancer.

TODAY, according to the American Cancer Society, 1 out of 3 people have cancer. By the year 2010, 1 out of 2 persons will be touched by cancer. The fear of cancer is on everyone's mind these days. We hear about it all the time. So many forms of cancer and, they all had to start somewhere.

We have no choice but to breath the air, and eat the food, and drink the water, but, we **DO** have a **CHOICE** of what we put on our skin and what products we have in our homes. Be sure that the products you are using are free of the following potentially cancer causing and toxic ingredients.

REST ASSURED THAT OUR COMPANY'S PRODUCTS DO NOT CONTAIN ANY HARSH CHEMICALS OR TOXINS.

There are many products in your home that too many people are currently using that may be extremely hazardous and unhealthy. Most people are unaware that there is a problem.

Below is a list of chemicals that are commonly found in typical grocery store brands products along with their associated health hazard.

FORMALDEHYDE

Formaldehyde is a chemical used widely by industry to manufacture building materials and numerous household products. Formaldehyde, a colorless, pungent-smelling gas, can cause watery eyes, burning sensations in the eyes and throat, nausea, and difficulty in breathing in some humans exposed at elevated levels (above 0.1 parts per million). High concentrations may trigger attacks in people with asthma. There is evidence that some people can develop sensitivity to formaldehyde. It has also been shown to cause cancer in animals and may cause cancer in humans. This substance can be found in Johnson's & Johnson's baby shampoo.

AMMONIA

Ammonia, a colorless gas or liquid with a sharp irritating odor, can be found in household cleaners, wax removers, glass and window cleaners, and oven cleaners. Fumes irritate eyes and lungs; can cause burns or rashes on skin; can produce deadly chloramines gas if mixed with chlorine containing products.

DETERGENTS

The word "detergent" refers to household cleaning products which are based on non-soap, synthetic surfactants and which are primarily used for laundering and dishwashing. Detergents are responsible for many household poisonings. Part of the problem is that detergent boxes are brightly colored and attractive and commonly stored in low, accessible places. Toxic and poisonous to ingest, causing nausea and in extreme cases - coma.

CRESOL

Cresol, a highly caustic, colorless solid or liquid with a sweet tarry odor, is used mainly as a disinfectant. Cresol is very corrosive to all tissues. When it comes in contact with the skin it may not produce any burning sensation immediately. Prickling and intense burning will occur followed by loss of feeling. If cresol contacts the eyes it may cause extensive damage. Cresol vapors and liquids are absorbed through inhalation and eye and skin contact. Repeated or prolonged exposure to low concentrations of cresol can produce chronic systemic poisoning. Symptoms of poisoning include vomiting, difficulty in swallowing, diarrhea, loss of appetite, headache, fainting, dizziness, mental disturbance and skin rash. Cresol attacks the central nervous system, respiratory system, liver, kidneys, skin and eyes.

LYE

Lye, also known as caustic soda, sodium hydroxide, potassium hydroxide, and caustic potash, is commonly used in drain cleaner, oven cleaner, and in some nonphosphate detergents. Lye is extremely caustic. Its chemical action eats away materials (including skin tissue). Contact with skin or mucous membranes causes burns and frequently deep ulcerations with scarring. Mists, vapors, and dust can cause small burns. Eye contact causes severe damage, including blindness.

PHENOL

Phenol, also known as carbolic acid, is flammable, corrosive, and very toxic. Phenol compounds have a distinct odor and are used in disinfectants, deodorizers, paints, and as anesthetic for skin. Ingestion of even small amounts may cause vomiting, circulatory collapse, paralysis, convulsions, and coma. Light sensitivity and sinus congestion are common with exposure to fluids or vapors. Fatal poisoning can occur through skin absorption. Phenol and related compounds rapidly denature all proteins they come in contact with, including skin. Severe burns may occur upon contact. Although there have been many poisonings from phenol solutions, phenol continues to be used in consumer products.

FURNITURE POLISH

Most polishes are flammable. Furniture polish may contain one or more of the following substances: ammonia, naphtha, nitrobenzene, petroleum distillates and phenol. The health dangers most often associated with furniture polish are inhalation of fumes or vapors (especially from aerosols) and poisoning from ingestion. Polishes that look drinkable, like strawberry soda or milk, are especially tempting to children.

NAPHTHALENE

Naphthalene, also known as tar camphor, is a white crystalline solid with a distinctive mothball odor. Naphthalene is available to the public as a pest repellent and is frequently contained in mothballs, moth flakes, carpet cleaners and toilet bowl deodorizers. Naphthalene can enter your system through inhalation, skin absorption, ingestion, and eye and skin contact. Naphthalene may produce possible damage to eyes, liver, kidneys, skin, red blood cells, and the central nervous system. Hemolytic anemia, caused by the breakdown of the red blood cells, has been reported following immediate and long-term exposure. Infants exposed to clothes, blankets, and diapers stored in naphthalene mothballs are at risk for hemolytic anemia. Mild degrees of anemia often cause only slight symptoms like a lack of energy and fatigue. In more severe cases, hemolytic anemia can cause acute kidney failure.

PERCHLOROETHYLENE

Perchloroethylene, also known as tetrachloroethylene, ethylene tetrachloride, or PERC, is a chlorinated hydrocarbon solvent commonly used in dry-cleaning fluid, spot removers, carpet cleaners and degreasers. Vapors are irritating to skin, eyes, and upper respiratory tract. Inhalation exposure produces giddiness, headache, inebriation, nausea, and vomiting and sinus inflammation. Skin exposure will cause redness and chapping. If ingested, perchloroethylene can result in central nervous system depression and liver damage. Chronic exposure may also result in liver damage. Perchloroethylene is a chlorinated hydrocarbon solvent that slowly breaks down in the environment. It is fat soluble which allows it to collect in the tissues of living organisms and accumulate in the environment. Perchloroethylene is a known animal carcinogen that has caused liver cancer in mice.

BLEACH

Liquid household chlorine bleaches contain approximately 5% sodium hypochlorite solution. When properly used, chlorine bleach can be a simple and effective disinfectant. Chlorine bleach liquid and vapors are irritating to the skin, eyes, nose, and throat. Dermatitis may result from direct skin contact. Ingestion can cause esophageal injury, stomach

irritation, and prolonged nausea and vomiting. Bleach, when mixed with acidic substances such as ammonia, toilet bowl cleaners, drain cleaner, or vinegar, forms toxic gases which can cause coughing, loss of voice, a feeling of burning and suffocation, and even death. **Do not mix bleach with other cleaners!**

HOW MUCH DO WE SPEND?

STATISTICS CANADA

Source: Family Expenditures in Canada
 1992 Statistics - Average Spending For A One Month Period
 Catalogue #62-555

Fam. Size	Average Monthly Expenditure				% Non-Grocery Items*
	Groceries	Personal Care	Cleaning Supplies	Total Personal & Cleaning	
2	\$303.67	\$61.67	\$17.50	\$79.17	20%
3	\$386.25	\$79.83	\$24.08	\$103.91	21%
4	\$408.17	\$97.58	\$30.67	\$128.25	23%
5	\$575.17	\$107.08	\$34.50	\$141.58	19%

* $(\text{Total Personal \& Cleaning}) \div (\text{Groceries} + \text{Personal Care} + \text{Cleaning Supplies}) \times 100$

Annex I

TEST OF VITAMINS

QUESTIONS

1. Do you have dandruff?
2. Is your tongue bright red?
3. Are you quickly short of breath?
4. At night, are you subject to insomnia?
5. Do you bruise easily when you “bump” yourself?
6. Are you blinded for awhile, after being hit by a sudden and bright light?
7. Are you prone to nosebleeds difficult to stop?
8. Are you bronchitis or asthmatic?
9. Do you have nails that break easily?
10. Do you suffer from heart disease?
11. Are your muscles painful?
12. Did you have to lose weight?
13. Do you have warts?
14. Do you have high cholesterol?
15. Do you often suffer from a throat?
16. Do you suffer from arthritis?
17. Are you always tired even without any effort?
18. Do you suffer from impotence or sterility?
19. Do you regularly suffer from a cold or the flu?
20. Are you subject to nervousness?

Yes	Sometimes	No

21. Do you have visual disturbance, "spots" or "flies" dancing in your eyes?			
22. Do you feel weak?			
23. Do you ever happen to have cramps in your calves?			
24. Do you have diabetic problems?			
25. Do you have dark circles around the eyes?			
26. Do you have problems with your sinuses?			
27. Are your gums swollen and bleeding?			
28. Is your hair falling out?			
29. Do you have the high blood pressure?			
30. Do you have any problems with allergies?			
31. Do you have traces of seborrhea on the nose, around ears, close to the eyes?			
32. Are your teeth loose?			
33. Do you get dizzy?			
34. Do you have memory lapses?			
35. Do you have menstrual pains?			
36. Are you blinded by the sun if you do not wear sunglasses?			
37. Are you timid or indecisive?			
38. Does pollution make you uncomfortable?			
39. Do you have problems with your gall bladder?			
40. Do you suffer from constipation?			
TOTAL			

If YES and SOMETIMES outweigh the NO, it may be that you lack vitamins. Watch your food and make sure you eat the right foods that you are required to render your body balanced and allow it to defend itself; better still, absorb regularly the dietary

supplements of vitamins.

If you want to know which vitamins you lack in particular, see the following table:

The YES corresponds to numbers ... Indicates a deficiency...

1-6-15-26-36 _____	Vitamin A
2-3-4-17-20-21-22-31-33-34-40 _____	Vitamin B
5-11-19-27-32 _____	Vitamin C
10-13-18-24-35-38 _____	Vitamin E
7 _____	Vitamin K
8-12-16-30-37 _____	Alfalfa
9-23-28 _____	Calcium
14-25-29-39 _____	Lecithin

To obtain the best vitamins in the world at the following site: www.canbec101.com
www.messageplus.myshaklee.com/us/en



www.canbec101.com

Annex II

You Want to Know What to Have Reverence For?

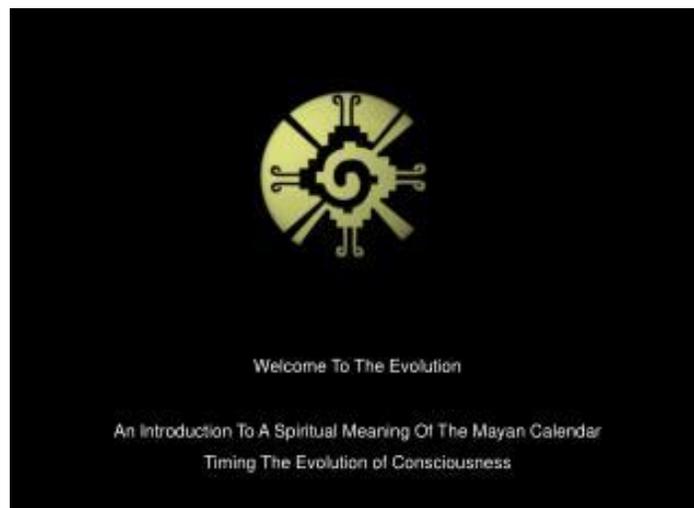
**First have reverence for yourself and the Star that you are
You are here in the physical, meeting all the challenges and changes**

**Then, have reverence for your Sun
From which all the earth was formed and the spark of life was born
Do not bow, sing, but dance and run in the sun**

**The relation shall be in your view, equal in creation
The Sun loves our Mother Earth and allows life
He alone tells the wind where to blow and how hard or soft
against your cheek**

**We are here to love the Mother Earth by being life
And to share the appreciation of your Sun's gifts
You reflect the gifts back to the Sun, your son.
Revere the Star that you are...**

**In Service,
Ian Xel Lungold
4 STORM
October 29, 2003**



Annex III

An Overview of the Mayan Calendar

by Ian Xel Lungold

Most people knowledgeable in the field of the Mayan calendar understand the Mayan Calendar as a system of an indigenous people's astronomy/astrology, divination and prophecy.

The Mayan sacred books of astronomy and prophecy are painted on pages of processed bark of the Amate tree. Many thousands of these books, called codices, were burned during the early 15th century by Catholic priests. Much knowledge was lost, which is the first step in cultural annihilation. Maya Priests were pushed far into hiding. They could only practice their culture in the most remote areas of Central America. Those who were caught were murdered.

This practice continued up to the late 1980's

The Maya knew this 500+ year period of horror and devastation was coming.

It was written in their prophecy over 2000 years earlier...

Dr. Carl J. Calleman PhD is a biochemical scientist from Sweden; he has for 30 years worked in labs performing microbiology experiments. Most of his work was investigating how pollution causes disease to proliferate. 8 years ago he trained his attention on the Mayan calendar to see what correlations or sets of facts could be proven, not just "studied" as the archeologists have done. What he uncovered with his new found "hobby" is quickly changing the world and the way we live with it.

For Dr Calleman, has scientifically proven the Schedule of Creation and Evolution over the last 16.4 Billion years. (From the "Big Bang" forward)

Mr. Ian Lungold entered the scene for his discovery of a simple formula to find any day on the Mayan calendar from the Gregorian calendar. There-by providing access to every man, woman and child on Earth to the Mayan calendar.

What makes this information vital is many fold. First in general we have a road map of time and history. A road map is not a crystal ball, you don't know just what will happen when you get to a destination. But knowing where you are going and seeing the landmarks along the way, is very reassuring. If you've been to a place before you can prepare for the circumstances you will find there. If you were going to Paris for example, you'd need French francs and some French phrases. This Creation pattern has repeated 7 times before and so we have, or at least consciousness has, been through all of this before.

The actual pattern of Creation described by the Mayan calendar looks like a pyramid with 9 levels. Immensely long periods of time with shorter and shorter periods stacked on top. Or even more accurately, as a set of nested vessels, each of them 20 times smaller than the last.

Each of these 9 Creation cycles is 20 times shorter than the previous cycle. Each of these cycles is further divided into 13 equal sections of time and each of these sections has a purpose onto Creation. There are 7 sections of day and 6 sections of night to each level. The Sumerian, and Mesopotamians wrote this same pattern in clay tablets as their understanding of Creation. The Ancient Vedic texts, that are the basis of Buddhism, Hinduism, Sufism and Taoism have the same understanding of 9 levels with 13 sections each. Our own Bible, states that there were 7 days to Creation in the book of Genesis.

Section one: is a period of "Light" or an opportunity for the growth of consciousness. It is the inception, a planting of seed, a new beginning or impetus to change or flow in a new direction. New perceptions become available.

Section two: is a period of "Night" or the opportunity to apply the enlightenment just received from Creation's flow. This would be the germination of the seed planted in the dark soil or the developments of new points of view.

Section three: is another period of "Light" when duality is put on display. In nature, a seed sprouts up out of the ground and displays two leaves. The essential duality is always a new viewpoint that is overriding the "old" consciousness.

As it has come down in human history, this has always been a time of civil turmoil.

Section four: is a period of "Dark" when polarized factions come to blows over their differences. Indeed these periods in human history are peaks of violence.

(We are in the 2nd Night of the Galactic cycle from Dec 19th 2001 – Dec 14th 2002)

Section five: is another period of "Light." In nature this is the development of a root system and the second set of leaves that will be a permanent part of the plant.

It is the establishment of the new consciousness as viable. In human history during this section lies or failed systems are disclosed so that progress is not blocked.

(Hold on to your hat as the truths pour forth from mid 2002 through most of 2003)

Section six: is another period of "Dark" The seedling set of leaves are dropped from the plant as another set of leaves spring from the top. These are at 90 degrees from the last set. In human history failed systems have been jettisoned, usually by force, during this section.

Section seven: another period of "Light" In a plants life, the tap root grows deep to firmly attach the plant while the stock thickens and branches form.

It is a period of expansion of the foundations laid. In human history the "New" point of view and way of doing things takes dominance. For instance the empire of Greece was built during this section.

Section eight: is a period of "Dark" once again or the application of new procedures. During this time a plant is multiplying its leaves and root system like mad. In human history it has usually been a period of rebuilding and a time of healing.

Section nine: here is a period of "Light." In fact the brightest period of "light in the entire cycle. In a plants life this is when new chemicals are produced that carry the message to form buds. In human history, it was this section when Art was invented, the message of Jesus moved over the earth, Mr. Einstein discovered the theory of relativity and America with the victory of WWI rose to world power.

Section ten: another period of "Dark," in fact, the darkest period of each cycle. In a plant's life this is the growth of the bud. In your life it was puberty.

In human history this has been a time of great physical hardship or major conflicts. The Illonian Ice Age, Neanderthals going extinct, Rome falling and WWII are glaring examples.

Section eleven: again we are in a period of "Enlightenment." This is the time of flowers for the plant. For you it was adolescence. In human history this was the creation of 1st tools, the 1st attempts at agriculture and constructed shelter, the renaissance and most recently, the flower children movement of the sixties.

Section twelve: one last period of "Dark" in the cycle happens now. In the plant's life the flowers wilt and die setting the stage for fruit development or of seedpods that will dry. This is what happened to the Maya civilization right on queue. Throughout human history there have been conflicts and revolts during this period, most recent of these having been the Viet Nam war.

Section thirteen: a period of “Light” once again, a time of readiness for something new and different. A time of ascension, going from one level to the next higher level. The plant spreads the seeds or drops the fruit to begin again a thousand times over. In human history it was during these repeating sections that consciousness developed Homo Sapiens, agriculture and domesticated herds, signed treaties to establish the sovereignty of nations and their people and put up the Internet creating a planetary consciousness in 1992.

This pattern of Creation, an action plan, can be seen happening everywhere in the universe from sub-atomic particles to galaxies over and over. “As above, So below.”

Notice that we go from a “Light” section directly to another new “Light section.

The deck is stacked. Creation is on our side and always has been.

This pattern does have an acceleration built into it. Each cycle of Creation contains the same amount of advancement and change but each cycle runs 20 times faster. The same amount of change that happened in 1.26 billion years of the Cellular cycle now occurs in 360 days as can be seen on the chart below and in the news on TV.

Cycle name	Began	Length of Days/Nights	End Results
Cellular	16 .4 billion Years Ago	1.26 BY	1st Live Cells
Mammalian	840 Million Years Ago	63.1 MY	1st Live Births
Family	41 million Years Ago	3.1 MY	Family Relationships
Tribal	2 million Year Ago	180,000 Yrs	Homo Sapiens/ Tools
Cultural	102,000 Years Ago	7900 Yrs	Agriculture/religion
National	5,116 Years Ago	396 Yrs	Sovereign Nations/laws
Planetary	1755 AD	19.7 Yrs	Internet & Global Economy
Galactic	Jan 4th 1999	360 days	Ethical Considerations
Universal	Feb 10 2011	20 days	Conscious Co-Creation

The above chart is generated from the Mayan Tun (tune) calendar that runs in 360 day long cycles not 365.25 day long cycles of the Gregorian calendar. This is a very important point that will be covered later.

This chart does in no way conflict with either the Creationist or the Evolutionist points of view. This schedule marries the two beliefs in fact. No matter how uncomfortable that concept may be at the outset, the facts that Creation has evolved are indisputable because that evolution and schedule continues today. In fact the evolution of all consciousness has accelerated to such a degree that we can watch it unfold step by step as in time-lapse photography in the current headlines.

In Dr. Carl J. Calleman's book, "Solving the Greatest Mystery of Our Time, The Mayan Calendar," [click here](#) he carefully lays out all of the scientifically accurate facts used to prove this thesis. The article here is not meant to fill everything in, just give an over all view. It is hoped that each person will investigate these facts for themselves and not take any of this on "Faith". Belief in this thesis is actually counter-productive for two basic reasons; those without adequate knowledge can not effectively pass the information to others and a formula that I have developed which states;

"Peace of Mind" comes when a person is "Centered." Centered-ness comes from Certainty. "Certainty comes from the recognition of patterns. So the stability of your "Peace of Mind" is directly related to your degree of certainty.

Blind faith, in my opinion, is not certainty but an obstruction of any facts that might undercut the faith. Thus creating a limit to one's true Peace of Mind.

This in turn is the generator of all types of defensive measures including wars, to protect one's personal faith in how things are or ought to be. We've gone down that road far enough don't you think?

I would like to show the evolution of Religious thought as a further demonstration of this schedule. This is something that all religious scholars can agree on no matter what denomination or personal agenda.

As previously stated the "Light" sections or "Days" of the Creation cycles, are periods of enlightenment when new perceptions are gained by consciousness. So it is with the evolution of our concept of God and our relationship to him. "Day" by "Day" we have increased our understanding and altered our approach toward God.

The first "Day" of the National cycle was from 3115 BC to 2721 BC. It was at this time that the Sumerian's worshiped An or Anu.

Anu was seen as an omnipotent Creator God who had to share his space with a host of household, workplace, weather and nature gods of all kinds.

The second “Day” of the National cycle was from 2326 BC to 1938 BC. During this section Abraham moved to Cana in 2300 BC.

The third “Day” of the National cycle was from 1538 BC to 1144 BC.

This was the time of Moses and the beginning of Monotheism. (The Truth coming into sharper focus.)

The fourth “Day” of the National cycle was from 749 BC to 355 BC.

Isaiah was from the year 748 BC, Buddha, 552 BC, Confucius, 551 BC, Zoroaster, 550 BC, Pythagoras, 550 BC, Deutero- Isaiah 550 BC .

The fifth “Day” of the National cycle was from 40 AD to 434 AD. During this period Paul took the message of Jesus to the world and Christianity was born. Buddhism started in China 60 AD and the Talmudic and Judaism religions began at this time.

Not to mention Quetzalcoatl, the Maya Creator god who appeared to them in Teotihuacan, as a Christ like personage with a very similar message, in 40AD

The Fifth “Night” 434 AD to 829 AD was when Islam was inspired in 632AD

The Sixth “Day” of the National cycle was from 829 AD to 1223 AD. At this time there was a general expansion of Christianity to Northern and Eastern Europe.

The Crusades and development of the Papacy happened here as well as the second Quetzalcoatl in the Maya/Toltec city of Chichen Itza walked the earth.

The sixth “Night” the second wave of Islam 1223 AD to 1617 AD

The seventh “Day” was from 1617 AD to 2011 AD. During this period, Christianity expanded once again, starting with the Pilgrims in 1620 AD.

We could go through the discovery of scientific principles or communication methods or development of political ideals or the creation of America and we will see that the developments in each field conform to the same schedule. In fact everything we know of *what* has happened *when* follows this schedule.

There is no mistake; this is no 16.4 billion year long coincidence.
Ian Xel Lungold

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Annex IV

Sacred Geometry and the Mayan Calendar

I, Ian Xel Lungold, have been studying the Mayan calendar since 1996. It became evident very quickly that the Mayan calendar is a portal to intuition. The ancient Mayan civilization is revered for the way that its members lived in balance with nature and the cosmos. From all the evidence left by the Maya—their architecture, their land forming, i.e. irrigation works and massive landscaping and their surviving books—we can see that they danced in their intuition for more than three thousand years. How we can best utilize the clues that the Maya left for our consciousness at this time is the subject of this article, and of my many presentations around the world.

So what is it that the Maya left us? A roadmap of Creation's intentions that we can match to times and events. In other words, we now have a method for discerning what Creation has intended, and continues to intend, day by day, epic by epic. Over the last 16.4 billion years, Creation has followed a particular repeating pattern of 13 different intentions. These intentions have brought about various physical effects and events in Creation, and have molded all human history.

To view Galactic Consciousness Cycle chart go to this link: <http://mayanmajix.com/cycles.html>

The pattern displayed by the Mayan calendar is built upon a particular ratio, 13: 20. These proportions are the true basis of all sacred geometry. In my own study of sacred geometry, I have found that all forms and understandings boil down to one ratio: one-third to two-thirds. This is in no way an exact number system, but a general pattern that Creation naturally follows. Our consciousness is based on this ratio. For example, the concepts of past, present and future; male, female and child; being, doing and having; body, mind and spirit; start, change and stop; gain, loss and status quo—this ratio permeates everything we experience. All the proportions of your body are laid out in the ratio of one-third to two-thirds; the ratio of land mass to surface covered with water on our very planet is one-third land, two-thirds water—like I said, everything in our experience is set up on the ratio, or the relationship, of one-third to two-thirds. Thirteen is very nearly two-thirds of 20.

The Fibonacci sequence (0, 1, 1, 2, 3, 5, 8, 13, 21, etc.) closely follows the Mayan calendar ratios. As we will see later, the Binary system is intimately tied to the Mayan calendar as well. But first the Fibonacci sequence.

How many of you reading this have read *The Da Vinci Code*? A bunch, I bet—and you each know a lot of others who have read that book recently don't you? The Fibonacci sequence plays a big part in the Code. What was once a scientific or eclectic study of artists and visionaries, the

Fibonacci sequence has come to be pondered by common men and women just now—at *this* time.

Okay the following writing is very mental so I want to prepare you as best I know how. To know anything we all go through a process. This process is made up of three steps (what a surprise!)

1. Significance, mental meanings.
2. Mass, the physical forms of objects
3. Doingness, the manipulation of things into a result and into knowingness.

These three elements must be in balance or there will be mistakes. (Oh! So that's what happened?) Yes all mistakes and misunderstandings come from an absence of meanings, the actual things to look at or hold and or actually applying the information to make sure that it is true.

All human misery is a result of ignorance, and nothing but knowledge can free us from this ignorance and its effect. By Ernest Holmes

So as we go through this next bit of article I suggest that you go get some small objects to set on the table in front of you. These objects will be assigned the significance or mental meanings so that you can push them around and see or *get* the doingness. Okay?

You can use buttons, paperclips, beans, or pieces of Fruit Loops, anything you can use to count with. You will need 84 pieces of stuff. One of these objects will represent you and it should be different. Okay?

The Fibonacci sequence starts with a 0. Next in the sequence is a 1 followed by another number 1. What does this mean?

Here is an insight I have received that you can try on as a possibility.

0 means everything in infinity as a complete wholeness with no separations and no mechanics. There aren't enough beans to represent everything, all one, with no separation. So we will use the table, desk or counter top that you are sitting at, to represent everything or 0.

The first #1 is a Consciousness separated from the oneness as a *Witness* of what Might-Be-Created. (Put down the special object to represent you)

The next #1 would be the first particle of creation outside of what the being considers to be his or her self. (Put down a bean or what-ever) This is the inception of physical creation on the part of a

spiritual being. These two numbers, 1 and 1, represent the Witness/Creator and its Creation, thereby displaying the principle of duality, or the number 2.

3 is the expression of communication, vibration, action or motion in all Creation.

It is the action of the witnessing Creator adding change to the existing Creation through communication. (Place a bean between the first two objects and move it back and forth between those first two. This is vibration/communication)

To persist in the physical universe, a creation must constantly change. (Vibrate) If a creation should ever cease to change its position or alter the considerations (thoughts) by which it is perceived, that creation instantaneously ceases to exist. One simple example of this principle is that everything on our particular planet is moving in excess of 600,000+ miles per second. We start with the spin of our planet on its axis, and add the speed of rotation of our planet in its orbit around the sun, plus the revolution of our solar system around the galaxy, plus the postulated speed of our galaxy moving through space. So if any particle, object—or even idea—ever came to an absolute standstill, it would disappear at the rate of 600,000 + miles per second.

The interplay between Consciousness (the Witnessing Creator) and Its Creation—number 2—is carried on by the action of number 3. (Go ahead and put down 2 more beans, 3 total, to represent communication as an action) This relationship (2) plus action (3) equals the number 5, which stands for center or organization. (4 beans at the corners and one special object at the center) It is *the* task of Consciousness to create order (order is the number 4) in all of the random particles existing in time/space (3rd dimension) and this task is represented by the 5 objects.

Communicating from the now established center (5) through time, (Past, Present & Future, 3 more beans please) becomes the number 8, indicating harmony and balance, and the infinite playing out of duality between all of what exists in the universe and what does not exist except as potential creation. (Put the beans in a figure 8) Are you getting the idea of this beanie weenie thing? See your special object in the line of infinity?

It is my perception that each and every individual consciousness exists at the very center of its own individual Universe. (Get out 5 more beans)

Your consciousness (1) continually communicating (3) with your creation (1) from an established center is 5 beans plus (8) for infinity creates the number 13.

The Maya had a very clear understanding that all Creation is divided by the number 13. The Mayan priests and kings had a system of time-keeping for each day. A day was equally divided into 13 sections that we would call hours. Each section was divided into 13 segments that we would call minutes, which were further divided by 13 to create “seconds.” Each second was further divided by

13, and divided again and again to infinity. So, each and every moment experienced by a Mayan was divided infinitely by the number 13.

It is the primary task of Consciousness to become aware of or divide and individuate each and every single particle of creation. You have probably noticed that when you are operating at a relatively heightened level of consciousness, you are able to see the differences between people, objects and events more easily than when your consciousness is operating at a lower frequency, and things look pretty much the same—or even like just one big mess! (Or pile of beans)

Remember when we said that the desk or counter top was a representation of all of infinity? Let's make that flat surface stand for the number 8 with the 13 beans on it. (Now get out 8 more beans because infinity means up and down too not just across. And lay them out in a figure 8 containing the 13 beans, 6 on one side, 6 on the other with your special consciousness object in the center)

So, if all infinity (8) is consciously divided or individuated out (13) by the Witnessing Creator, this creates the number 21. And there they are. All 21 objects are on the table.

As described by the Mayan calendar, the number of different aspects of creation equals 20. The number 21 is all of those aspects plus, once again, the Witnessing Creator looking over Its Creation. This number, 21, could be called counting your blessings or gratitude. It could also be seen as a completed step in the ascension of Consciousness.

(Pick up that one special object in the center of all the beans on the table. This is you, now aware of the whole pattern laid out before you)

Think of the path of the evolution of Consciousness as a coiled spring. As Consciousness follows the path of repeating intentions laid out by Creation, it follows the same curving arc, but at a new level each time. This awareness and appreciation would be expressed as a +1 added to each level. (See the special object is now at a different level isn't it?)

Okay, now I would like to direct your attention to the Tzolkin calendar.

To view the Tzolkin Calendar go to this link : http://mayanmajix.com/3nn_2_tz.html

The calendar is a 260-day pattern of repeating intentions and aspects throughout all Creation. It is made up of 13 columns and 20 rows of different energies. Both the Fibonacci sequence (the base pattern of all living forms 0, 1, 1, 2, 3, 5, 8, 13, 21) and the binary sequence (the base formula for all atomic structures, and computers, of course) can be overlaid on the Mayan calendar. The binary sequence is 0, 1, 2, 4, 8, 16, and 32.

(Get out 63 more beans we'll need them in a minute)

We acknowledge the 0 as all of creation in its wholeness with no divisions or mechanics. So the 0 is the whole of the calendar on the page. The first 1, in the Fibonacci sequence as you, the separate witness, (the special object) is not on the page. It hovers above the page as a witness. We start from the second 1, (beginning of creation and mechanics) at the left hand bottom corner and ascend diagonally up

to the center column of the calendar which is a 4 Jaguar day. Next we begin the Binary sequence at 0 as a blank slate of creation (pure potential which exists but is not manifested as yet) in the bottom right hand corner and follow it, 0, 1, 2, 4, 8, 16, and 32 to the center column. We now have the numbers 21 and 32 in the day of 4 Jaguar on the Mayan calendar. Jaguar is a day of magic and shamanism. Four is the establishment of order, foundations, meanings, measurements and mechanics. The two sequences meet as numbers 21 (Fibonacci) and 32 (binary) in the 4 Jaguar energy (the mechanics of magic).

I took an intuitive leap here and had the 1 of 21 join or add to the 32 of atomic structure. This would be an expression of added consciousness, (awareness or attention and your experience), in an understanding and appreciation of past Creations by the Witness/Creator. This demonstrates you, the special object hovering above, directing your attention into the whole of physical atomic structure. And we get the numbers 20 and 33 in 4 jaguar. The difference between the numbers being, 13.

There was no real logical reason to make this leap, but when I did it, a deep connection was made to something that I believe we are all attempting to understand: there is a pattern running through Creation—a hologram—and understanding how we each create within this pattern from outside it, is our key to ultimate freedom.

While it is tough representing consciousness or ascension of consciousness as little objects, I sincerely hope that you are able to make this connection.

If this does not make sense right now NO WORRIES!

These are all just thoughts to chew on. Like mental potato chips.

Just recently, a graphic displaying the integral part that Consciousness plays in Creation came to me in an inspiration.

To view diagram go to this link: http://mayanmajix.com/3nn_2_st.html

The graphic is a star tetrahedron (Star of David) within a perfect circle (all of Creation). If you

number the spaces starting with the number 1 in the top triangle of the tetrahedron and proceed clockwise with number 2 in the next space and number 3 at the next point of the tetrahedron, you'll find 12 spaces touching the circle (the Physical Universe); the interior space of the tetrahedron represents Consciousness/Creator, numbered 13. Doing the math between the numbers is very enlightening. Adding 1 and 7 equals 8. Doing the same for all the other sets of numbers give us a progression of numbers: 8, 10, 12, 14, 16, 18—and then we let our intuition take over, adding the bottom number 7 to the 13 in the center—which equals 20. Now subtract all of the opposing numbers and you will see +6 on one side and -6 on the other. 6 is the energy of flow. Here is the flowing of duality. I perceive this to be a diagram of the hologram of all Creation ordered by Consciousness.

What I am getting from all of this is that each of us is a shaman. What is a shaman? A shaman literally creates what is best in his own interest. And that does include what is best for other persons, beasts, things or time within his sphere of influence. A shaman is effective in these endeavors to the degree that he or she *feels* or understands the field of Creation and the mechanics of creation. The mind will not be of much help in any of this as it is far too limited a tool.

Following your heart or intuition is the only method capable of weaving the *unthinkably* complicated patterns of creations (those of our own and others) into what we wish for ourselves and others.

If you think about it *there* is the source of the problem.

The mind is like a ladder 5 feet tall at the bottom of a 12 foot hole. You want to get out? You're going to have to make a leap off of that ladder.

Each of us is a full time, all out, Creator. Every bit of what you experience, both what you would call good and the not so good, you have created. Why create the not so good? Maybe because you *thought* it was the solution to a problem? Duh. Yep!

The problem seems to be that this is all so simple, that it looks impossibly complicated to the mind. That's because the mind does not want to let go of your foot as you try to jump. Those ladder rungs will try to trip you up most every time. The mind is a self preserving mechanism. It, (your mind) wants you to believe that you NEED it at all times.

We can look at the patterns of Creation (Fibonacci and; Binary) and recognize them with the mind. This could be seen as climbing the ladder.

So, here we are, standing on the top rung of this ladder and you are deciding whether to jump or not. What is that funny feeling in the pit of your stomach? Fear? How stable is that ladder you are standing on? It'd better be stable or your leap will be a fall wont it?

Worry is a thin stream of fear trickling through the mind. If encouraged it cuts a channel into which all other thoughts are drained. By, Arthur S. Roche

How do you make that ladder/mind stable? With personal integrity and ethics, that's how. You can think of any secrets that you carry as loose ground beneath the feet of the ladder.

Only by communicating (3) your truth, standing on your principles and being ethical (centered) will anyone ever gain access to their intuition. Now is it getting clearer why so many seem to have difficulty finding or trusting their intuition?

First, forgive yourself (just do it. You don't need permission).

Next get straight with everyone about absolutely everything, then take your next Divine breath and JUMP! All together now, 1, 2, FREEEEEE!!!

This Universe has one basic rule: What you pay attention to, you become conscious of and thereby become.

And there is only one true exercise of what is called "Free Will." That one exercise is your choice of what to pay attention to. Paying more attention to your heart or intuition than to your mind and or circumstances is *the* way to jump off that ladder.

If you somehow believe that it is not your choice to pay attention to or not to pay attention to, unpleasant circumstances or down right painful experiences, then maybe you had better get to work on your understanding. If you happen to be paying lots of attention to those **important** things within our society—your job, car, house, money, entertainment, your associations and the dramas contained within, then you are going to end up paying the biggest price you possibly could. And if you want to get your, time and money's worth, I would suggest that you get busy enjoying all those **THINGS** to a wild degree right now.

Or just leap away.

All of this will on the "Test" occurring from now until at least June 1, 2005.

Ian Xel Lungold

8 – Jaguar

Annex V

Signs of the Times

(The Hologram of Symbols)

by Ian Xel Lungold

August 08, 2003

Symbols, by their very definition are a limit. If some-thing is one-thing it cannot be another. While this feels comfortably familiar and logical, it is no less a limit to what any one-thing can possibly be. This kind of consciousness does not fit into the future path of our evolution. As more becomes possible in every moment, every-thing will receive a wider and wider definition of what it could be, instead of what it fixedly, "IS." If the symbol does not receive this wider definition by consciousness, a friction will build up between creation's flow and the individual consciousness putting up the resistance. This is a natural and predictable result of resisting change that will be absolutely catastrophic for those unable to allow.

Take the recent "Gay Marriage" controversy brewing right now for an example.

This argument is over the definition of the symbol of Marriage. Marriage, being accepted as the union of a man and a woman in governmentally licensed sex and childcare. The goal of governing agencies in setting up the institution of State-Man-Woman contracts is the production and training of new citizens. This new idea of "Same Sex Marriages" produces no new taxpayers, sorry, I means citizens. It does not fit the definition of the symbol of devoted love (sweet-sigh) in our civilization, i.e. the ring and vows of a Marriage contract, with the State at your bedstead, for life...Is the fixed meaning of what a marriage is, starting to slip a little bit in your own mind? You had better hope it is.

We begin quite early identifying with symbols. Within the womb, the rhythm, sound and pressure of mother's heart were symbols of supported life systems, or survival. Later, mother's breast or a rubber nipple bottle meant sustenance; those became the symbol of food and support of survival. The rate of gravitational pressure changes; relative hardness and varying flexibilities are all very early-learned symbols of experience. Faces and then facial expressions were our next symbols. These were all learned symbols that meant we were safe, going to be okay, or not... as the case may be.

All of the symbols we have come to understand as a meaning are mental concepts. They are learned associations stored in the Mind. In fact, that is the mind. Close your eyes and think of a cat. Did you see a cat? Was it sitting, standing or lying down? Black? White or Colored? One of yours? Or just a cat, it doesn't really matter. The point is you found a symbol for cat in your mind. We can

say the same thing for any-thing or any concept; they all have a symbol contained in the mind's reference library. Each of the letters making words on this page, are symbols that were educated into you. We are in a whole Universe of symbols with their associated meanings called, YOUR MIND.

Our basic education in life is learning the definition of symbols used in our reality and society. Disseminating the "desired" symbols and meanings amongst the populace and eliminating the undesirable ones perpetrates a deep level of control of any societies consciousness. The historical trend has been to limit valid symbols (by issuing license only to some) and narrowing meanings as much as possible for concentrating the end marketing effect. A close look at your kids school books today will give you a shock at how white washed history has become and which symbols, be they heroes or villains, have been eliminated. For centuries Astrology as a system of identifying symbols was "not licensed" by church or state. Currently hundreds of thousands of people are "Licensed" by governments to do business as a seller of symbols and their meanings. This is not only in Western astrology but Vedic, Chinese, and various indigenous astrology systems including the Maya. All of these systems are packages of meaning, stacks of symbols, mind maps, stuff to suck up your attention and some of your money. This includes the Mayan astrology by the way. Hey! They were all steps along the way to our current situation. But that situation is changing FAST!

If you thought you were a Virgo in Western astrology, a Horse in Chinese, while being a Jaguar on the Mayan calendar, with all of the inter-weaving influences, you would be very busy figuring and defining yourself and guess what? That ain't you! You, are not a body born at anyone place at this such and such a time, you, are not pile of effects that steer your every act or thought. You are not in the least, actually limited to the abilities and attributes assigned to any of the symbols that you are "supposed" to demonstrate. Those systems and symbols are limited traps set for your endless consideration and stupid wonder. Have fun and be amazed that each piece of the hologram, no matter how small, holds the whole of the hologram, for as long as you wish. Go on stacking and shuffling symbols to your hearts content. But be aware that all value of all symbols is eroding away in front of our eyes.

Frankly relying on symbols for orientation or for future control measures will not function with the intention of Creation presenting more and more possibilities every moment. Fixed limits on what any one-thing means, what its symbol stands for, are being eroded away by the flood of possible meanings. I believe that the process of erosion of fixed meaning is the base reason for the underlying unease that most people are experiencing daily. A person is determined sane by the % that he or she agrees with the meaning of symbols used in society. If the sight of "Red Balloons" means that someone must stand and shout Blah, Blah, Blah as loudly as they can, that person is going to be looked at in a weird way. If this kind of disagreement happens often, that person is put away. The only reason? They don't agree enough with the meanings of the symbols that everyone else is so stuck on to one degree or another. You have all felt this way many times, and each time,

you had to watch what you said, in front of whom, about those feelings of disagreement. Get used to those feelings of being weird and not fitting in exactly. As we go on with the evolution of consciousness this is gonna get really interesting.

Already you hear the complaint, "Nothing seems to matter anymore." All of these people are seeing the symptom of the situation we are talking about. As the meanings of symbols multiply, any fixed idea about that symbol's definition is going to suffer. Take the symbol of a charitable organization like the RED CROSS and UNITED WAY. It used to stand for helping the less fortunate with medical services and research. Now a "Charitable Organization" is understood to mean a tax shelter and more recently, another source of corporate scandal as charitable organization executives have been discovered lining their pockets. Consequently, Charitable Organization no longer has the limited meaning that it used to. How about 3 Catholic nuns being sent to prison recently for peace protests? What does the symbol of a nun mean now?

America and its symbol of the Flag is another blazing example of what is going on with symbols. Ever since 1776 America has been the World's symbol of Freedom and Opportunity. This fluttering symbol has been promoted constantly to the entire planet as that one definition. (Promotion done to cover actual policies and actions taken by the American Corporate Government that would add undesirable elements to the definition of "America" if found out.) Guess what? The Corporation of United States of America has been running in Chapter 11 bankruptcy for the last 100 years and that Freedom flag is starting to act a lot more like the Swastika that Granddaddy, Prescott Bush financed during the rise of the 3rd Reich. Yeah, he loaned millions to Hitler to build his industry of war. He was busted by our Government for trading with the enemy, lost his banks and paid a fine. No jail time, Prescott was far above the law even then.

Maybe it is in the Genes? But where is this going?

We are headed toward a very disorienting experience. Your entire environment is made up of nothing but symbols. Your whole mental landscape is made up of only symbols. The whole Hologram of this reality is made of agreed upon symbols and those agreements are straining at each and every limit set upon them. (Even if you disagree with something, first you are agreeing that it exists.) This is going to look very crazy for a time and many persons will cling all the tighter to fixed meanings of favorite symbols in the chaos. This is why a guy goes out and buys a Big Hummer vehicle. He or she wants to be associated with a symbol of overwhelming power and identified with the power elite. Few of us would believe that this fellow desires to be associated with a symbol of waste and corruption that brought the world to ruin by selfish greed and gluttonous lusts for power as security but, that definition will over run him bigger than his Hummer could and drag him much further too. We already know that the symbol of a "Hummer" means he's got very small male membership and needs more status to compensate for that lack.

Any, and I mean EVERY, symbol including ones like your own physical body, will be losing their fixed definitions. I.E your mental body, light body and chakra centers will become more who you

are than the physical evidence of flesh, blood and bone. As you can possibly imagine, this will be disorienting to the extreme for anyone holding tight to a narrow definition of any symbol. Get used to it or "Get off the Bus."

Those of you who have studied ancient symbols will have noticed a difference in the meanings of our symbols and the ancient ones. Most of the symbols promoted today have to do with acquisitions that can be accumulated within a lifetime. Most of the ancient symbols have to do with concepts that extend beyond this physical realm. They are far less limited. The Mayan Galactic Butterfly symbol for example stands for all of the consciousness that has existed in this galaxy up to this moment. That is, from gaseous star matter left over from some massive stellar explosions slowly gathering into clouds, condensing into billions of suns, then to a disk of stars, to spiral arms, to planets and solar systems, to life, all of evolution as we know it on this and every planet out there, the history of us and all else leading up to this moment. Now that's a SYMBOL!

You'll hit your limit before you get all the way around that meaning for now.

Later, as we evolve our "Galactic Consciousness" that symbol's meaning will become limiting as well. That's about enough from me for now. How bout you?

Annex VI

Sacred Mayan Secret 13:20

I have been studying the Mayan calendar since 1997 and I have had my fair share of insights just “Show Up” during these last few years. These have happened at random times as far as I can figure. The concepts sometimes boil for a while until there is more clarity. And now, another one of these insights has come and I am going to do my best to share it with all of you. The problem is that this concept is so new that full implications of what this means is not available to our consciousness at this time. Just maybe, we have found another sign post of sorts, along our journey.

First let me invite you to join me where and when I am writing this. I am spread naked in the sun on a great red rock slab at Beaver Creek in Sedona Arizona. The Sun and shade, silver flashing water and turquoise sky lay together in harmony. The sound of wind, birds and water is all that can be heard.

A perfect time and place to pay attention to that inner voice, the intuition. Totally exposed to Creation and nature I open to truth...

Just about everyone who has studied the Mayan Tzolkin calendar has seen the numbers 13 and 20 expressed in a pattern. Those who have studied the Tun calendar have found the same numbers. 13 sections to each level of Consciousness and a 20 times acceleration to the running of each Consciousness cycle.

In answer to a question asked by Kojo at our web site, I began to see a thread of thought about 13:20, its uses and function in this Universe. Information that I was taught by the Mayan shaman was that the common people of the Maya had 3 times of day, Morning, mid day and evening. The priests, and Kings though had 13 divisions of what we call a 24 Hour day. Each section of time was about an hour and 17 minutes. Each of these sections were divided into 13 sections that we might call minutes. These sections were further divided by 13 into “seconds” and more divisions on to an infinity of divisions of the moment of now. It would seem that 13, is very important.

The Mayan counting system is done by 20's instead of our 10 number decimal system. The archeologists who have studied this, acknowledge that counting in 20's allows for the rapid summing large numbers. Why the Maya were doing these large numbers remains a mystery to the archeologists.

Lets take another look.

The Maya count from 0-19. (Everything comes from nothing) The Maya write 0 and 20 with the same symbol, a stylized conch shell drawn as a football shape. A conch shell is formed in a spiral.

So... $0 \times 20 = 0$. That is nothingness multiplied by 20 over and over throughout Creation = nothing. $0-19 = 20$, $20 = 2 \times 10$. 10 is the number of Manifestation in the Mayan cosmology. Quantum physicists have now proven that subatomic particles manifest into this reality for a nano second then they manifest out of here and into the Void or a field of pure potential. $10 + 10 = 20$.

By the Tun calendar, each level of Conscious Evolution is divided by 13 equal sections. Each sequential consciousness cycle is accelerated by a factor of 20. That is, the creation of all effects in each cycle is multiplied by a factor of 20. We all have been told by the highest priests of our society, the Quantum Physicists, that the universe is expanding. 20X just could be the factor by which it is doing so.

What has come to me is; Consciousness, Divides by the factor of 13 and Creation, Multiplies by a factor of 20.

It is consciousness that divides creation into its separate parts. It is only when you are conscious of something(s) that you can appreciate that part of creation by and with your discernment.

Your life is peppered with moments when you noticed some details of your environment or situation. Like, seeing the "Veins in the leaf" or the beauty of color and pattern in a butterfly's wings. Of course you have your own examples but each of them were the exercise of your consciousness noticing the differences of stimuli available in that moment. The more conscious you are, the more you can take in effortlessly.

Now on the other hand, as you have no doubt noticed, when you are tired, upset or ill, you are not as conscious as you can be. Imagine someone who is already in an emotional upset, walking up to a whole sink of dirty dishes. The reaction is likely to be, Oh Man! What a Mess! 20 or 40 years of having to do the dishes and clean up after others, come crashing in to that there moment and those dishes look like just a pile of obligation or chore. Now think of a thanksgiving or Christmas when you felt great. 3 tables full of dishes, glasses, pots, pans and silver just got done as you shared conversation. Each plate or spoon got the attention that was needed individually. You may have even complimented the shape, texture or design on some of the items. With consciousness, each thing in our lives can stand out and be appreciated. With lower levels of consciousness the tendency is to group or lump things together into a grey threatening mass. What I think this whole journey of conscious evolution is about, is the increasing ability to be conscious of, appreciate and express gratitude for all of Creation piece by piece until we get it all, somewhere around 2011.

We have now moved at the stream by the way.

We are sitting on another rock slab in the middle of the stream. Light sparkles in the ripples down stream as the water courses through some boulders and disappears into a lush parade of green plants and swaying trees. A small black bird lands to drink next to a tangle of driftwood; a wave of wind rustles the leaves as a chorus of insects buzzes louder, the creek rushes on... Well, this would be consciousness all right. And I have the feeling that the deep appreciation I am experiencing is the most beloved of prayers.

Take a moment from reading this and do a quick assessment of your consciousness level. Now start paying attention to items in your environment right now.

Look at something close to you then, spy something far away. Look at each item until you notice something new about it and you have really "seen" the object. Then pick another object. Do this for about 2 minutes.

Okay. Now check your consciousness level. Interesting Huh? You just spent some time dividing your environment into separate pieces with your attention and your consciousness is most likely heightened.

Consciousness is division and Creation is multiplication. Consciousness expresses discernment while Creation multiplies space/time and opportunities. A personal question. How did your physical body get here? By multiplication, that's how.

The following information is not aimed at your logic. Here, analytical thought is only a pathway to a jump off point into your intuition. Where we are jumping to is the very nature of your intuition, the relationship between 13 and 20. Not the numbers, or their perceived numerological meanings, qualities or quantities but simply, the relationship between the numbers. This is like the relationship between division and multiplication. Logic only goes so far and then there is a nebula's remainder of the relationship that you can feel with some edge of your consciousness. At least, I can. Now this may get kinda weird in a minute but stick with me here okay?

Logic and Sacred geometry that were "invented" (came to Consciousness) in Greece during the 4th "Day" of the National cycle are both fixed in nature. Everywhere in nature they manifest again and again as structures of form following the Fibonacci formula or the "Golden Section". (A ratio of about 2/3rds to 1/3) Or, the binary system that is the lattice connection of all mineral atomic compounds. But these formulas are never followed exactly in nature to produce form or everything would be constructed in spirals and cubed lattices. Consciousness and intuition are not fixed. They are elastic and are able to grow, change and adapt. In other words, evolve.

Anything fixed is going to erode or decay. Logic, analytical thought and physical forms, as structures are fixed and so are destined to eventually decay. Intuition/Consciousness is constantly growing and changing.

We are now at a point in our evolution of consciousness where logic and all fixed forms will be passing away. There will be a great increase of this during the 4th day of the Galactic cycle. Old forms of thought and technology will fade and all physical forms will become much more mutable. The technology of morphing metals and plastics using electronic charges to reshape objects even airplane wings are already in existence. Plastic surgery has taken mighty leaps in just the last couple of years and genetic research is racing ahead of all predictions. Reading this now is just to open our eyes to the possibilities that lay in our future.

It would seem that the two numbers running through all of creation 13 and 20, and the RELATIONSHIP between them could hold vast secrets. These secrets the Maya were very well aware of. These same secrets do not translate well because they appeal to your intuition, not your logic. This emerging view of the relationship between consciousness and matter being 13 and 20, gives us a deeper, more pervasive and much simpler explanation of the power many people have found while following the Mayan calendar daily. It would appear that just having the relationship of these two numbers in your consciousness opens the door to your intuition. No practice or method, no time/money, expensive classes or books revealing all. Just these two numbers seem to do the trick as attested to by million of Dreamspell followers who claim benefit from paying attention to the Relationship of 13:20.

This “Power” of the Mayan calendar is the engagement of your own intuition. Your intuition or self-knowing, includes all that can be known in this universe. This of course includes telepathy, telekinesis, time travel, other dimensions and all other abilities attributed to spirit and its seniority to physical limitations. Your intuition, to the degree that you trust it, is the key to these abilities. Fully engaging your intuition at these times would be the most important task you have at hand.

If not NOW, it may be even more difficult to “Break On Through to the Other Side” of mounting problems, chaos and seemingly insurmountable odds. Now that you have read that last statement, you were handed a lever to get over that last hurdle. That lever to vault the difficulties, will be your own coming recognition that this is all truly coming to pass in front of your face. If you ignore that message from yourself, not any message from me, then God bless you and goodbye. You will still be serving your purpose unto all of Creation. Thanks for getting out of the way.

Many persons on the planet are coming to realize that they are constantly creating the physical body that they live in. This has always been the case, in the face of every medical opinion, fad diet, health tonic magic elixir or chanted charm that has ever been done. The patient is Creating the body in whatever condition it is in and it will ultimately be that person who will repair the body or not... cell by cell. By using multiplication.

Okay, lets look at the basic schematic of the creation you are sitting in. It has 20 fingers and toes and 13 major joints dividing the whole structure. Those are your ankles, knees, hips, shoulders, elbows, wrists and your neck. With this body, we all do a multiple of tasks but always with the 13

divisions in constant relationship to the whole.

I think that we have started to see this pattern but the pattern is not the “Big Deal”. The “Big Deal” is in the Weaving of the pattern. All weaving is done by counting threads on a loom where there are the warp lines running up and down and weft lines running across. 13 and 20 are the warp and weft of 3rd dimensional consciousness. All of the benefit that comes from the Mayan calendar comes from the counting of those threads in your consciousness. Mayan children, both girls and boys were near weaving from birth. Their society also followed the Mayan calendar every day. They came to an understanding of Creation through the practice of weaving and the teaching of cosmology by the elders. We have the opportunity to learn to weave our own pattern, our own experience of Creation, by counting the threads of consciousness laid out by the Mayan calendar daily.

13 and 20, what does this mean to you now?

To myself it is a portal to realms undreamt of. It is an intuitive thread that dangles through all of creation. It is not a logic or anything tangible. It is ITZA. (Mayan word for magic, the stuff of life itself.)

This is the Sacred Mayan Secret, 13:20 found in plain view.

Welcome to the Evolution

13:20 Up, Over and Out

Ian Xel Lungold

7/10/03

LaHun Q'anil (10 STAR)

Annex VII

The Manifestation of Polarized Consciousness

or

That Crazy, Cute American Electoral Coupe: Too Cute to Recount

Well, here we are, at “civil” war in the Third Night of the Mayan calendar, which lasts from 1/5/99 to 10/28/2011.

The nation (indeed, the world) is more greatly separated ideologically than at any time in recent memory. The last time we were in this cycle of consciousness was 1853 – 1873. Then, the industrialized north wanted tariffs on agricultural goods sold to Europe by the southern states. Economic concerns combined with the new consciousness that owning persons as slaves was immoral and no longer tolerable produced the U.S. civil war.

This time, (12/9/2003 - 12/05/2004) the “Have Mores,” who used their power to build and institutionalize corruption within government and financial systems world-wide, are lined up against the “Haves” (or “Used to Haves”) and the “Have Nots.” This power differential (evolved and developed over the last 5000 years) is the basic mechanism behind the separation between national, cultural and ethnic groups. Creation’s evolution now introduces the new consciousness of ethics, forcing the disclosure of misdeeds, and we have the set-up for another “civil” war. This is to free us—corporate slaves to debt and censorship that we are.

This “civil” war has been raging in a new kind of battlefield, the courts and the mass media (including the Internet). The people demanding integrity and those morally thumbing their noses at ethical concerns are marshaling their armies of lawyers, goons and volunteers to do civil battle for all to witness, in ever mounting detail. The weapons are sound bites, whistle blowers, exposures, criminal charges and published investigations. The moguls owning the media are the “Have Mores,” of course, and are very glad to rent the battlefield by the second and the minute. Who pays this rent? You do, with higher prices for almost everything to cover marketing and advertising costs.

As the economy becomes unraveled by increasing interest rates in early 2005 see “U.S. Economic Collapse Looms 2005,” <http://www.proliberty.com/observer/20040808.htm> , large-scale demonstrations will flare up, and we will have to wait to see what happens at those events. I suspect, though, that any dissent will be demonized and crushed as completely as possible by the power elite, leading to serious complications across the nation and the world.

Yes, consciousness is divided across the planet in many ways. All of this is being orchestrated for the greatest marketability to a perpetually panicked public, by the way. The media owners are running this circus for the most part, and they are literally making a killing, many killing\$.

The most basic reason for this situation is found within the Mayan calendar. As Carl J. Calleman explains in his books, *The Mayan Calendar* and *The Transformation of Consciousness and Solving the Greatest Mystery of Our Time: The Mayan Calendar*, and as I have explained many times in numerous articles, the Galactic Cycle of Consciousness (January 5th 1999 to Oct 28th, 2011) is one of duality. Its purpose is to separate consciousness into two opposite poles, or points of view. In my previous articles, I have offered those points of view as a “Creator” point of view and a “Victim” point of view. Dr Calleman uses Eastern consciousness and Western consciousness to differentiate the two, and there is a very sound historical basis for his thesis.

In any case, all that we experience in the outside world from here on in will be on the basis of these disparate points of view, to an ever increasing degree as we go forward.

For example; there will be the “Creators” of “Homeland Security” at the expense of many “Victims.” (Please understand that, in fact, there are only Creators in this Universe.

It’s just that some people are creating themselves as victims for their own reasons.)

This polarity, literally, is what creation and the evolution of consciousness is calling for right now. Controversy is going to be everywhere you turn because that’s what consciousness is about during the whole 12.8 year running of the Galactic Consciousness Cycle.

In fact, if you want to be heard or paid attention to, you had better cause or be part of a controversy. Controversy is all consciousness will be tuned into in general, world-wide.

Now, not getting caught up in the various controversies is going to be a good trick. Yep, pretty tricky I must say. I myself have caused a bit of a ruffle recently within the Mayan calendar community. Because of my intuition, my impulsive nature, or my hot-headed hand at the keyboard—whichever you wish—I have joined in the flow of controversy re: the Dreamspell calendar and the True Count Mayan calendar. Trying to understand the flawed Dreamspell system leads to having to follow the Dr. Jose Arguelles teachings and to a dead end of believing his teachings just and only because he wrote them. There are no ways to objectively measure the Dreamspell calendar or its effects. There are only subjective observations or in other words, beliefs about the Dreamspell system. Leaving a person who has been drawn intuitively to study the Mayan calendar through the Dreamspell either a now blinded believer or a confused outcast, unable to resonate with the “Galactic rhythms”. Either way, a Dreamspell student becomes a victim of the system’s ineffectiveness. On the other hand, understanding the true Mayan calendar and

investigating the scheduled evolution of consciousness next to scientific record leads a person to a “Creative” point of view rather than that of a “Victim.”

As these points of view are the dividing line between the evolution and or the extinction of beings during this cycle of creation, I consider the Mayan calendar information a top priority. In other words, it’s worth taking risks—personal risks, financial risks, whatever risks I have to take to get as much exposure as possible for this subject.

The intuition I received is to flow with Creation’s intent and directly draw attention to the differences between the calendars—to purposely cause controversy and attract more attention to the message of the Mayan calendar at this time. Especially, when controversy is what is being prophesied by the Mayan calendar for this period. This is kind of a self-fulfilling prophecy, I guess, but I am going to try it out any way.

You’ve heard the expression, “any publicity is good publicity?” I’m putting that phrase into action by introducing contention, simply by expressing the truth in the face of certain pockets of denial. That will do it every time, in a big, quick way. We’ll see how much mileage we get out of it, and I’ll keep you loosely posted.

Anyway, on to the world during this time.

The Third Night is a time when broken things are thrown away by consciousness.

Watch as the U.S. Constitution is thrown away on one hand (it has been broken by the current administrations draconian Patriot Acts 1&2 passed without congress even reading them after 9/11 as part of the tools for fighting terrorism) and as the trust in government, security, economics and finance turn to vapor on the other. (Certainly all busted systems.) We will witness the desperate alignment with power by certain people (goons) and the expression of integrity and ethics by another percentage of humanity that will continue to evolve. This split of consciousness will become extremely evident in every respect.

The negative effects of this tension will be most serious in dense population centers, where most of the “victims” live. People with Creator points of view are usually making their own way somewhere more remote and less congested, or they have fairly immediate access to remote places. This situation is something they actually created individually, rather than just sitting around in their particular difficulty and complaining about why something seems not to be possible (Victim mentality). Yes Virginia, we create our own reality and circumstances by our choices.

Now I know that this is the toughest part of what we are about to learn.

I myself turn from this truth often enough. From the time, place and conditions of our birth and forward each of us has created either barriers to climb, or holes to climb back out of, or marble

stairways to ascend in our lives. As uncomfortable as that truth is we need all completely face it now. We are going to witness as the general public becomes more outraged and desperate to be right or to be "righteous." Watch the judgment levels in our society go right off the charts as never before. The actual polls right after the election shows that the American public is divided 56% to 44% between being encouraged by the results or afraid of four more years of Bush. The Religious Right carried the day for the President, evidently. We are going to witness the uncovering of deeper layers of rot in our political establishment leaked and smeared in the media for best emotional effect as power devours power, in a seductive campaign to enlist your passion as a caring human being or as personal direct beneficiaries of raw lust for power and control. We will witness Christian fundamentalists attack and tear at anything not within their very strict moral code, as they themselves become disclosed in their beliefs of fear, greed and the frauds perpetrated as self serving Ends justifying the Means.

Remember, this is all unfolding as the basic nature of this cycle's consciousness which is to separate as widely as possible differing view points. Mine and your whole point here should be to stay out of judgment. (Good luck)

If you stand for anything (even the truth) you are going to be judged by many on all sides. Yep, it is Judgment Day right here and now.

"Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

(MATTHEW 7:1-5)

Have I made judgments on others? Yes. Have I judged myself?

Yes, both positively and negatively. Have you done the same? This is the test for us to pass and we have something like five more years of workin it to pass that test. The object is to catch ourselves in judgment and to curtail those actions so that we may allow all of the changes and adjustments in consciousness to unfold unimpeded within ourselves. Stepping outside of judgment is how we stay immune from whatever controversy presents its self. Understanding that this is a process of the evolution of consciousness can help us to walk away from judgment.

So what's next? The Fourth Day of the Mayan calendar starts on Dec. 4th, 2004 and runs until Nov. 28th, 2005. During this cycle, the incoming consciousness—in this case ethics—becomes the dominant consciousness and lays the foundations for a new understanding which will continue through the remainder of the cycle. This particular cycle will be a time of rapid change and adaptation to these new insights. This will not be a peaceful time. For example, on the Second and Third "Days" (2001 and 2003) of this Galactic Cycle, wars have started. The year 2005 is going to bring many conflicts between the differing viewpoints over the control of natural resources, until

earth changes end the conflicts—horrible weather, earthquakes, volcanoes and resulting tsunamis. These earth changes will be the result of our direct electromagnetic connection with the Sun, who responds to our collective mental/emotional (electromagnetic) chaos. Father Sun will keep putting more electromagnetic pressure by way of sunspots and CMEs

(Coronal Mass Ejections) on to Mother Earth until she shuts those kids (us) up!

Mother Earth will do so. So did your mom. So did mine. These events are, over all, a very good thing.

Only a humbled humanity can actually make the changes necessary for the continuation of our evolutionary journey.

Looking at the previous patterns of the schedule of evolution, 06/01/05, the High Noon of the Fourth “Day” will be when the tide finally turns on all of this. Of course, we will have to see how this turns out, but we sure don’t have long to wait.

Well, that’s the way I see what’s going on and what’s soon to come. Please use your own discernment on these musings and educate yourself on the issues as deeply as you can to better establish your own viewpoint. I suggest that you each read Dr. Carl J. Calleman’s books and the various articles on unfolding world events posted at <http://www.mayanmajix.com> to broaden your knowledge in all of these matters.

In service to the God~Us

Ian Xel Lungold

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Annex VIII

THE FALL OF US ALL?

(Self Determinism/Other Determinism)

Note from Ian:

This is a warning about this article;

Right after I finished writing this, issues that had been roiling under the surface erupted into my reality and I was diagnosed with cancer. Yes, this condition had been sneaking up for a while but when I wrote this truth is when it went bang into my life. The cancer was on the right side of my throat in the lymph gland. I thought it was a dental problem for a few months there. If you have anything riding there it just might show up to be handled very quickly once you have read this article. Just a heads-up.

Here we sit, in a supposedly solid reality created in 720 degrees all around our consciousness. This “solid” reality has supposed limits and barriers which cannot be overcome. (Though, consciousness has been overcoming them in leaps and bounds recently.) How did we come to be in this situation in the first place? Many religions tell us in their cosmology that we entered into physical being through a fall from grace, that Creation was split asunder when the forces of “Light” and “Dark” divided into two camps. (Sounds like this could have been the Big Bang to me.)

What was this really? What really happened here? It had better be a simple answer.

An answer that every part of creation and consciousness can resonate with as the truth or it is not an answer at all. In my humble opinion, what really happened was the birth of *individual* consciousness through a decision to be self-determined. This decision set up the condition that one was separate and individual from all else in creation so that one could have an outside or witnessing point of view. The outside and individual point of view was purposely put on a divergent track to that of the static state of source (God/Goddess) and the initial gradual separation was, we now realize, an ever-accelerating one.

So the separation from Creation or Source or Light, got greater and greater, faster and faster. Eventually we lost sight of the fact that we were creating our own reality and in the ensuing

confusion we set out on a search to find other viewpoints to confirm our experience. The meeting of viewpoints happens when people see things the same way or think in a similar way about something. So agreements happen in the mechanism we call the mind. The mind being electro-magnetic fields or screens that a being projects his creation upon to be viewed by his and other's consciousness. Anywhere that two minds meet in agreement, the idea becomes more real. The more agreement there is that something exists, the more "Real" that something becomes.

Take aging for an example. There is a lot of agreement about that and so people really do age. But note they age at different rates? It is not absolute and fixed so this "reality" of aging is somewhat arbitrary. Which means; aging is **Arbitrary**. Don't it? The idea of aging is only an agreement lodged in the mind. But look at how "real" that limitation has been for us all. Remember, this all started with the idea that we wanted to do it our way, as individuals. Our purpose evidentially is to demonstrate our self-determinism while experiencing creation as an individual point of view. This grand experiment has wound around and around itself to the point where we are today. Seemingly, trapped in a creation not of our making and dealing with causes and effects in a very surface level manner. Like echoes in a canyon, causes and effects are bouncing about our heads in a confusing jumble. Overwhelmed, our consciousness crouches in our minds set in "self-determined" logic as a defense of course, against "other determinism".

Gottcha! Catch 22.

The Mechanics work something like this; you are stopped in your car at an intersection that is a side street onto a main drag of town. You really want to turn left. There is an unending stream of traffic and you REALLY want to turn left. If you allow it to, your self determinism turns up on high beam and illuminates your mind that you are being thwarted by the conditions you are witnessing. All those other drivers and cars are now in your way! In other words you end up "Other Determined" the moment and to the degree that you decide to become "Self-Determined." This simple process within your mind is the source of all evil intent and destructive acts through-out Creation. It is this process that sets up defenses (Sets of reasons) along a line of "logic" and proceeds to build walls between the being and the rest of creation which contains the source of his/her total self and creative abilities. Me, against everything and everyone else! So the fall of us all, was and is the mechanism we call the mind which by the way, is the only place that the idea that we are separate from all else, could possibly be living.

(The solution of course is to be Pan- Determined and go with the flow. In the traffic situation we would turn right, then left across only one lane of traffic, then left again and then turn right to be going in the direction that you wanted to go.)

(Pan = spanning across)

Our whole journey as mankind over the last 100,000 years has been the uncovering of what already exists. We have gone from the ability to **decide**, through the consciousness of **reasons** and on to **law**. In the last 390 years the discoveries of natural **law** (science) have been converted to **power** matching the purpose of the planetary consciousness cycle that began in 1755 AD and now (since Jan 5, 1999) we move on to the consciousness of **ethics and integrity** or sustainability.

For the last 100,000 years consciousness has step by step become aware of more and more of creation which is ultimately being created by us. In other words, this whole process is of us coming back to the full realization that we indeed are creating our entire experience, both what we consider good and bad.

The next pivotal point in this evolution is right on the horizon. It is coming on June 1st and 2nd of 2005. June 1st is the last day before the mid point of the Galactic consciousness cycle which is all about **Ethics and Integrity** overcoming the consciousness of **Power** or domination. June 2nd is when Ethics and Integrity does become and from then on **is** the prevailing consciousness of our planet and as far as we know, this entire created 3-D universe.

Think of a ruler set on the edge of a table or counter at a 45 degree angle. Now slowly push the ruler up over the edge until you have passed the mid point. The ruler **does** lie down on the table doesn't it? This is the same mechanism that we approach on the part of consciousness. Right now, the consciousness of Ethics and Integrity **LOOMS** over that of Power and Dominance. Once the midpoint has been passed, the incoming consciousness does become prevailing with no doubt and then it just keeps moving, bulldozing all of physical reality with the intent of creation itself to evolve or be eradicated in the process.

Making that pivotal turn to match consciousnesses movement, means *allowing* rather than attempting to *control*, events in our experience. This, as I have been writing over and over again will be our greatest test. To go ahead and just allow all of the rapid shifts and changes coming into our reality will be, Our Greatest Test. Get ready to lighten your load so that we can more precisely

flow with creation and to have less sh_t to get snagged up on during the process. The greatest load each of us are carrying is our mind and all of its reasons (logics) on why things are, must or should be any certain way or another.

These mental conditions are the baggage that can get snagged and impede our otherwise free movement in consciousness. You already knew that, from your own experience didn't you?

All systems lacking integrity (that's most of our current systems of economy and government and medical) are set to breakdown because they are not sustainable.

Also, they cannot change quickly enough to keep up with the shifts of consciousness.

Just like the Dinosaurs they are going to go extinct.

Now, what should you **do** about it? **Nothing!** Doing nothing, will be the best way to go through all the shifts approaching. The less you have to **DO** and the more you can just **BE**, the better off you will **be** as we go through these coming changes. If you are in a position where you have to **DO** certain things in order to survive you are in the wrong place. When you have created a situation where you can just **be** with the land, air and water, when you can **be** in a flow with nature and its abundance, then you are in a good position. This is why the down trodden Maya, the Hopi and other Native Americans (who have remained true to traditional ways) and scattered indigenous people around the world "living off the land", have the superior position. The MEEK shall inherit the earth my friends. I myself am not in that enviable position. (Though I am intentionally drifting that a-way) There are still things that I must do to get by. Like make money for instance. I trust that the vast majority of you reading this are in the same situation.

These messages that I send are not to make you comfortable with your current holdings in a world gone mad. These writings are to spur you to action to get yourself lined up with natural forces and with your intuition that will assist you ride the tide of swift change enveloping our world.

I am not passing sentence on you or anyone. You each create your own situations and destiny along with the others that surround you. The more people that surround you the more you are subject to their creations as part of your experience. Over the years I have had many people tell

me that if they just believe that they will be okay, that nothing untoward will happen to them, they will be fine no matter where they are.

For all those folks living in the congested cities, how many of you have been in a traffic jam? How many of you have been at the collective effect of thousands of cars blocking your intended journey? There you have a perfect example of the effects of co-creation in your reality. None of those cars or drivers was intending to stop you, themselves or anyone else. But there you all were, subject to the co-created situation. This kind of situation is what is going to happen on a massive scale as the systems within our society crumble. Is this tough to read? Good. That means this message is sinking in.

Trusting in your own ability to manifest your survival is paramount to actually achieving that survival. Adjusting your circumstances to change the odds in your favor is (in my opinion) just as important. Be prepared. You would wear a coat in below zero degree weather wouldn't you? The seasons are natural cyclic changes that we are familiar with. The changes coming, are natural ones that we can now recognize as cyclic because of the Mayan calendar and the exposure of the schedule of the evolution of consciousness.

BE prepared. As the Hopi have told us; Know where your water is, Know where your food is, Know all of your relations. (In the middle of a large population center how many of the thousands around you do you actually know or them know you?)

The purpose of survival is to perpetuate consciousness in such a manner that it can continue to evolve. Evolution, as far as I can tell, is the accumulation of tools or options and understandings to improve survival potential or the quality of survival. The purpose of extinction is to eliminate unworkable systems or organisms so that consciousness does not get bogged down and may continue to evolve to higher levels of survival.

According to the schedule disclosed by the Mayan calendar, we are now at one of those crucial points of choice between evolution and extinction. We have much to look forward to in our future as consciousness continues to unveil the nature of our creation and our native spiritual abilities.

So which is it for you?

Intending the best for all your creations, Ian Xel Lungold

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Annex IX

"InLak'ech"

[\(Click Here for Printer Friendly Version\)](#)

Welcome to the Evolution

"In lak'ech" is a Mayan phrase that means; "You are another myself." It is with that understanding that the next few pages are written. No one person can take sole credit for the following information. All of our ancestors have contributed their spirit and experience to bring this data forth and into a useable form. It is up to us to begin to use this data, to the benefit of Consciousness. This will be a joyous occupation.

I see it like this.

Affinity is the feeling of being drawn toward things and people we agree with. Reality is what we agree upon and Communication is how you establish and maintain all agreements. It is with these 3 building blocks that all of spirit has built up the appearance of our Universe.
1. People like whatever they may agree with. (Natural law of attraction) 2. Spirits create Reality by agreement. (Majority rules is working like it or not) 3. Agreement is established with Communication. (Realities are changeable) 4. Communicating is all that you are ever doing with all of your senses. (Not just the familiar) 5. This activity builds or creates any and all Understanding. (Conscious Evolution)

This is what we are going to do here.

The Mayan calendar has now been proven to document the rate and type of change that has become the Evolution of all of Creation. From light and sound, to physical particles and on to stars, galaxies, suns and planets. All of creation has happened on a schedule of cyclical time. By laying what we now know of what happened when, next to the Mayan calendar we can see a pattern emerge. Major events in the path of our Evolution have happened on the major timing shift points of the Mayan calendar.

16.4 Billion years of coincidence is just too much for me to casually discount and I'm sure everyone who looks into this will feel the same. I will be writing a book right after I finish this letter that will provide resource guides for you to investigate this for yourself. This information is much too important to be held by only a few. Also you will need a certainty of this

information so you can share it with confidence with others. The best proofs are facts confirmed by independent sources that never considered they would be a source. I will soon begin to provide a wide range of proven scientific dates for you to look up as well as the actual Mayan calendar Shift dates. This will be posted at www.mayanmajix.com as I write my book on line there. You mix and match data and dates and have a great discovery about this information. Your Own. Fair enough? I will be using "The Timetables of History" by Bernard Grun "The Timetables of Technology" by Bryan Bunch & Alexander Helleman and "Our Universe" a National Geographic publication by Roy Gallant as sources for this information. These are commonly available authoritative sources.

One thing that the Mayan calendar states that we can sort of all see for ourselves right now, is the acceleration of Creation. Most people that you talk to have had the feeling that time is getting away from them. That it is racing off somewhere. That is an optical or mental illusion. Think of yourself sitting at a stoplight in your car and the guy next to you backs up. Wow! You stomp on that brake! You thought you were moving forward. You even felt it. That is the kind of illusion we are experiencing with our sense of time.

The Mayan calendar is built on 9 levels of Consciousness that we are calling Creation Cycles. Each of these cycles is 20 times shorter than the one before it but each contains the same amount of Creation. Each of these Creation Cycles are sub divided into 13 sections of Light and Dark. There are 7 Light sections and 6 dark sections to each Creation Cycle. This forms a wave pattern of Creation known to the Maya as Quetzal Coatl or Kul Kul Kan, It is this pattern, demonstrated each Spring Equinox at Chichen Itza, as the Feathered Serpent, the principle of all Creation. He comes down all 9 levels of the temple there in a pattern of 7 triangles of light and 6 triangles of shadow. The acceleration of Creation is increasing the frequency of this wave pattern. We are just beginning to notice the increase because the cycles we have been recently passing through have frequencies quicker than a lifetime. Looking at the National Cycle, which started in 3115BC, each of these sections of Light or Dark took 397 years. During the Planetary Cycle starting in 1755 the Lights and Darks were 19.7 years. In this Galactic Cycle, began 4 January, 1999 we see the same amount of changes in 360 days. Does anyone need more proof than what we see and hear on the Daily News or "On Line" here? The next Cycle is called the Universal Cycle. These same changes will be occurring every 20 days.

So what's the Big Deal? Your Mind has a speed limit, not your consciousness. That's the "Big Deal." Events are speeding up, data is coming in from everywhere, developments in technology are a torrent, change is ravaging all of our systems including relationships of all kinds and this causes the mind to express STRESS!

Some of you may have had near or actual accidents during which you saw time slow down or even go to a frame x frame experience? I know I have. These moments are very memorable

because they are a straight shot at the truth. Your mind is taking pictures one by one and you can stand back and watch that happen. Proving your consciousness does not have a speed limit. It is timeless. Actually you do take those pictures at about 33 per second, this is called the Flicker Frequency. You can "know" faster than you can think is what this means.

Good deal! Cause "Thinking Fast" just ain't gonna get it here pretty soon. Like an old out-dated computer the mind will be left behind. You'll still have your mind just don't try to rely on it. Speaking of computers, Computers are now making decisions at a rate well in excess of 1 billion per second. That is the speed of our current consciousness. The rate of changes in our future predicted by the Mayan calendar will be far faster than the mind could ever keep up with. Ultimately your Consciousness, which has no speed limit but which is constant, will be the only way to keep up with the rate of changes. This is where we've been headed all along to be living fully in our intuition. Everyone reading this has felt/heard their own Intuition calling to them. Over and over the message has washed through you that change is here, not just coming and there is something you need to do about it. Like the Animals at migration time you have felt the urge to move. But, go to where? To do what? That is why we are all resonating to this message. You "feel" that there is some answer here, that this is all familiar somehow. Like whales in the ocean, we are discovering we're all wet with Creation. That's how familiar this is.

Where Are We All Going? Out of Our Minds That's where! Going out of your mind has gotten a bad connotation from the shrink/psychos. It may seem scary at first but wait a minute. You've been out of your mind lots of times. People try to get out of their minds with all sorts of methods all the time. Almost always with the relief of stress in "Mind." For centuries people have been using various meditations, herbs, drugs or alcohol, even sex (if your doing it right) as methods to move out of the mind. Now parachuting from airplanes or cliffs, leaping from buildings or bridges on a Bungee line, all sorts of dangerous activities or those dumb numbing network sitcoms are examples of ways and extremes used to get you "out of your mind."

What is Just Outside of Your Mind? YOUR INTUITION

There is another way to safely go out of your mind. One that worked for the Mayan civilization and we are getting hints from everywhere that other more ancient peoples used the same or similar method in the more distant past. "What-ever you put your attention on is what you become conscious of." This is a rule that can't be broken. We can use it to our advantage. The flow of Creation would of course be the true source of all knowing. Everything that happens, all Cause and Effect comes from that flow. If we put our attention on the actual flow of Creation then we are "Tun-ing" our consciousness to the source of all knowing. The Mayan calendar we now know, expresses the flow of all of Creation. Thus the Mayan calendar is and always was, a tool to synchronize your awareness to that flow thereby opening your personal Portal of Intuition. There is no need to study hard or think too deeply about any of this. You should

verify the facts about the Mayan calendar's timing to your own satisfaction and not take any of this on faith. Beyond that, thinking too much about any of this will just get in the way. All you have to do is put your attention briefly on the meaning, intent and symbol of each day on the Mayan calendar and then go live your life each day. This and the confirming experience of your own reality will naturally and smoothly entrain your Consciousness to Creation. Then you will be set to ride whatever changes may come and benefit as you go.

Too simple?

No apologies from me. The "Truth" is always simple.

Everything Will Happen at Once

In the last day (13 Ahau, Oct. 28th 2011) the changes of the 7 lights and 6 darks will accelerate even faster and faster right up to the point that so much Creation is flowing that everything in infinity will happen all at once. Which is the truth in the first place (Creation exists in total right now with no past or future) but the illusions of Time and Space by that time will be completely dissolved.

End of Mayan Calendar.

As the Hopi Elders Have Recently Stated;

There is a river flowing very fast. It is so swift that there are those who will be afraid. They will try to hold on to the shore. They will feel that they are being torn apart and will suffer greatly. Know that the river has a destination. The Elders say we must let go of the shore, push off into the middle of the river.

And I say, see who is in there with you and Celebrate! At this time in history we are to take nothing personally, least of all ourselves. For the moment we do our spiritual growth comes to a halt. The time of the Lone Wolf is over. Gather your Self's together. Banish the word Struggle from your attitude and vocabulary. All that we do now must be done in a sacred manner and in Celebration!

More and More is Happening in Every Moment.

This means that more and more is possible to occur in every moment. Miracles are walking, soon to be running then flying everywhere. You will participate willing, knowing, or not. You choose.

Yours in service, **Ian Xel Lungold**

Some Background As way of introduction, my name is Ian Xel Lungold. I began my own journey into the Mayan civilization with the creation of Mayan glyph jewelry. I was drawn deeper and deeper by the sacred Mayan symbols, which "spoke" their meanings to me. I'm sure they will speak to anyone who listens. This is what makes the jewelry so important and why I kept going. I was told very early on that my mission (If I chose to accept it) was to make the Mayan culture "Fashionable." Fashion being the highest expression of art (spirit) that our current civilization aspires to. In general, for most of humanity living in developed countries, whatever is "in fashion" is what is cool and you'd better be too. So if this is the system lets use it to feed something through other than a new car, dress/handbag or Lip Gloss color. Knowing that the symbols speak these were the first obvious objects/tools to market. That was how I got started. It all quickly changed as I joined stage by stage, the actual flow of this opening in creation. As I took up the task, as mine to do my destiny and life pattern changed drastically. At every turn there were more and more "coincidences" happening that directed the flow of events.

This I recognized as Mighty Strange. Being a hang-glider pilot, I have become used to just jumping off and soaring away. I figured that it was time for me to the same sort of thing once again. But, this time.. No Glider. I was directed to journey to Central America and to visit the Mayan sites of Tikal, Palengue, Quetiqua, and Copan, to speak with the Elders and find the truth of the Calendar count. I was redrawn to the Yucatan to meet with Hunbatz Men and do ceremony (alone) at Chichen Itza, Koba and Izamal. Later I found myself once again in the Maya lands in route to meet with Don Alejandro Cirilo Perez, who is the leader of the Indigenous Council of Priests and Elders. Sites of Isamal, Koba, Chichen Itza, Tulum, and the Sacred Door in Amatlan Mexico all were places of spontaneous ceremonies. By that I mean, all of this was just allowed by myself to raise up when it would and I would just do the sounds or movements that seemed "right" for the time and place. Like I said, No Glider.

Anyway, I moved to Cancun, Mexico to market my "Mayan Calendar and Conversion Codex" and a Maya/Aztec astrological place mat I had invented to the tourist hotels that would in turn, spread the calendar over the world through the tourists returning to their home countries. Well.. That was the plan. As it turned out I ended up going to the London Holistic Fair with these products and took a very important side trip to Glastonbury for 13 days. The TOR and I have some tales to tell some day. The TOR is an ancient tower there at the crossing point of the Mary and St Michael Leigh lines.

Once returned to Cancun, I had Carl J. Calleman PhD. Come and stay with me for 2 months while we attempted to get his book, "Solving the Greatest Mystery of Our Time" published there. We met with the Governor, Secretaries of education and tourism, magazine and

newspaper editors, did a press conference and generally made ourselves a nuisance. In the meantime during long deep discussions his data became the missing links in my own theory that the Mayan calendar was the "Portal of Intuition" and that is where we come today. We are both working now to spread this information. He's writing and speaking in Europe and I am over here in the Americas.

<http://www.mayanmajix.com>

www.store.mayanmajix.com/?=click1040

Annex X

Cosmology 101

SO LONG AGO that time as we understand it has very little meaning, Earth, our mother, was conceived of a wisp of interstellar gasses. She gravitated and coalesced with her brother and sister planets around a star, our Sun.

She condensed and cooled into a slag encrusted ball during her infancy, whirling through space, spewing molten rock and noxious gasses. Boiling and fuming, she tossed continent-sized chunks of her crust into a hydrochloric atmosphere, either in a tantrum or just the glee of self-discovery.

Over an unimaginable amount of time, she began to cool her emotions and her oceans appeared, filled to brimming by a new atmosphere that began to reign.

Our Sun noticed the Earth in her early adolescence and, in his embrace, she became pregnant. Nucleic acids reacting to the Sun's ultra violet rays sparked life in the ambiotic fluids of her primordial seas.

Immense cycles of time wheeled on, Earth matured and life evolved. Out of the seas onto the land, grasses, ferns, flowering plants and trees carpeted the plains, hills and mountains. Mollusks became insects, fishes crawled out to become reptiles.

Our Mother Earth nurtured her young family of life forms to the age of dinosaurs.

Then she took a direct hit by a large asteroid. In the blink of an eye came the end of an age. Teaching our mother some very powerful lessons.

She continued as any mother would, determined to rebuild her life, her family.

Mammals became dominant and eventually man. The rest of the story, though sketchy through the mists and myths of time, is our Herstory and more recently, history.

And so now here we stand, Humanity. A race reared up to pubescence.

As many other pre-adolescent children, we stand separate from our mother—self-centered, feeling superior to our parents. Ready to leave the nest, but with no known way out. So we may trash our room (accidentally) break some family heirlooms, and sulk in our self-pity while picking fights with our siblings.

Possibly it is time for humanity to grow up. Mother Earth will not stand for this kind of behavior very long. Did yours? Would you?

Mother Earth and Father Sun love us still. They have raised us and taught us and learned from us as all good parents do. They have imparted to us their vast knowing. Current life scientists and quantum physicists are now finding clues to this knowledge wound in our very DNA. Indigenous peoples around the world carry this knowing, this "Wisdom of the Ages," in their hearts as well as the DNA code. We call these people "indigenous," that is, until they shut down their heart connection to our parents. When they join us in the concept of ownership and greed, we call them a "third world developing country" and anxiously extend them loans to "develop" their natural resources and soon, to buy more effective weapons to "protect" themselves and their property. No question about it. This is what is happening to the world's rainforests and in cultural conflicts all over the globe.

For eons, Father Sun, Mother Earth and Sister Moon have nurtured us and helped us to grow and learn. We carry the "Wisdom of the Ages" in our bodies and if we are really as smart as we think we are, we will turn our attention to these wisdoms.

We will reconnect our hearts to the cycles and the bounty of light and love that shower down on us each and every day. The ecology movement is the beginning of our reconnection. Increasing interest in herbal remedies, alternative medicine, acupuncture and the recognition of astrological cyclical influences are all steps in reconnecting to our true heritage.

The ancient indigenous peoples of Earth left many clues pointing to their wondrous connection to the Earth, Sun and the Moon's energies. All over the Earth, carved carefully, artfully, on huge stone monuments, are the diagrams of the relationships of man and his parents, the Sun and Earth.

Archeologists have puzzled over the meanings of these messages and the methods of construction of these massive stone structures by "primitive" societies. The missing piece to their puzzle is their own heart connection to what they have regarded as lifeless lumps of matter in the vast vacuum of space.

These massive stone monuments, with stones fitted so precisely a piece of paper won't slide between them, some of the single stones weighing 200 tons each, are all set at what the ancient called Sacred Sites. These sites all lay on electro-magnetic grid lines that criss-cross the globe. Is it so outrageous for us, with all of the technological marvels that we have developed using Mother Earth's natural resources, to consider that we might have missed or "forgot" one of her offers of help? Could it be possible that the ancient indigenous people worked with Earth's energies to form and move these massive stones? To grow crops? To steer the weather? The clues are there, the legends are there. Where is our wisdom? Blocked by our new found sense of self, as separate from the parent?

Adolescence is a tough period of development in most people's lives. Breaking away from the family unit is often precipitated by emotional upheavals and a lack of affinity. Whether this is the only way, or the most preferred method to propagate new family units or not, it is what is happening here. Most protégée soon rejoin the parents in a separate but supportive relationship. Remaining a part of the "tribe" gives you access to the collective wisdom of the extended family.

It is time for us as Earth's children to rejoin our relationship. Time to extend our hearts in support of our Mother Earth and even Father Sun. How can we do this?

The indigenous peoples know how. We need only pay attention to the cycles or communication frequencies of Father Sun, Mother Earth and Sister Moon.

Life scientists discovered Biorhythms in the 60's. They have now discovered a connection of these with the gravitational forces of the Moon and the Sun's electro-magnetic emissions. Is there some primal message here?

If you are a woman, or if you are in relations with a woman for more than 30 days you may become aware of the basic rhythm of this planet. This rhythm is the communication frequency of all life and creation on this planet. 13 moons of 28 days each which makes one round we call a year. Remember in those old Cowboy and Indian movies when the Indian chief says; "Many moons ago"? Did he know something that we should?

Hopi elders have just recently disclosed to the world that most of North American indigenous culture came from the Maya. Including the thirteen moon calendar that tracked the seasons, migrations, religious ceremonies, their prophecies and of course the age of each individual. The Maya appeared only some 3000 years ago, and appeared rather suddenly we might add. Seemingly overnight these mysterious people popped up in the Yucatan Peninsula, complete with a written language of over 800 symbols and a mathematical notation system rivaling our own. And began building massive stone temples devoted to the Sun, the Earth, The Moon, and to Venus.

Everywhere, carved in stone, is the message that our connection with our Mother Earth and Father Sun is our connection to the stars. These people then just as mysteriously deserted their cities at the peak of their development. Mysterious to the archeologists, not for the people of the Maya. While we have a science of matter, they had a science of time and had an unobstructed view of the future. They saw Cortez coming. This is the same source of many of the North American Indian prophecies as well.

The Great White Serpent did come and take the land from the Red Serpent. The White Serpent did not love the land and the Mother Earth has become sick. The Sacred White Buffalo has been born (four of them so far) and the Rainbow Warriors (environmentalists) have returned to heal the Mother.

The Maya prepared for the arrival of the Europeans and a time of darkness they called the 9 Hells. Everywhere they left clues connecting us with the cosmic cycles. Carved in stone that would not burn. Then they quietly slipped into the jungle and high mountains to protect some of their books containing this sacred information until the dark tide had passed. It has passed, the White Buffalo has been born, and now is the time to release these truths again so that all of humanity can prepare for the next series of changes. These cosmic cycles have maps or periodic charts. One of these charts or calendars is called the Tzolk'in.

As the Maya recorded, the Tzolk'in is a notation of the flow of energy or information through-out our galaxy. Yes, they did know we were in a galaxy. They call the center of our galaxy HunabK'u. From the center of our galaxy there emits a creative pulse of light in a series of 13 tones. Take a pebble and toss it into a quiet pool and watch the ripples run. Watch the ripples 1-13 then take another pebble...

This creative pulse is an action plan in 13 steps, repeated over and over again, continually adding to and changing creation; In another word, Evolution. Each person embodies one of these steps as his spiritual energy or "Tone" from birth, for his or her entire lifetime.

Reciprocating each star or sun sends out waves of light in 20 pulses called Sacred Sun Signs. Each person picks up one of these vibrations at birth as well. These waves of light meet the galactic tones each day and set up a harmony or resonance of vibration. This vibration of light is what our quantum physicists tell us become the sub atomic particles that make up the atoms and molecules which make up the couch or chair that you are sitting on and the magazine that you are reading. As well as your body, the vague wisps of energy called thoughts and all the rest of your experience.

The implications of this information could be seen as staggering. Many scientists should be and are, looking into all of the ramifications and possibilities as of right now. This is a good thing because it will keep them quite busy for a very long time. We, on the other hand, can simply start to remember this information. This is not information that you need to study hard or mentally figure out. It is so much a part of us and everything around us, that we need only expose ourselves to a little of the information (to prime the pump so to speak) and open our hearts. Most of us have a feeling that things are not quite right in our world. And that major changes are on the way. This feeling is coming from your solar plexus, your personal expression of the sun. It is a "gut" level message. If we can feel these messages, maybe we can "Tune in " these feelings in such a way to make things a little bit better here for all of us.

Fortunately for us there is a fun, useful and phenomenally accurate science of astrology based on this information. It is called Mayan Galactic Astrology or the Sacred Tzolk'in. You can now obtain these very recently discovered conversion charts. They are called the Mayan Calendar and Conversion Codex. It is a beautiful, 11x27, tri-folded, presentation of Mayan art work and The "True

Count of Days" as kept by the K'iche' Maya for the Last 3000 years. K'iche' descriptions of the various day energies are also included. [Click Here](#) for more information on the Mayan Calendar / Conversion Codex.

WELCOME TO THE EVOLUTION

Please be aware that there is a "New Age" Count, then there is the "True Count of Sacred Days" that has been kept for the last 3000 years. Day by day by the K'iche' Maya in the Guatemala Mountains. They have come forth, to set the calendar information straight and we are directly helping them to do that. The "Count" that we have presented and the names along with the definitions of the Day Lords and the "Galactic Tones" are the K'iche' teachings. It has been an honor to study the indigenous calendarists and shaman. They have verified that the Maya, Toltec and Aztec civilizations share the same calendar, calendar day, and day meaning. This means that either they have had it wrong for the last three thousand years or the "New Age Count" is suspect.

Annex XI

Trusting Your Ability to Ride Change

Okay, by now you have realized that you are sitting here as a spiritual being, a center of unseen consciousness, in the 3rd dimension a place restricted to a matrix of physical frequencies that are made up of dualities. This hologram of Is-ness and Not-is-ness is the field of creation. So far, we as beings here on earth have been the spectators of Creation for the most part with aspirations of someday taking the field and playing the game as the stars we dream we are. In any game there are 3 things, freedoms, barriers and goals.

Our whole existence in this 3rd dimension has those 3 elements shining in all directions.

I am of the opinion that I, and the most of you, have joined this game for a very special purpose. And I am not talking about just this life-time either. We have been at this game for a very “long time”. We, those reading these words, came here at this point in Creation for one reason, to play to win. We came to challenge the whole game of physical Matter, Energy, Space and Time and walk away with the “trophy,” Our Spiritual Wholeness restored to full consciousness once again. Once again to BE Conscious Co-Creators of our experience, knowing the oneness and walking in oneness as yourself, radiant.

We came to play hard and we came to play smart.

We came to tear Karma and Spirit apart.

We are on a quest to conquer duality

Stage by stage through our evolution

From within, to and through-out all duality

And so through-out all of Creation

The sum total of which is, Unity ()

This means we must confront and master duality.

And practice makes perfect

What happened?

Living as a singularity in duality and efforting to effectively exercise your will into a matrix of co-created creation, creates a resistance to the flow of that creation and eventually causes the aberration of your Native Spiritual Abilities. When these abilities start to backfire, a spiritual being quickly puts those abilities away for safe keeping and steadfastly forgets that he or she ever even had such abilities. I guess you could call this phenomena "The Fall", it sure fits for me. It seems that we have struggled all the way to the bottom of the barrel so that we could work our way back out and know "all about" this here barrel. We have been on a very long climb back up to being able to vision our native abilities once again and here we are at a "time" in Creation when all possibilities are accelerating into consciousness and "reality" at rates that defy the imagination. And, we have just now noticed this acceleration. This acceleration is nowhere near ending and much more will become possible faster as we go forward into our future.

I really get that we are here in this physical mire so that we can experience the want of what we do not have, the sweet pain of longing for something or someone.

* Physical Duality is the only place that you can create a lack of anything*.

And this 3rd dimensional Physical Duality is the only place to experience the fulfillment of our dreams through the exercise of our intent doing carom shots off of Cause and Effect across the 4th dimensional table of time. Most of us have been playing this game of cosmic billiards for many lifetimes.

Those of you who have chosen to be reading this communication are now set for something different. Many of you have been noticing how quickly changes of all kinds have been happening in your own lives. You have also started to see that if you release attachment to a particular event, time and or form, your desires are flowing to you ever more quickly. Look back over your life's path and see how divinely some of those past, weird, and twisted disappointments you might have cursed at the time, have now turned out to have been in your favor. There have been no mistakes.

You are exactly where you are, as you are, for a very special reason. You're here to win.

Now, this is not to say that there will not be challenges. In fact, the best of players in any game relish the challenge and meeting the challenge as the true spirit of the endeavor.

During the 3rd Night for example we are in a very *impatient* type of consciousness.

This in itself is a challenge is it not? Haven't you recently raised your expectations of how things should be, far above what is currently your living situation? Isn't this the root cause of your personal, inner conflicts right now? Consciousness is impatient for change and that, is what causes the changes what ever they might turn out to be. Some of your personal associations are wishing

things would not change or that things would go back to what was familiar in the past. Get away from these ticking time bomb people. They are going to blow. Cause they don't want to know.

Putting up that kind of resistance at these developing speeds is going to be flat fatal.

Finding more trust in changes, by doing some self reflection on how many changes have turned out to be beneficial in your own past is worth giving a try. Trusting your ability to ride change is going to be the most potent tool or ability to surf these energies and in fact enjoy the wild ride. Get all hung up in your head or your self image and you're going to wipe out. You know that. It has happened every time in your whole life about every thing. This time it will just be a bit more intense. This is both in the exhilaration of riding creation and the effects of being the effect.

As just one example of the coming challenges in this 3rd "night", from June 8th 2004 during the Venus Transit, the likelihood of telepathic communication ability becoming another human sense is very high. For more details, read Dr. Carl J. Calleman's articles at our web page

http://www.mayanmajix.com/art_mc.html

Imagine what that would mean if you wanted to hold a secret or do some unethical act.

Could this be the beginning of the end of unethical power plays and deception? You bet it would be. Could this be a great challenge to everyone? To everyone who wants to hold a secret, yes. For those who would welcome the change and evolution this will be exhilarating and the connections profound. To accelerate us toward an Ethical consciousness, I can think of no better development or a more logical extension of our current technology.

In Service to the God~Us

Ian Xel Lungold

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3 Jaguar (IX)

April 1, 2004

Conclusion

As the Pisces era draws to a close. The Age of Aquarius begins with a great wave of universal ideas! We going from the era where human sacrifices material and man, to a new period focused on one's interior, which values more the human soul, his health, his intuition and his environment. Indeed, people are aware, more and more, the impact they have on the environment and on their bodies, through their constructive thoughts, and some of their daily gestures.

Wars, wild planetary deforestation and pollution are the greatest wounds of the Pisces era. The benefit is acquired without that man takes account of the adverse effect of the means of production. However, we must think ecologically. We need to plant trees!

Suppose that from now, the human race is more spiritual. It will be for the greater good of all, because, it will save the planet. Will you be among those who are already working on it?

Is it not true that life is the most beautiful adventure on Earth?

In your daily rapport with your inner self, have you already asked yourself: What's the purpose of our lives in these turbulent times which our planet and humanity experience every day?

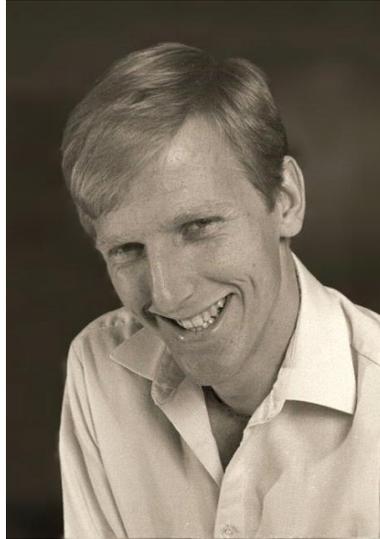
Life, as we know it now, is about to change. After a long cycle of 200,000 years (Earth's cycle) and the coming of the son of God, 2,000 years ago, the Earth is poised for a change, that will allow love and compassion to propagate in all hearts. The thousand years of peace, initiated by the New Age movement, takes place in this precious global garden.

Every day let's take appropriate gestures to mitigate the negative impact that our actions can have on the environment, and us!

I spent 30 years of my life to find a way that would lead me to the discovery of a new world. One day, I realized that everything came from the Interior of oneself. At the beginning, I felt especially my aversion to the polluters and my sorrow to see humanity threatened to disappear. Hans Jonas says that < in waking us up in time and to save us from the tyranny of dictatorship pretending to do the work of salvation, which however would be preferable to ecological disaster, one should not wish the physical survival at the price of liberty. Liberty represents the condition of the ability of responsibility - and that is a reason why mankind must continue to exist >.

Today I vibrate in the light of all the caring hearts and filled with love that work for us all. The Mayas, Incas, Aztecs were right: It's a new beginning. Unfortunately, the media and the newspapers have no place for these topics, which deal with an infinite love for humanity and the reign of the mineral, vegetable and animal world that surround us. That is why this book takes all its importance. The information contained in it encourages you to keep in touch with your soul in these crucial times in our history and to take action on the global ecology. Ecology begins at home!

Gilles Morand, (RMT), n.d., author. C.2016.



Green Global Ambassador

A little bit of me

My debut as an author dates from 1982, with my first book **Massage For All** - which sold more than 30,000 copies in French and was further translated into Italian.

ORTF Radio France was kind enough to interview me with the participation of Marcello Chiocchio, a radio presenter, well known at the time. Quatre-Saisons television also made me look at one of their shows, Bonjour TQS in 1989 ..

Interview in french of 2016: www.tinyurl.com/videogilles

With my work, I managed to make myself known, as worldwide accounting and book sales amounted to more than two hundred thousand copies. One could definitely classify these books in Quebec as best sellers.

From 1988 to 2011, I worked full-time in a hospital. However, my concern for the preservation of health, prevention and treatment of diseases is ancient. This already made 40 years of working in the field of alternative, natural and holistic medicine. Massage Therapist and author, I worked with dance companies and theater members in various sports centers, medical centers and spas. I also gave two university courses on massages. I was recorded as early as 1990 in the international esoteric encyclopedia. A few TV interviews from 1982-2016, where I spoke about the big transition in 2012-2017 and beyond and explained the Mayan civilisation spiritual heritage.

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