

God's e-book

February 12, 2009

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Part 1:

Learning About
the ONE



A requirement for Ascension is an understanding and a commitment to the Law of One that was first introduced to 20th Century human beings in a book by Don Elikins, Carla Rueckert and James Allen McCarthy. Their book, called *The Ra Material*, was published in 1984 around the time that information about the Ascension was to be widely disseminated. Published in four volumes, the book contains recordings of an extraterrestrial being named Ra who spoke through Carla.

The Law of One is not new although it has been distorted by religion. There are remnants of the Law of One in Christianity — it's referred to as the Golden Rule:

*Do unto others as you would
have them do unto you.*

This is a very ancient principle that is related to the Law of One, meaning that what we do to others, we do to ourselves.

Unlike the *Ra Material*, this book is not channeled. The information is obtained through use of a pendulum that many people can use to communicate with God. Anyone who is a $\geq 51\%$ Service-to-Other (STO) is eligible. This topic and many others will be explained in this e-book. The main topic that will be presented are Prayers and Intentions—that provide positive energy needed to prepare for the Ascension.

Chapter 1: Introduction

Sunday, February 8, 2009

Many of the people who will read this e-book are former Atlanteans (also known as Azurites). There are 144,000 on Earth and approximately 1% are awake. Atlanteans volunteered to inhabit Earth when Atlantis was destroyed approximately 13,000 years ago. The destruction of Atlantis is something that many authors remember but without the details of how or why it was destroyed. The energy that caused the destruction is known as Service-to-Self or STS energy that is naturally part of the Earth. STS and STO are energetic principles that relate to behavior, chemistry, metabolism and reproduction of all life on the planet.

STS energy is supposed to be contained or balanced by its opposite energy which is Service-to-Others or STO. The "O" in STO can also stand for "One"—that refers to the connectedness of all life. The "One" is also God's energy—life-giving, and rejuvenative.

Ordinarily, STO and STS energies are proportionately balanced (50% STO and 50% STS). At the time of the destruction in Atlantis (as well as the present) this 50%-50% balance has shifted to 10% STO and 90% STS.

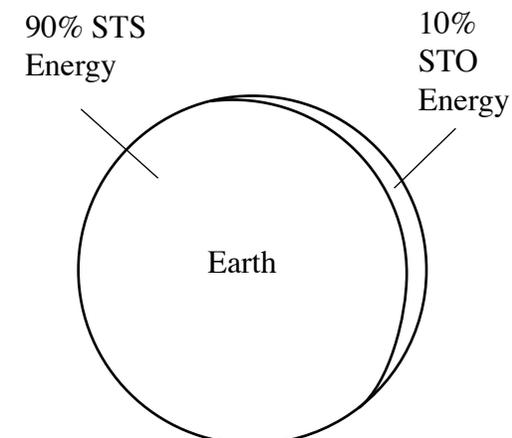
Polarity Reversals

To achieve the 90%-10% imbalance, dark forces have been quietly reversing the



The Ascension occurs on the Winter solstice at 11:11 p.m. on the evening of December 21, 2012. Eleven is God's number and 12 is the Earth's number istockphoto (#1208918).

natural energetic polarities in all life—to energetic opposites that favor STS energy. The polarity shifts effect the biochemistry of all plants, animals and humans. There is only one independent researcher who has noticed these shifts. Through meticulous research and advanced diagnostics that use sound resonance, Dr. Hulda Clark has discovered that the body tissue in



The proportion of STO and STS energy is supposed to be proportionately balanced (50% STO and 50% STS) but dark forces have created an imbalance.

people with diseases such as cancer—are slowly becoming south-polarized. Hulda has identified pollutants such as a radioactive element in drinking water that is causing the shift in polarity but the problem is much larger than pollution. All of the natural energies on the planet have been compromised.

In her 2007 *The Cure and Prevention of All Cancers*, Hulda writes about a polarity shift what occurs in plants and animals:

Plant matter and animals are north polarized by daytime. They switch to south polarized at night. The switch back comes in the early morning with the first rays of sunlight and repeats the cycle in the early evening.

Hulda noticed this shift in plants and animals but she does realize that the shift occurs in all life on the planet—including the human body. Understanding the shifts in energy that occur at Sun Rise

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and Sun Down is part of the key to re-balancing the energy on the planet. The other keys are Prayers and Intentions. Up until now, those who volunteered to teach God's Prayers and Intentions have not understood enough about energy to a.) withstand the wave of STS energy that naturally occurs when STO energy is generated from incorrect Prayers and Intentions or b.) safely use the chemistry related to the natural polarity shifts that occur at Sun Rise and Sun Down to deflect imbalanced (and harmful) STS energy that is consuming the planet.

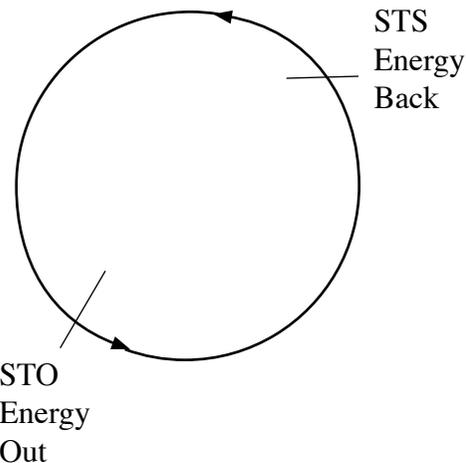
Physics of Prayer and Intentions

Taoism's doctrine of Yin and Yang provides a symbol that helps to understand STS and STO energies. They are opposites that flow into each other. The interior dot illustrates that each force contains a seed of the other—having an ability to become the other.



From: www.friesian.com/yinyang.htm

Words such as "God" or "One" (a word that represents God) contain powerful amounts of STO energy and when these words are recited



The Yin and Yang of Prayer and Intention energy is not new. There has always been a requirement to understand the energy inherent in spoken words, particularly words that are related to God.

in Prayers and Intentions contain, they push out very high levels of STO energy (particularly at Sun Rise and Sun Down). Due to the natural intertwining and highly magnetic attraction between STO and STS energy, there is a very high level of STS energy that is pulled back in (toward the person who recites the Prayers or Intention).

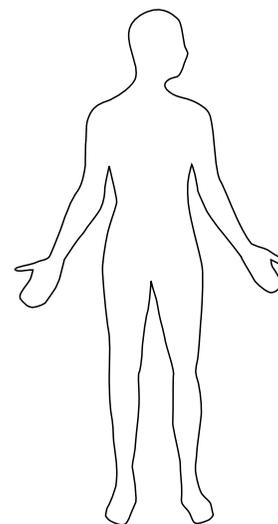
Chemistry Related to Polarity Shifts

Hulda Clark has determined that the south polarization effect that she has noticed in the bodies of cancer patients is influenced by several different forms of pollution including an alpha radiation daughter particle of radon called polonium that she has found in almost all bottled water. According to Hulda, the two other pollutants that cause south polarization are an amine that is streamed from a bacteria called bacillus cereus. This bacteria can live inside animals and humans in a cancer-causing fluke called Fasciolopsis Buski. The third cause of south polarization that Hulda has identified is nickel, a metal that is found in most stainless steel

cookware. Hulda's books provide in-depth information about how to select drinking water that does not contain polonium, how to use herbal teas to kill parasites that are contributing to south polarization and how to select stainless steel cookware that does not contain nickel. Similar instructions will also be presented later in this e-book.

Hulda's findings have not been accepted by her contemporaries because they are not familiar with the sound resonance technique that she uses to identify energy signatures. In addition, Hulda has not yet realized that the polarity shifts that she has observed in plants and animals also occur in humans. Polarization is an electrochemical phenomenon. Although the biochemistry involved is complex, an understanding of what takes place does not require an in-depth understanding of chemistry.

Problem: The human body is becoming excessively south polarized by polonium, parasites and nickel. The net effect is a decrease in the balanced polarities needed to maintain a normal metabolism.



South Polarized Energy is STS Energy

The south polarized energy that is slowly invading body tissue is Service-to-Self energy. Hulda Clark knows this energy is destructive but she does not know it is STS energy. She provides a summary of what happens to the body when it becomes south polarized—in biochemical terms. The bacillus cereus bacteria that lives in a parasite called the Fasciolopsis Buski produces a south-polarized-inducing chemical that turns body substances south polarized. This, in turn, causes inflammation, that results in further bacterial infection causing pain, bloating, gas, sweats and diarrhea.

Energetically, these reactions only occur in the bodies of STO beings who are eligible for Ascension. STO beings will begin to feel these effects even before they begin to prepare for the Ascension. If these same beings choose to participate in the Ascension, they will need to carefully manage their STO energy in several ways:

Managing and Protecting STO Energy

Compose and Recite Prayers and Intentions

Re-establish natural polarization in the body with acid-base principles that relate to Sun Rise / Sun Down energy shifts.

Avoid STS environments and STS beings whose energy can infect an STO being

Avoid STS words (and/or music)

Serve the One and not the Self

Learn and follow God's Laws

Learn how to use a pendulum to communicate with God

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Serving the One

Participation in God's Ascension Program represents a commitment to an Ascension path and it also provides a service to the "One." The positive energy that can be made available through Prayers and Intentions will not be visible until a significant number of STO beings begin to participate. It will not happen automatically. In addition, STO beings will not simply Ascend without some form of service to the "One." When an Ascension path is chosen, God will work with everyone (over the age of twelve) to work out what form of service is required.

Due to the high level of interference on the planet, there has been very little information available about the Ascension that represents the end of a 26,000 year galactic cycle. Ascension is a form of graduation—a step up from STS / STO energy patterns—to a reality where there is no STS energy. In some ways, it represents an energetic cleaving of STO and STS energies that will separate on December 21, 2012. STO beings will Ascend and STS beings who have

chosen not to Ascend will need to reincarnate through another 26,000 year-cycle. STO animals will automatically Ascend (with or without their owners) along with other STO members of all of Earth's Kingdoms (there are a total of twelve Kingdoms that will be covered later in this e-book).

Polarization and Acid-Base Chemistry

The charts on this page provide an introduction to the effects of acid-base chemistry. This information is presented here in a short summary form because STS energy can be very damaging to the body. Details about foods will be presented later in this e-book that will build on the information presented here. Managing STS energy with acid-base chemistry is very important and it needs to be studied carefully. STO beings will discover that they need to avoid mistakes at night when the external energy opposes the energy in their body. If mistakes are made, some of the effects can be reversed with highly alkaline food such as:

- Seaweed
- Aduki beans
- Kidney beans
- Green vegetables

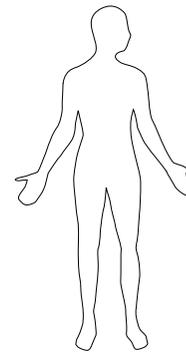
Keeping a Sun Rise / Sun Down Log

Sun Rise and Sun Down last fifteen minutes and the precise times for each of these events varies from day to day and from longitude to longitude. It is a good idea to record the times two weeks in advance. The practice of keeping a log can later be adapted to keeping records when you plan to say Prayers and Intentions. The following Web sites may be used to obtain the times for each of these events.

After Sun Rise Solution: Because acids induce polarization, weak acids such as apple cider vinegar and acetic acid (white vinegar) can be used to re-establish polarity in the body during the day when the external energy is complementary (daytime is naturally north polarized).

Day

Naturally
North
Polarized



Food and Beverages: emphasize acid-forming foods and beverages such as meats, dairy, eggs, grains and black teas. Drink a small quantity of diluted apple cider vinegar with every meal (Note: Herman Aihara's book, *Acid & Alkaline* contains helpful charts that will help you learn the pH values of foods).

Cleaning (surfaces, laundry, dishes): Use white vinegar and Miracle II that does not neutralize natural skin acids. Avoid all other soaps due to alkalinity.

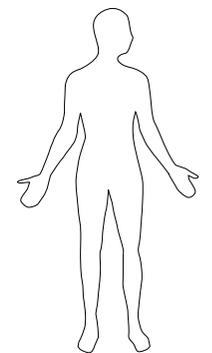
Bath: Use one-to-three cups of white vinegar in bath water with Miracle II that does not neutralize natural skin acids. Avoid all other soaps due to alkalinity.

Color: Red and orange enhances polarization. Blue blocks polarization (avoid this color during the day).

After Sun Down Solution: In the evening, it is important to avoid all acids that induce polarization. Using any acid at night when the external energy is naturally south polarized is very stressful on the body's tissues. Even small amounts of acid-forming foods are capable of causing an uncomfortable reaction.

Night

Naturally
South
Polarized

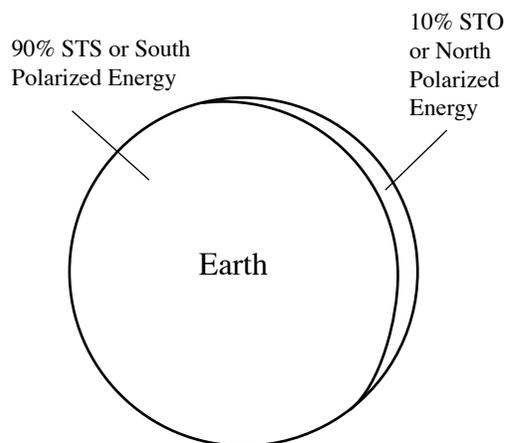


Food and Beverages: emphasize alkaline-forming foods and beverages such as seaweed, green vegetables, some beans (e.g. aduki also spelled azuki or adzuki) and green teas. Avoid fermented foods and seed oils for cooking. Avoid all skin contact with any acid-forming foods such as black tea (Note: Most pH books have incorrect pH values of beans. Aihara's Table on pages 38-39 in *Acid & Alkaline* is correct).

Cleaning (surfaces, laundry, dishes): Miracle II soap or alkaline soaps.

Bath: Use Miracle II soap or alkaline soaps.

Color: Blue blocks polarization and red enhances polarization (avoid red and orange foods at night).



The proportion of STO and STS energy can be restored to a 50% STO and 50% STS balance through the Prayers and Intentions of human beings.



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Farmer's Almanac
www.almanac.com

Calendar Updates
http://www.calendar-updates.com

A Timing Crisis

This e-book is an Ascension Training Guide that was supposed to be made available over twenty years ago. The delay has been caused by STS energy—the same energy that caused the destruction of Atlantis. However, this time STS energy is being created by forces that do not want Earth or its inhabitants to Ascend. These predators understand energy and they have cleverly manipulated natural forces to drive a wedge between human beings and God—whose name has been almost entirely deleted from the planet. There is much to relay about this subject and many details will be explained.

The information in this e-book has been rapidly assembled due to a timing crisis. Many Atlanteans and other Earth inhabitants have an opportunity to Ascend on December 21, 2012. If all had gone according to plan, the information in this training guide would have made prepara-

tion for the Ascension a gradual process spread over twenty years—ending at the Ascension event at the Winter Solstice on December 21, 2012 at 11:11 p.m. Instead, the training needs to be compressed into much less time. Due to the critical timing, God has selected me, a writer and technology trainer, to write His e-book that is really a training guide for the Ascension.

Why Me?

I've discovered that I'm one of twelve people in the United States who volunteered to write his e-book and I'm the first one who woke up. There are also twelve others like me in twelve different countries—working in parallel.

I did not realize that I would be involved in this project until January 15, 2009—the day that I learned that I would be writing an e-book for God. I've had a small amount of clairaudient ability all of my life and I heard, "This project will take everything you have for a year." God meant personal energy as well as will power to deal with challenges such as making a living, dealing with people who do not understand what my timetable will be like for the next year as well as a move to a nearby state where the energy is more conducive to working on the e-book.

I'm far enough along in learning about Prayer and Intentions that I understand that *God guides but He does not provide*—except for eight material Prayers and eight material Intentions that we are allowed for each of our lifetimes. I've learned that I have never said a Prayer for a material benefits but I accidentally used up all of my Intentions after reading Lynn Grabhorn's *Excuse Me, Your Life*

is Waiting. Prior to working on God's e-book for His Ascension Program, Lynn's book was my only introduction to the word "intend." However, Lynn's book contains distorted information about "intends" (lower case "i"). At the time that she wrote her book, she did not realize that she was writing about "Intentions" (always capitalized) that provide a balance for Prayers:

A Prayer is a request for God to grant some favor for solving a human problem (using specific words that will be presented in this chapter).

An Intention is a powerful statement of action that places the responsibility on the human being who is reciting the Intention.

God does not want humans to be constantly in a position of seeking his help. He prefers a balance is very appropriately expressed by Benjamin Franklin in *Poor Richard's Almanac*:

God helps those who help themselves.

When I learned about the real Intentions, I thought about Lynn. I knew that she had died shortly after writing a third book called *Dear God, What's Happening to Us?: Halting Eons of Manipulation*. One of her book reviewers said that Lynn discovered forces that produced a debilitating physical and emotional breakdown. The force that Lynn discovered was STS energy and it can be fierce (that I have had to deal with it since January). Fortunately, I have remembered Protection Prayers and Intentions as well as important diet solutions that

control STS energy that is particularly strong at night.

Lynn's books and the *Publisher's Weekly* review of her third book also describe:

... a group of the 100 people who are creating "a new grid of light on this planet" to counter the pervasive influence of "the Others" (Grabhorn's term for cosmic forces of darkness that feed on negativity). She claims the 100 people "signed up" for this job before coming to this earth, knowing in advance that the task of birthing a new world would be "disagreeable" and difficult.

I'm one of the people who "signed up" and the number is not 100 but 144 (twelve times twelve). I've been dealing with the same STS energy forces that Lynn encountered. No one should jump into composing or reciting any of the Prayers or Intentions in God's Ascension Program without a thorough briefing on how to control the energy. It is still a challenge for me and I understand what Lynn faced.

What is the Ascension Training Program?

The Ascension Training Program was originally developed by Akanaton, an Atlantean who later became an Egyptian Pharaoh. Historical records that say that Akanaton introduced monotheism to Egypt. This is a limited way of saying that he taught Egyptians to honor One God and he also taught the meaning of the Law of One. God spoke to Akanaton before Atlantis was destroyed and asked him to take his family to Egypt to



The polarity of all life on the planet shifts at Sun Rise and Sun Down. istockphoto (#2042391).

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Akanaton, who taught Egyptians about the Law of One, was an Atlantean istockphoto (#2398524).

preserve the Atlantean legacy. Akanaton was very troubled after Atlantis was destroyed. He blamed himself and never really recovered. He introduced the Ascension Program in Egypt and although it was somewhat successful, Egypt was also eventually “infected” with STS energy and fell away from the practice of honoring One God. Akanaton had twelve children and I was the one who he nicknamed the “information gatherer”—which is why I have been able to remember so many details.

I now know that I have been preparing for this project all of my life. I worked in New York City for over twenty years, wrote five computer books and taught computer classes at Pratt Institute in Manhattan part-time for ten years. God needs someone who can provide step-by-step instructions on a computer because a computer is needed to participate in His Ascension Training. Although it is not *absolutely necessary*—it is almost impossible to participate without one.

I want readers to know that I am a very thorough teacher who believes in providing all of the fundamentals as preliminaries so no one ever feels like they have

been pushed off a cliff. I have a story to relay that will illustrate my track record as a teacher.

Pratt Institute is an art school and the years that I taught classes were particularly stressful for graphic designers who signed up for my classes. Starting in 1990, large typesetting equipment disappeared and graphic designers everywhere had to learn how to use a Macintosh computer that had been transformed into a typesetting device. I taught an Introduction to the Macintosh class on Saturday mornings for several years (I also worked at the IBM Product Stores in Manhattan in case readers are worried that I'm a Mac person).

One afternoon, after I had been teaching for a couple of years, I ran into a former student at a bakery near Union Square. As we talked and caught up, she told me that all through the semester that she spent in my class, she wondered why she had to learn all of the technical names and details I presented—which seemed overwhelming at the time. She explained that it was not until she took another class—with students from other *Intro to the Mac* classes that she appreciated all of the technical details. She said the other teachers at Pratt, who taught more advanced courses, knew that anyone who took my class was very well prepared.

e-book and Print Versions of the Guide

God's deadline for the Ascension Training Guide is February, 2010. I will be writing the e-book in draft form and the pages will be re-designed by Mark Worthington, who God has selected to help with the production. Mark and I will both be using pendulums to ob-

tain God's approval on the content and layout (pendulums provide a “yes” or “no” response that will be explained later in this book). A free e-book will be distributed on the Internet and a printed version will be made available for twelve dollars. The page dimensions, the page grid (twelve underlying columns) and the price all harmonize with Earth's (or Nature's) STO energy that is the number twelve. Harmony with the number twelve can also be achieved with numbers that multiply or divide evenly. As a result, the guide will have 1,200 pages divided into Parts, Chapters and Diary Entries (three components):

Component	Number
Parts	12
Chapters	10 (in each Part)
Diary Entries	3 or 4 (in each Chapter)

Preliminary sections will be made available in draft form and a revised finished book will be released in February, 2010.

Computer Software

The energy of the twelve also effects the page size that is used to compose and recite Prayers and Intentions. When I started composing and reciting Prayers and Intentions (a trial-and-error process that unleashed STS energy), I typed Prayers and Intentions into Microsoft Word and printed them out on 8.5 X 11 inch paper. As I began to learn about the energy of the twelve, I realized that the energy that the Prayers and Intentions produced would be more harmonious if I created and recited—using a 12 X 12 inch page. This is only



God's Prayers and Intentions will be distributed in a free e-book on the Internet and in a printed 12 X 12 inch book. istockphoto (#2764758).

possible in page layout software used for desktop publishing.

Anyone who participates in the Ascension Program will need to compose and recite their own Prayers and Intentions (based on instructions provided in the Training Program). I discovered that God does not like human beings to recite the same Prayers (or Intentions) over and over. This is one of many examples of religious distortion. Although God hears all Prayer, those that work contain very specific words and they need to be formatted following very detailed rules.

The first Prayers that I composed began with the following opening line:

Dear God,

Please help me [request here]

After many iterations of editing and re-editing (my Microsoft Word document folder for Prayers and Intention documents has 429 files), I learned that the word “help” is not one of God's twelve action words. It is too early for the following action words to mean anything

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but they will provide me with the information I need to make a point about the specific words that are needed in Prayers.

No.	Word	Note
1	Out	Part of a set
	Block	Part of a set
	Remove	Part of a set
	Restore	Part of a set
2	Stop	
3	Grant	
4	Extend	
5	Stretch	
6	Erase	
7	Bend	
8	Move	
9	Clean	
10	Reverse	
11	Filter	
12	Slow	

There are many different types of Prayers and Intentions. Some are limited like the material requests that I have mentioned and others are unlimited. Several of God's action words in the chart are used in Prayers that ask God for supernatural actions such as altering time, moving large objects or cleaning up pollution. I highlighted the word "Move" in the chart because it may explain how the Egyptians moved large stones to build the pyramids. I asked God the following questions (before I knew that Egyptians were all former Atlanteans):

"Did the Egyptians know how to compose and recite Your Prayers and Intentions?"

"Yes."

"Did they use the "Move" action word to ask Your help to build the pyramids?"

"Yes."

"Is this an example of an unlimited request?"

"Yes."

"Can "Move" also be used to gently move insects away from plants?"

"Yes."

Note: Animals and plants whose living conditions are altered by humans need to be forewarned. Michaëlle Small Wright has relayed this information in her books about Perelandra. I asked God about this when I asked about the word "Move."

"Do animals and plants need advance notice when their living conditions are disturbed?"

"Yes."

"Is the amount of time related to the twelve?"

Note: I suspected that the advance notice was some number related to twelve. There are two ways that I use to find number answers with the pendulum. I either watch for pendulum revolutions and count or I write possible answers in a notebook, point to each possible answer and look for a "yes" or a "no" response. For this question, I wrote:

12 minutes

12 hours

12 days

12 months

Each of these had a "yes" response—meaning they are all correct.

"Does this mean it is best to give animals and plants as much notice as possible?"

"Yes."

Can the word "Clean" be used to clean up the planet's pollution?"

"Yes."

"Is this also an example of an unlimited request?"

"Yes."

Composing and Reciting On-Screen

On-screen composing and reciting will be used in the modern version of Akanaton's Ascension Training Program—using page layout software. I have printed miniature twelve-by-twelve pages on 8.5 X 11 inch paper but these require trimming—which is an impractical amount of work.

A notebook computer is the ideal machine for the Ascension Program because Sun Rise and Sun Down Prayers and Intentions need to be recited while facing East and West. A phrase may be added to Prayers and Intentions when this is an impossibility (e.g. when composing and reciting on a workstation computer). I will also try to support iPhone users who may be able to recite from a PDF file away-from-home (I am planning to explore this and I will provide details later in the e-book).

The Download section of the CNET Web site (www.cnet.com) provides the following free and low cost page layout software for the IBM PC and Macintosh:

Computer	Page Layout Program
IBM PC	Serif PagePlus (older versions are free at freeserifsoftware.com)
Macintosh	Ready Set Go (\$175)

I will provide getting-started instructions for using these programs in advance of distributing the Ascension Prayers and Intentions to give readers time to learn the steps for producing twelve inch-by-twelve inch pages of their own.



Animals and plants need advance notice when their living conditions are changed. istockphoto (#3399645).

People who are comfortable downloading and installing software from the Internet should begin using one of these programs. Graphics professionals may use high-end programs such as Quark Xpress or Adobe InDesign.

Although I was happy to find free and inexpensive page layout programs that may be used to create twelve inch-by-twelve inch pages, I was concerned that there may be people who cannot use this type of software and I asked God the following questions:

"Is it absolutely necessary to use a page layout program?"

"No."

"Is the energy of the twelve helpful for those who make the effort to create twelve-by-twelve pages?"



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“Yes.”

“Will it help shield them from the negative effects of STS energy?”

“Yes.”

“Is it impossible to participate in the Ascension Training Program without a computer?”

“No.”

“Would hand-writing Prayers and Intentions become almost impossible?”

“Yes.”

“Do you want human beings to help each other with this?”

“Yes.”

Monday, February 9, 2009

Although I have skills that provide me with an ability to write an e-book, I was not prepared for the events that led up to this project. In retrospect, I am able to see connections between various milestones that occurred very rapidly between April of 2008 and January, 2009. It was not until the middle of January that I realized how all the events fit together. There are most likely earlier events that led to the 2008 and 2009 events, but I will relay only the most recent.

Meeting Dr. Yu

I am Midwesterner living in Madison, Wisconsin who is a *transplant*—meaning—I did not grow up in Wisconsin. I moved to Wisconsin from New York City about a year after the events of 9/11. It was a difficult move because I was also in the process of re-inventing my writing work in order to survive the economic fallout that effected many artists and writers after 2001. I re-shaped a

technical writing career into a book publishing business that provides alternative medical doctors with the help they need to publish books. The first milestone even occurred in April of 2008, when I went to Chicago to meet Dr. Simon Yu, a St. Louis-based medical doctor who specializes in energy medicine.

We Are Energy Beings

For the past fifteen years, Dr. Yu has followed the work of alternative medical doctors in Germany who are very close to discovering that we are energy beings. They don't really know that yet—nor do Asians who I've learned were the last two groups of Atlanteans to reincarnate. Atlanteans were very advanced beings who understood energy. Germans and Asians are less separated from their Atlantean knowledge than the rest of us—so they are partially awake.

Dr. Yu and his wife Katie met me early on a Sunday morning and we talked for five hours—comparing stories of what we had both learned about alternative healing in the last twenty years.

My search for natural therapies was due to fairly poor health that I've had all my life. As it turned out, my personal search for alternative healing turned out to be valuable information for the writing work that I do for alternative medical doctors. Dr. Yu's path, first to alternative medicine and then to energy medicine, occurred in stages—also with milestones. He began searching for natural therapies while he was working for a Health Maintenance Organization (HMO). When we met in Chicago, he explained that he realized that the word “cure” and “prevent” had become taboo in modern medicine. Today,

it is more profitable to *manage* an illness than it is to *cure* or *prevent* disease.

Sound Resonance Diagnostics

Dr. Yu searched for natural therapies at naturopathic and alternative medicine conferences—first in the United States and then in Europe. His European trips coincided with military reserve assignments in Germany where he learned about therapies and sensitive medical equipment that measure subtle energy in the body. Dr. Yu's trips to Germany changed his entire perspective about medicine and he returned to St. Louis with a sound resonance device that can detect energy imbalances in the body's energy meridians. Dr. Yu's other important milestone occurred while he was on a military reserve assignment in Bolivia. He was sent there with a medical unit to

dispense anti-parasite drugs to 10,000 Bolivians in the space of three weeks and saw many clues that helped him understand that parasites are at the root of most disease. When he returned to his practice in St. Louis, he began to see dozens of incurable diseases—disappear with anti-parasite medications.

As I talked to Dr. Yu about parasites and sound resonance as a diagnostic technique for detecting imbalances in the body's energy meridians, I thought of Dr. Hulda Clark, a former German Canadian, now living in the United States. Hulda has also used sound resonance to identify a connection between parasites and disease. When I mentioned Hulda's name, Dr. Yu said he has a tremendous respect for her work. We talked about her syncrometer—a device that she built herself. Hulda's syncrometer,



Asians and Germans were the last two groups of Atlanteans to reincarnate and have been able to access some of what they know about energy. istockphoto (#3345623).



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although less sophisticated than Dr. Yu's German equipment, uses sound resonance to help track energy. Instead of tracking energy in the body's meridians, Hulda's device uses sound to identify the energetic imprints of parasites and pollutants. In the months that I have been working with Dr. Yu, each time I heard of a breakthrough by a German researcher, I would ask, "Why are the Germans so far ahead?" At the time, I was not aware that Germans and Asians were the last Atlanteans to reincarnate. I first had to encounter several other milestones.

STS Energy Creates Parasites

My five-hour talk with Dr. Yu that Sunday in Chicago turned into months of work on his book and I became immersed in the subject of energy diagnostics and parasite infection. During a visit to St. Louis, I was surprised to learn that Dr. Yu found the energy imprint of a parasite in my body called a strongyloide. I learned that strongyloides can live quietly for fifty or sixty years and eventually cause congestive heart failure. My parasite infection as well as other events that occurred months later, helped me learn about STS energy.

I am still learning about STS energy. It is a large subject and I will relay what preliminary information I have learned. STS energy is inherently parasitic—taking more than giving. It is responsible for everything that is predatory on the planet—disease (that is mostly due to parasites), wars, pollution, destruction of natural resources for material gain, and financial exploitation. At the present time, we are on the threshold of being totally consumed energetically by STS energy that has taken over ninety percent

of the planet. The antidotes are Prayers and Intentions in God's Ascension Program that generate STO energy. STO and STS energy are opposites much like the poles on a magnet. When the words in the Prayers and Intentions are recited aloud, the STO energy that they generate—provide a counterbalancing force that create an energetic shift in the other direction. STO energy is expansive, rejuvenative, supportive, and care-giving. The key to understanding the essence of STO energy is the "O" that is an abbreviation for "Other" but also "One." STO energy is not inherently parasitic because it is a contradiction to be a parasite to oneself.

STS Energy's Sharp Negative Reaction

I've also learned that because the two energies (STO and STS) are never really separated, the energy that an STO Prayer or Intention produces—can produce a sharp negative reaction. If an STO Prayer is not recited properly, STO energy magnetically draws STS energy and there are physical consequences if there is not a valid Prayer or Intention that can serve as a shield. Some of the physical effects can be severe and rather debilitating. I have spent the last twenty-four days learning and refining Prayers and Intentions that create sharp negative effect whenever I say them incorrectly. I will continue to refine the Prayers and Intentions and distribute them when they can form a strong shield against the energy that returns.

Over Zealous STO Production in Atlantis

When Atlantis was destroyed by what was essentially their own Prayers and Intentions (but with tampering involved), Atlanteans blamed themselves and volunteered to assist with the evolutionary development of the beings who manipulated the STO-STS energy system. For the last 13,000, years, former Atlanteans have

been inhabiting the planet with STSers who reincarnated with them—the same group who were responsible for the destruction.

When I learned about the destruction and the potential over-production of STO energy that can be generated with Prayers and Intentions (through pendulum questions), I asked why there were no safeguards built into the STO-STS energy system. Here's what I have learned (I urge others to check this information with a pendulum of their own):

- a.) Group A - tampered with God's STO-STS energy system in Atlantis that led to the destruction and that group has been inhabiting the planet with former Atlanteans who volunteered to assist them in their evolutionary development.
- b.) Group B—a second group, related to the first, tampered with God's STO-STS energy system again in 712 through a sorcerer's curse that lasted 1,200 years. The curse stayed in place until December, 1912—after causing many tragedies that were the result of human separation from God.

I have also learned that these two groups infiltrated governments in various ways to serve themselves (an STS energy pattern). I will provide the questions here to help others understand what happened. Again, anyone can re-pendulum these questions or ask related questions of their own.

Note: Due to energy issues that I have begun to describe (STS feedback), I have learned to precede my questions with questions such as "Are You God?" said three times with variations each time (e.g. "Is this God?" or "Is God communicating with me?") I keep a list of these variations

in a notebook so I don't repeat any of the sets more than twelve times. When interference energy is very high, I only repeat a set a few times—and continue to vary the words in my questions. I've learned that others will need to do this—particularly as we get closer to December 21, 2012. Interference energy can manifest as many types of distractions that I will explain later in my entries.

My questions on the topic of the STS groups that have caused problems on the planet:

"Have there been traitors infiltrating since Atlantis?"

"Yes."

"Did you stop these groups?"

"Yes."

"Recently?"

"Yes?"

"In November, 2008?"

"Yes."

"Because traitor groups like to work through political parties to achieve their goals?"

"Yes."



STS energy was responsible for the sinking of the Titanic that occurred at a location that was attacked by an STS force programmed to attack STO latitudes (latitudes that reduce to numbers that divide evenly into twelve). The programmed attacks were part of a 1,200 year curse that was placed on God's Ascension Program that ended in December of 1912. iStockphoto (#5764797).

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STS energy is responsible for wars, disase, poverty, famine and all forms of financial mamipulation. istockphoto (#668669).

“Is Barack Obama an STO being?”

“Yes.”

“You helped him win?”

“Yes.”

“There will be changes but there is also a lot of cleanup required?”

“Yes.”

“And that cleanup can be influenced by Prayers and Intentions?”

“Yes.”

“Have the traitor groups all been disabled?”

“Yes.”

Tuesday, February 10, 2009

STS energy can manifest as energy that Germans and Austrians call “geopathic” energy. Americans seem to ignore any form of energy except for electrical energy that they use to power all of their electrical devices. I would have been in the dark about geopathic energy if I had not accidentally discovered it emanating from the ground under my apartment building a few months after I went

to St. Louis to visit Dr. Yu. It took quite a while for me to realize that 90% STS energy on the planet means that 90% of the surface of the planet is energetically more STS than STO. Learning to dowse and finding STS energy under my apartment building helped me understand how close we are to having all STO areas disappear.

Dowsing at Richard Dolan's Farm

In late August, due to my volunteer work as a Weston Price co-chapter leader, I was invited to watch a dowsing experiment at my friend Richard Dolan's family farm in Dodgeville, Wisconsin. Dr. Weston Price was a dentist who lived in Cleveland, Ohio in the 1930s and he's considered to be a nutrition pioneer and I have been teaching nutrition at monthly meetings for the past four years.

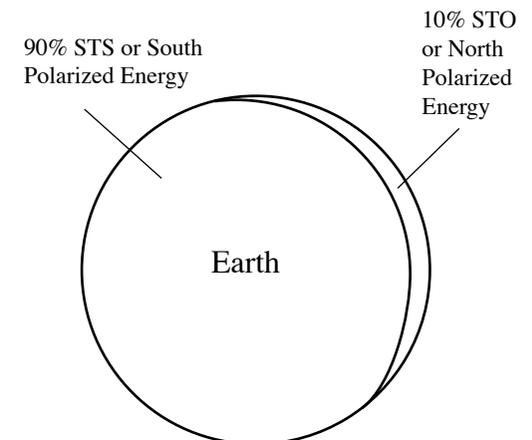
Richard, who shares my interest in nutrition, has helped me expand my search for nutrition by including soil—which is really the basis of all nutrition. Richard's friend's Ed Heine and Lee Patterson would be visiting from Illinois and the experiment involved testing the energy of charcoal, crystals and air (in air tubing). Ed, Richard and I would watch Lee Patterson test the energy in each of these elements with a pendulum. I had heard of pendulums—and had even purchased a book on how to use one ten years before—but could never get one to work. This was an opportunity to watch Lee Patterson, a master dowser who has taught classes on dowsing in Chicago. Ed Heine, who organized the experiment, was interested in measuring the energy in charcoal, crystals and air to explore their potential benefits to plants, animals and humans. In the 1950s,

Ed had worked with an author and soil scientist named Dr. Maynard Murray who wrote *Sea Energy Agriculture*, a book that describes the benefits of adding sea solids to soil for remineralization.

Ed Heine's SAWSOMME

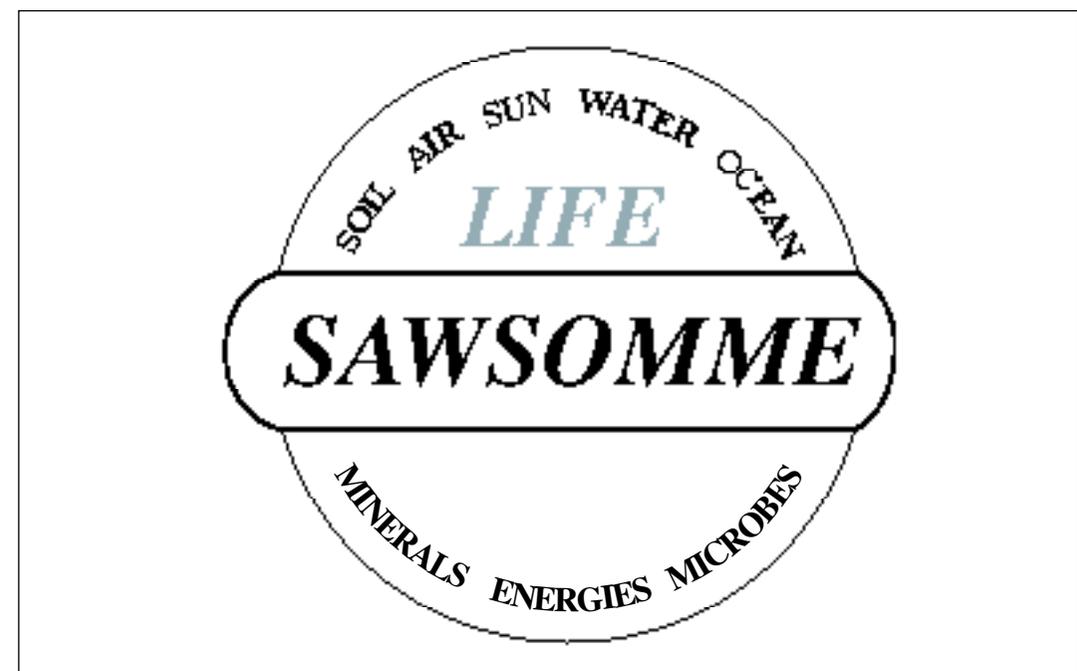
Dr. Murray was fond of saying, “Nature can teach us so much, if we would only listen.” His work is obscure and little-known because there is very little interest in curing or remineralizing soil. Ed has kept Dr. Murray's contributions alive since Dr. Murray's passing in 1984. He has also expanded on Dr. Murray's research and has developed an acronym called SAWSOMME that reflects the natural components needed by plants, animals and humans.

Lee is a very good teacher and he was also receptive to many questions that I had



Ninety percent of Earth's latitudes have been “infected” by STS energy. All STO beings will need to live in an STO area—or they will begin to feel the effects of STS energy. I have started to feel to the effects of Madison's STS energy.

about his use of the pendulum. That night, I remember sitting at my computer for several hours, typing up my notes due to my excitement about what I had observed



SAWSOMME label that I produced for Ed Heine in October, 2008.



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that day. I also wanted to search for books about dowsing.

Käthe Bachler's Discoveries of a Dowser

Martha Reilly, who has been helping me run Madison's Weston Price chapter is a voracious reader and a book collector. When she heard about the dowsing experiment at Richard's farm, she loaned me a book that she had found on the Internet but never read called *Discoveries of a Dowser* by Käthe Bachler. Käthe's book turned out to be another one of my milestones. The book's cover contains a description of what the book is about:

Results of Research on more than 3,000 apartments, houses and work places

I read the book in a few days and became very interested in the energy that Germans and Austrians call "geopathic" referring to a dangerous energy that emanates from the Earth. As a school teacher in Vienna, Käthe had become interested in geopathic energy after learning to dowse and began to dowse the homes of children in her classes who had difficulties in school. Her book explains that the energy can be tracked and measured with a set of dowsing rods called "L-Rods." Käthe found geopathic energy in the homes of the children who were having problems in school but she also discovered many serious health problems including cancer and several dozen other illnesses.

Making a Set of L-Rods

Although Käthe's book provided the results of her research, it did not provide details about how to dowse. My instincts told me that I needed to dowse my apartment

due to the parasite problem that Dr. Yu had discovered and several health problems that mirrored those described in Käthe's book. I searched the Internet for details about L-Rods and found Web sites that provided instructions on how to make a set from wire coat hangers.

Once I had a set of L-Rods, I searched YouTube.com and found a video that helped me understand how to hold the rods and what to expect when I found energy hot-spots. The same afternoon that I found the YouTube video, I dowsed my studio apartment and found thirty locations where the L-Rods criss-crossed—a sign that the rods were hitting the edge of energy waves. I thought that the spots were very dense considering that my apartment is only 570 square feet. I measured and re-measured and the hot-spots were there each time I repeated the steps with the L-Rods. Käthe had said that it was dangerous to live—particularly sleep over geopathic energy for more than three years and I had been sleeping over what seemed to be a dense area of geopathic energy for more than two years.

Bob Dahse's Planetary Patterns

After I discovered the geopathic energy in my apartment, I searched for methods



Brian Stark of Nature Sprite Divining Rods (www.naturesprite.com) has created a helpful video that teaches how to dowse with L-Rods.

of blocking the energy. It was a frustrating search because I could not find many references to geopathic energy. I spoke to Dr. Yu about the problem and he confirmed that the same German scientists who were studying energy medicine—also knew about geopathic energy. He said that it is the number one factor that they screen for—when presented with a patient who has a chronic illness. After a week of searching, I was very lucky to hear about a dowser in Minnesota named Bob Dahse who wrote a dowsing book called *Planetary Patterns*. Sandy Arrowood, who is a member of the Weston Price chapter, had taken a dowsing course from Bob at the Midwest Renewable Energy Fair and she said he had developed a solution for deflecting geopathic energy. Bob has a unique ability called map dowsing—meaning he can dowse any location remotely from Minnesota. The solution that Bob has developed involves copper wire that shifts geopathic energy into the walls and away from a person's living space.

Installing Copper Wires in My Apartment

Bob Dahse and I worked over the phone using a floor plan of my apartment and with his help, I installed seven wires around the perimeter of my apartment. Within two days, I noticed a difference in my physical symptoms and felt very relieved because the physical effects of the energy had become quite severe. I was experiencing eye and abdominal pain in the middle of the night, very restless sleep as well as headaches.

As I began to discuss what I have learned about the twelve with my friends Ariel and Martha, Ariel noticed the following details about Copper:

Copper

Atomic Symbol = Cu

Note: Numerically, C is a 3 and U is a 21 that both reduce to 3.

Atomic Number = 29

Note: 29 reduces to an 11 that I have learned is God's number.

Atomic Mass = 63.546

Note: I have learned that 9 energy, that is evenly divisible by 3 is harmonious with twelve.

Number of protons/electrons = 29

Note: Another 29 that reduces to an 11 that is God's number.

Color = red/orange

Note: The oxidized color of copper is an azurite blue

Date of Discovery = Known to the ancients (as per chemicalelements.com)

After Ariel noticed how well copper harmonized with twelve, I thought about copper for some time. I have known that I have excess copper in my body for a few years—due to a hair analysis that I had done at Analytical Research Labs in Arizona. Dr. Yu's wife Katie also has a copper excess and I remember that Dr. Yu nicknamed the condition "copper head." Having learned that blue blocks polarization in the body, I searched Google to see if I could find more information about copper chemistry by typing:

"copper" and "color" and "oxidized" and "blue"

The Google page that was returned contained information about Azurite one of two copper(II) carbonate minerals, the other being bright green malachite. The green and

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Predatory practices by government and corporations that seek to eliminate small family farms can be eliminated with STO energy inherent in God's Prayers and Intentions. istockphoto # 3030699

the blue (See: public domain photos from the Wikipedia site) Any time I have worn either of these colors, I've heard:

These are your colors.



Ground Azurite powder used as a pigment
(Source: Wikipedia)



Malachite (Source: Wikipedia)

Copper's harmony with twelve, my excess copper and the new information about azurite prompted me to ask God the following questions:

"Do these colors have any connection to my excess copper?"

"Yes."

"Does Dr. Yu's wife have the same condition?"

"Yes."

"Are these Atlantean colors?"

"Yes."

Is this information only for Azurites or for everyone?" (I wrote these answers on a piece of paper and then used my pendulum to find the correct answer). The answer was everyone.

"Should Atlanteans wear Azurite blue at night?"

"Yes."

"Can Malachite green be worn at night?"

"Yes."

"Do they need to be worn together?"

"No."

"You've asked me to wear a Azurite blue hat at Sun Rise. Is this correct time to wear the hat?"

"No."

"Is Sun Down the correct time to wear the Azurite blue hat?"

"Yes."

"Should I wear a red hat at Sun Rise?"

"Yes."

"Does wearing one's color assist with the physical effects of the energy shifts that take place at these events?"

"Yes."

"Are there benefits of wearing the correct colors at all times?"

"Yes."

"Is there a detrimental effect of wearing a color at the wrong time?"

"No."

"My eyeglass frames are blue. Would the idea be to wear red eyeglass frames during the day and a blue pair at night?"

"Yes."

"Do groups other than the Azurites have their own colors?"

"Yes."

"Can a pendulum help identify a person's colors?"

"Yes."

The STS energy that has been generated from a set of Sun Rise and Sun Down Prayers and Intentions is so severe that I have temporarily stopped saying these Prayers and Intentions while I'm in Madison. In the meantime, God has asked me to step on my balcony at these times facing East at Sun Rise and facing West at Sun Down wearing red in the morning and blue in the evening to assist with the energy shifts in my body. I have been feeling a tingling sensation in my hands and arms and I need to check if this is imagined or real.

"Have the colors that I have been wearing been assisting with the polarity shifts in my body?"

"Yes."

"Is the tingling that I have been feeling in my hands and arms related to the shift?"

"Yes."

"Do I need to stand still for the colors to assist with the energy shift?"

"Yes."

I missed an opportunity to face West at Sun Down the previous evening when I went food shopping with my friends (the friends who think I've had a nervous breakdown). I wore my blue hat and scarf but I wonder if I the color assisted the energy shift if I was not standing still on my balcony.

"Did my color hat and scarf help with the energy shift while I was at the super-market?"

"No."

"I need to be outside, standing still for this to occur?"

"Yes."

It took me a while to understand the connections between color and the day/night energy shifts that had had some pretty severe effects on my body from the mistakes I had made. For example, I was almost catatonic during the evenings that I sat in a red chair (red is a daytime color). I've learned that I can look for blue fabric to put over the chair at night.

When I learned that I should wear red during the fifteen minutes that I face East during Sun Rise, I wanted to know if the colors would help me clear STS energy from my body that I feel when I wake up in the morning. I asked God the following questions:

"Is this a connection to God?" (3 variations).

"Yes."

"Will a red sweater, a red hat and an orange scarf (orange and red are related) help me to clear STS energy from my body during Sun Rise?"

"Yes."

"Would STS energy clear from my body during Sun Rise without these colors?"

"No."

Several days before, a red sweater had fallen off a shelf in my closet and I wondered if it was a clue.

"Were you trying to give me a clue about red when my sweater fell off the shelf in my closet?"

Big "Yes."

Note: From here on in the book, I will write "Big" whenever there is a noticeable difference in the pendulum swing.

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STO and STS Latitudes

I'm only just beginning to understand the implications of geopathic energy and a connection to "twelve." For example, I have discovered that latitude locations with numbers that divide evenly into twelve (when reduced) are STO energy locations and latitude locations that do not divide evenly are STS locations.

To expand my understanding, I looked up several latitude positions of cities at the Farmer's Almanac Web site (www.almanac.com). The site's Astronomy Center (link on the home page) and the Sun Rise Lookup Feature provide an ability to type in a Zip Code or a City, State that return pages with latitude and longitude.

City	State	Latitude
Madison	WI	43:04:15 N
<i>Reduced</i>		7:4:6 7:10 7:1 8
Milwaukee	WI	43:02:20 N
<i>Reduced</i>		7:2:2 7:4 11 2
New Glarus	WI	42:48:51 N
<i>Reduced</i>		6:3:6 6:9 15 6
Loganville	WI	43:26:25 N
<i>Reduced</i>		7:8:7 7:15 7:6 13 4

New York	NY	40:42:51 N
<i>Reduced</i>		4:6:6 4:12 4:3 7
Elgin	IL	42:02:13 N
<i>Reduced</i>		6:2:4 6:6 12 3
Chicago	IL	41:51:00 N
<i>Reduced</i>		5:6:0 5:6 11 2
Mill Valley	CA	37:54:21 N
<i>Reduced</i>		10:9:3 1:12 1:3 4
Medford	OR	42:19:36 N
<i>Reduced</i>		6:10:9 6:19 6:1 7

I asked God the following questions (using my pendulum):

"Are You God?" (three variations)

"Yes."

"Do the latitudes highlighted in red have the most STO energy?"

"Yes."

"Does Milwaukee have more STO energy than Madison?"

"Yes."

"Is it because of the 2 reduced number?"

"Yes."

"Is a 2 harmonious with the number twelve because it divides evenly?"

"Yes."

"Is Madison's energy more STS than STO?"

"Yes."

"Is geopathic energy STS energy?"

"Yes."

"Have I attracted STS energy up from the earth?"

"Yes."

"Do I need to move to an STO city?"

"Yes."

"Is this because I have drawn STS energy up from the earth by reciting Your Ascension Prayers and Intentions?"

"Yes."

"Do all STO beings need to move to STO cities (or areas)?"

"No."

"Is this because I will have perfected the Prayers and Intentions by the time I distribute them to others?"

"Yes."

"Is it the flaws in the Prayers and Intentions that are causing me to attract STS energy?"

"Yes."

Is this effect similar to the reverberative effect that destroyed Atlantis?"

"Yes."

"When the Prayers and Intentions are perfected, they act as a shield to protect whoever is reciting them—when a strong outgoing wave of STO energy pulls in a strong wave of STS energy?"

"Yes."

"Do STS beings have any problems with geopathic energy?"

"No."

"Do STS beings have any similar energy that makes them uncomfortable?"

"Yes."

"Is it STO energy?"

"Yes."

"Are there STS beings living in STO cities?"

"Are they uncomfortable with the energy?"

"Yes."

"As people say Prayers and Intentions, do cities have the potential to change from STS to STO locations?"

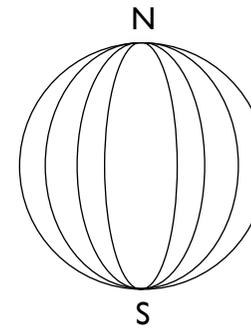
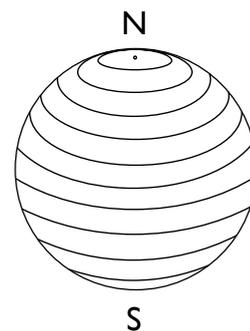
"Yes."

"Are there any Prayers and Intentions that may be said for people who are living in an STS city who absolutely cannot move?"

"Yes."

"Will we be exploring that type of Prayer and Intention in the e-book?"

"Yes."



Latitude lines are the horizontal and longitude lines are vertical. Because these lines intersect, they describe any location on earth. istockphoto # 5244287