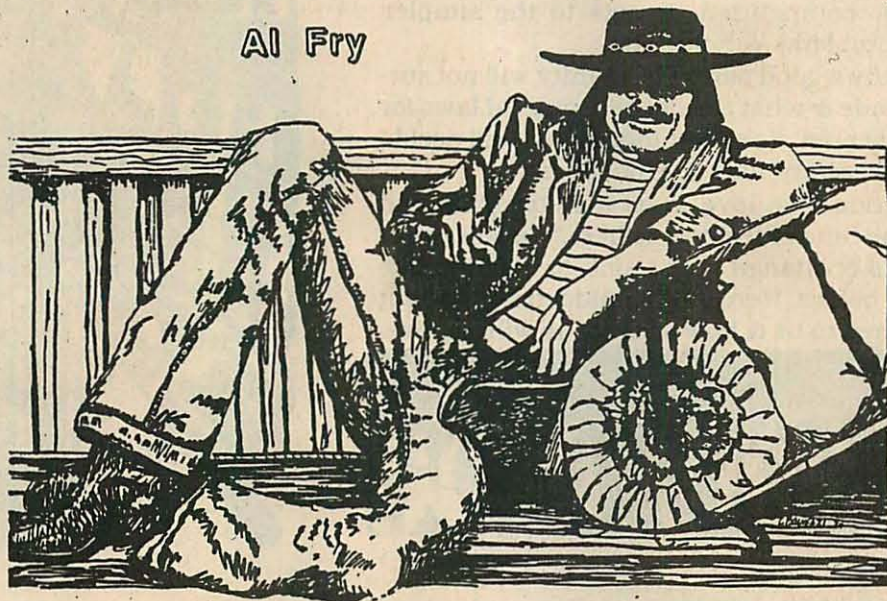
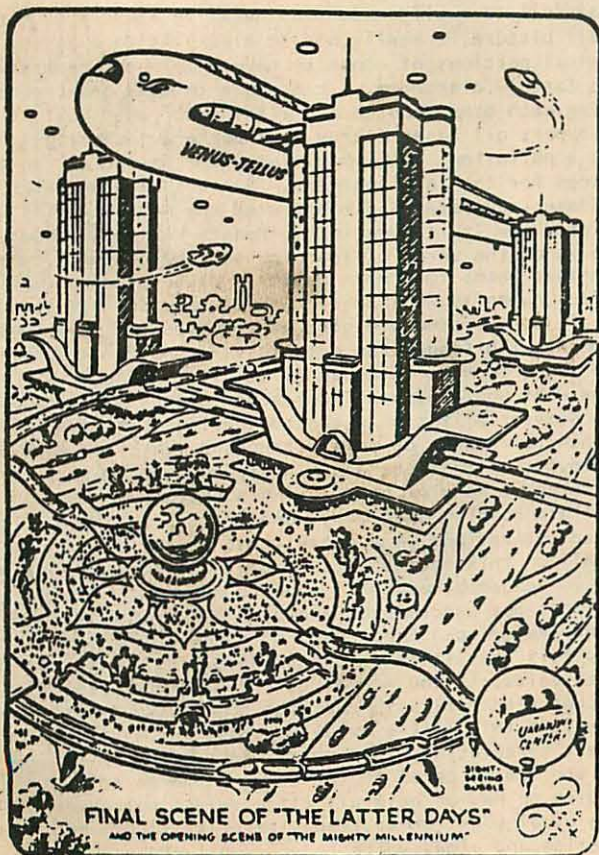


Hard Times Survival Manual

Al Fry



FRY'S INCREDIBLE INQUIRIES

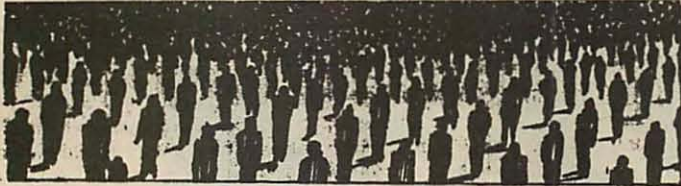


Hard Times Survival Manual

The 'final days' are here & your former ways of life are going to change drastically. Whether you survive or not will depend on your knowledge and useful actions. Here is a guide unlike any you have ever read. Rather than covering complex investments & strategies for competition, it gets to the simpler foundation problems & solutions.

Find out why a good part of humanity will not survive this decade & what the deeper spiritual laws for survival really area. Your coming choices will decide your fate & here are aids & guidelines.

As the nation we love loses it's strengths and freedoms, the time of the end, is here. We will either face the facts & change . . . or sink to oblivion like civilizations before. Here are the hidden facts about what happened to us & how some of us will survive.



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INTRODUCTION

While it is painful to dwell on so many negative aspects of our future, the overall picture is really not so bleak. As soon as the unbalanced & unethical portions of humanity have eliminated themselves from this little Earthly classroom, we can begin to make great progress.

Besides granting each other choice and lifting our spiritual levels, we can begin to bypass oil based energy dependance & technology that produces poisons & pollution. The human mind power potential can begin to replace machines for the fast learners. Avatars such as Jesus the Christ and A.B.Glaser, advocated & demonstrated the possibilities. Glaser even blueprinted how it is done in his Modern Human Comprehension text #4. Science is on the verge of learning to focus certain types of energy through phaser beams to create matter & objects mechanically.

With self control, humanity will be allowed to have such dangerous playthings. After all, our Creator did give us the potential. We have a planet just brimming with food & raw materials. It has always been up to we humans to learn to make full use of it all ETHICALLY.

Can you imagine what would happen if present leaders & rulers got their hands on the dematerialization & control devices coming up, NOW?

The ancient Sanskrit records of some 8 thousand years ago, show what happened to previous civilizations who misused such technology. By the late 90's, seers forecast we will be misusing some awesome weapons. While the 'elite' are holding back many wonderful technological developments from greed motivations, in a sense, they are also being used to a higher purpose. All of this gets a little complex of course, but I'm sure you get my drift... Academic 'experts' love to put down such ideas as suppressed inventions but hundreds of examples are available to anyone with an open mind. (Refer to: "Suppressed & Incredible Inventions" (\$10)

A perfect example, is the little cylinders NASA puts on the legs of many of her space probe units. If you heated this unit over any sort of stove, you would get enough electricity to run your home... at no cost beyond heat.

In order to see that this little guide gets put out at a reasonable price and gets a fair circulation, I decide to ignore many of the usual printing practices. Who really cares if there are no paragraphs or very little white space? Adding on new or helpful title selections saves catalog space. Avoiding the usual book format, keeps the price right. For persons who desire more direction and views, write for current update sheets. Al Fry

Wilderness vs Homelessness

This article taken from California Mining Journal Feb 1990 By Robert A. Sangret, Attorney

Noted historian Arthur M. Schlesinger, Jr., defined "Government" as the art of extracting as much as possible from the citizens, short of causing an armed revolt. Former Romanian President Ceausescu failed to heed Schlesinger's warning; the British ignore this principle in 1778; and Gorbachev is very uneasy about it today.

However, the other elitists in Congress and in the world - (those who have survived) - are rapidly dropping "socialism" and embracing "radical environmentalism" as the preferred tool with which to control our lives and property. The state will allow you to own property (unlike "old-style socialism"); BUT THE STATE WILL CONTROL YOUR PROPERTY WITH VARIOUS ENVIRONMENTAL REGULATIONS AND WITH OTHER RESTRICTIONS AND FEES.

During Congress' Christmas recess the people of Eastern Europe soundly rejected 40 years of government control over their lives and property. Meanwhile, efforts to spend more of our money to create more unneeded wilderness areas and more restrictive environmental controls which will actually destroy businesses, homes and jobs.

The relationship between Wilderness and Homelessness was dramatized recently when Senator ALAN CRANSTON held two well-publicized press conferences just a few miles and a few hours apart in California on December 15, 1989:

Cranston's Press Conference No. 1 was in Laguna Beach where the mayor and the City Council were seeking to ban the construction of any low-cost homes in favor of large Wilderness/Open Space in Laguna, with the suggested "compromise" being to allow only a few very expensive houses, with the public paying millions of dollars to buy up 9,000 expensive acres for more Laguna "Open Space."

...As we go into the 90's....

One of the things that should be remembered in gauging the state of the economy is simple: Never depend on what you are told by your government or media. History has proven over and over, that governments tend to reverse the truth & hide any undesirable facts. The media either follows the government line...or presents the propoganda of the 'elite' who rule our planet. The military-industrial complex is in the hands of this 'elite' and profits are the name of their game. If you think the economies & stock markets of the world are not tightly controled, your still in a Disneyland or dooped. The past few years are an example of how the elite have taken a great nation with 150 years of strength & freedoms, and stripped us of this strength. They tied up our money with their "Federal Researve System"...which is a private org. set up by Europeans (11 European & 1 American familys) They stripped our factories and industrial manufacturing capabilities, brought in floods of lower class 3rd worlders & undesirables to soak up our money and take our jobs, they reduced our childrens educat-ions & ethics to the point of having a nation of indulgent dependants. As we go into the 90's, at least 20% of the population is on the dole or dependant on some 'make work' program-set up by our government or 'big brother'. The goals of such 'self suicides' were set up years ago however, and were very simple. The 'elite' felt that most humans would never have enough self control to have any stable civilization. They felt that only through their tight control & a one world government could ther ever be any lasting st-ability. Harvard & Princeton graduates introduced to such concepts, accepted such goals & were determined to aid the European 'elite' in bringing the United States into the 'one world' fold. Slowly and systematically, we have been stripped of everything but our playthings & false facades. We slipped in to a recession in the late 80's, that was so subtle & hidden, few persons even blinked. It often took two persons in the family working just to pay the bills...let alone have anything in the bank. It was easier to own a home in the high of the great depression of the 30's, than it was after the 80's. The money was so skillfully manipulated & controlled, there wasn't even a ripple as whole indu-tries & ways of life went down the tube. By the 90's, it became virtually impossible for a small business or landlord to make any profits. Restrictions and adverse banking polic-ies, simply kept such 'independants' on a treadmill. By '91' the false housing boom began to collapse and the real estate market stood still in most areas of the nation. Under the 'elites' manipulation, the old family oriented banks were gone and in their place were the 'big boys' with their 'profits above all' goals. The public was sold into the credif card reality-with 3 times the interest payments than ethical. If you wanted to re-finance a pr-operty you had to use the banks appraiser for hundreds of dollars, and pay a huge closing fee and interest. Over night, banks became greedy and under complete control of the federal policies. The few independant 'grandfather' banks that were immune to such regulations were ruthlessly put out of business in shakeouts in the 80's...as in Texas. Being free of the usual auditing, these 'grandfather' banks were a deep secret & used by the 'elite'. The remaining examples like Chase Manhattan bank in N.Y. city were, of course, spared. Being set up before the 1913 banking restrictions were put in to place, these banks were immune to the later regulations. Try to track down such banks and you will get no aid I assure you.

Should you have money in a bank as you read this, act quickly, You should have no more than a small account to keep your business affairs going. Should you have large amounts in such institutions...thinking the FDIC will back up any later problems, think again. Even a novice can see the FDIC caould not even begin to cover losses in a run. Should the Govern-ment start up the printing presses to take up the gap, inflation would nullify the worth of the extra paper to a great extent. Generally speaking, it looks like the 'elite' will not allow a full scale inflationary period, but rely instead on a hard money and hard depressi-on. This is what will bring we Americans to dependance & poverty. Once we are totally strip-ped of strength, the new 'one world monetary systems will be easy to introduce. Poverty st-riken Americans, who were used to handouts & 'big brothers' ever helping hand, won't think a thing about going into a cashless system of credit and further control. I would assume that the coming depression will be manipulated along for at least three years.

Should this page be read before the general economic collapse in the early 90's, It is advisable to get a stock of smaller denomination bills and gold coins for what is coming up. Gold & Silver is bound to rise again once there is a panic. For several years you will be able to buy real goods for a fraction of todays prices... As we get into the mid 90's even this picture will likely change. Later in this series, I will discuss strategy for sur-ving during even more trawmatic times.

While it may be painfull to dwell on so many negative aspects of our immediate future, the picture is not really so bleak as all that. As soon as the unbalanced, unethical portions of humanity, have taken themselves out of this little Earthly classroom, we can go on to great progress on many levels...Technology that can by-pass the present dependancy on oil can be released. Eventually, we will be able to replace many of the dehumanizing machines through higher level MIND useage.

In A.B. Glasers 4th comprehension text, we can find how the great avatars like Jesus the christ mentally altered atoms, ..and grouped them into material objects. Even now, our scientists are on the verge of using offshoots of the laser family to create material objects. Since our Creator gave us this planet filled with all the food and raw materials we could use, future governments, free of domination cont-aminations, will have little trouble providing necessities.

*instead
Pale Horse - great
- [signature]*



Homelessness and the lack of reasonable low-cost housing is widespread in the United States, and in the world. Much of the homelessness in the U.S. has been caused and aggravated by the various government programs including "environmental controls", "slum clearance", "rent controls", "Wilderness" and Laguna's upscale "Open Space." The public is required to pay for the destruction of existing "unacceptable" housing; and then the public is required to pay again for "Parks", "Greenbelts", "Wilderness" and "Open Space" surrounding low density, up-scale houses.

The net result is increased Homelessness. The "Wilderness Open Space" proponents also support extensive publicly-financed Homelessness programs (but, of course, "not in my back yard"). Laguna Beach solves its Homelessness problem by simply barring homeless people, or buying them bus tickets with public funds, whereupon they move on to Santa Ana and Los Angeles.

The philosophy of the radical environmentalists is that, despite the fact that Wilderness causes Homelessness, the problem can be solved by further massive expenditures of public funds. Today the Wilderness Lobbies are pushing hundreds of proposals in the federal and state legislatures which would be horrendously expensive in direct public costs, lost jobs, lost businesses and lost homes. These proposals include: (a) "Wilderness Bills" (e.g., Cranston's "Desert Closure Bill" (S.11), Los Padres National Forest (S.1625), and others affecting most states); (b) thousands of local "Greenbelt" laws (e.g., Laguna's "Open Space" ordinances); (c) H.R. 876 (\$30 billion "Federal Trust Fund"); (d) H.R. 3383 (Park Buffer Bill); (e) outrageous fee increases for dredging permits, document filings, etc.; (f) S. 1126 (nationalizing and prohibiting prospecting and mineral development on Western U.S. public lands); and (g) other proposals to nationalize and control our private property and our activities with new fees (e.g., \$5/acre/year mining claim "rental") and increased government controls.

Because we humans are going through such chaotic times, let look at some of the causes & cures to our ills. According to authors of a number of titles in the 'Incredible Inquiry catalogs listings, we are due for some rough times ahead. As the end of the century rolls around, we may lose up to 80% of our world population. In "Conversations With Nostradamus" Vol. #1 & 2 (\$14. & \$18.) we get a blow by blow account of many of the major catastrophes coming up. As we get into many of the natural disasters and wars coming up, the states and governments will be short of money or broke. Our American economy will be in shambles & our power & control abroad will be diminished. For our long support of Israel & her anti-Muslim attitude, the Arabs will have had enough interference. They will back a leader who works behind the scenes as the 'anti christ'. Under his timely & brilliant leadership, much of Asia will back him. His influence could probably be considered 'pay back time' for the greedy and corrupt goals of the Western leaders & the 'elite' who pull their strings.

"Black Dawn New Day" (\$15.) points out many of the problems we face and spells out the means of survival through balance and adaptation. We humans have allowed our greedy leaders to bring our planet close to destruction. In the years just ahead, we will have our noses shoved right down in our misguided technology & stupidity. The only way most will survive is to go back to a simpler life style and work together with like minded individuals on a similar path. The persons who don't change, will simply lose their bodies and flunk the course...

In the Modern Humans Comprehension texts \$95 for #1-2, A.B. Glaser explains that the balancing of the various 'mind components' must be done in the next few years or or 'soul tapes' could get erased. This would mean that over ten thousand years of our schooling here would be more or less wasted. Without the adaptation on a cellular & mental level, we simply won't be able to stay on Earth as she goes into a higher frequency range. A number of channelled authors have gone into greater detail on these new 'vibe' changes. We evidently are passing into a two thousand years cycle that will shove us up into a higher octave or vibe range. The photon belt we are entering has been described by ancient cultures like the Mayans, and this background is in works by Jose Arguelles. Glaser & others have mentioned that our Earth energies were once much different as we passed through such cycles. Our Earth becomes rejuvenated in a sense...with the now 'dead' metals & minerals returning to a 'live' state.

As the majority of persons run down their immunity system living on the 'dead' and processed foods supplied by the elite & their food cartels, the coming plagues will thrive. AIDS and similar health problems, will simply clean out the people who still follow like sheep & remain depending on others. According to sources in the "Who Rules The Planet Report" the 'elite' won't mind losing a good part of the planets population. They want the best genetic stock for their new 'One World System'. From the view of the domination system leaders or the Satanic forces, the best genetic stock will help them bring in a 'paradise'...run by them. They see little potential or hope for the majority of persons who can't get into a higher output mode. Through the 'elite' they are forcing humanity to upgrade or perish. From their point of view, persons who don't measure up deserve their fate.

From an even higher perspective or 'over view' than just outlined, humanity is going through a deliberate testing period. The 'elite' themselves are only pawns in the game. We have been going through a period of trial & temptation to learn a lesson. We are supposed to be learning the futility of depending on domination systems. Those who pass the course here will be equipped to be full fledged citizens of our Universe. A Universe where CHOICE is the one law.

Satan, you might recall, was banished here to Earth for breaking the choice laws. According to ancient Hermetic records & Avatars, Earth has served as a prison planet. A place where the exiled prisoners were allowed to run the show. What better way to test souls from all across our universe? Occasional Avatars like Glaser & the Christ came to try to furnish us keys to get out of our painful schooling, yet it was a losing proposition for the most part. Before he checked out, Glaser figured that only 15% or so of humanity was capable of graduating the course here. He found the planetary consciousness way behind the levels hoped for. Before his alien component checked out & he lost his body, Glaser spelled out just what had to be done to survive & continue progressing. His "Comprehension texts" told how the human mind circuits had been altered, how the mind switching sequences could block off the domination or negative influences, & just how the domination leaders were restricted to Earth at an atom energy level. His work was unique & brilliant but could not go beyond the CHOICE level. People could not be sold or dominated in their choice. They had to choose to act & change. Because most persons were used to a lifetime of domination and being 'sold', few free choice volunteers like Glaser ever became popular or got their message across to the majority. Part of my mission is to present the higher truths & make them available. I can only find a handful of titles that are up to standard. As time runs out, I hope you realize the potential & don't waste your time.

DREAMING THE PAST, DREAMING THE FUTURE
A Herstory of the Earth \$14.95

Diane Stein. By going to women seers, like Laurel Steinhice, channeler for the renowned mystic Edgar Cayce, the author gives answers about the unrecorded history of the planet, lost continents, earth changes, women's spirituality, and what is to come in the future. 240 pp.



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SURVIVAL SECRETS #1 REPORT. Beat coming disasters with methods of gaining free shelter, food etc. Compiled \$9.
(NOTE: Books over \$20 usually have flyers available)

The current push by the ultra-liberals for nationalization and control from Washington of our Western U.S. lands and lives will not only increase homelessness, but will cause hundreds of billions of dollars of expenditures and loss, including: Loss of thousands of small businesses, homes and jobs in and around the proposed new "Wilderness" areas; the use of billions of public dollars to buy up vast areas of private homes, property and businesses to put into various forms "Open Space/Wilderness" preserves and parks, which would then lie fallow and unproductive; and increased prices of products and minerals from unreliable foreign sources. Thousands of jobs and businesses have already been destroyed or exported overseas and many more U.S. jobs, businesses and homes marked for destruction.

The Kaiser mine and steel plant in Riverside County, California, closed down because of environmental pressures. This Kaiser closure caused thousands of people to lose their jobs and homes; and today we are paying much higher prices for steel made from iron ore mined in Brazil with minimal environmental controls, processed in Japan, and shipped 11,000 miles by diesel-powered freighters.

The costs of the increasing government control of our lives and property is hurting us all. The many thousands of jobless and homeless people created by shortsighted "environmental controls" and "Wilderness" are truly today's victims and "forgotten people" - including the thousands who lost their homes and jobs when the environmentalists closed Kaiser in Riverside County.

The Homeless problem will not be solved by merely raising "fees" and hiring more bureaucrats, while simultaneously destroying homes and jobs with excessive Wilderness Areas. We must specifically identify and oppose the excessive Wilderness, Laguna Greenbelts and expensive "fees"; and we must educate and inform legislators of our opposition.

Hopefully, we can reach a balance and eliminate these abuses less violently than did the Romanians, (and as the people of the Soviet Union will very likely do very soon.)

As many prophetic works have mentioned, the combination of mans greed & strife-combined with the rampages of mother nature, will bring on exciting times up to the close of this century. While the world rulers or 'elite' have a nice tidy 'one world government planned, most of the prophetic works tell us it will never materialize in the long run. The chances of our contaminating the rest of this universe with such unworkable domination systems as we have, are probably hundreds of thousands to one. Higher level spiritual entities are here from all over our Universe to guide our more spiritual humans on a better path. They also see to it we don't blow our planet up-as our greedy leaders play with their dangerous toys. Nuclear satellites & war heads have been getting disarmed now for years and the public seldom gets wind of the fact. If you talk to persons in the military who are in higher roles, those who are willing to discuss it will admit all this. The 'brsss' have been constantly told not to send out nuclear armed or powered hardware. Time after time, such hardware is blown out of the sky or dis-armed in space. Even ground forces with nuclear intent have been stopped in their tracks. Golda Miers army was halted 60 miles from Cairo..with out a single order to halt. Officials still can't figure out what happened. Dozens of other examples are easy to track down. The point is, outside groups or 'aliens' are usually of the CHOICE systems and will not influence our decisions or actions...unless it endangers the planet...A planet that is tied in with other systems and planets. While there are books on the aliens and UFO's, few are very helpfull in understanding the situation from a higher point of view. In our various 'Alien' oriented reports some of the many facets of the story are exposed.

As I keep pointing out, visitors from other systems will not interfere with our choices from a spiritual standpoint. They know that humanity is going through the final testing and cleansing. Humans who will not open up to a more ethical path will simply be allowed to self destruct. We humans have had thousands of years to learn & get our act together. Many slow learners will not get another chance to ride the experience cycles again. They will simply have their complete soul tapes erased and go back into another atom structure of form. Popular 'occult' concepts of simply going through another similar cycle are wishfull thinking. The only persons who can fail to progress & still retain their 'tapes' are some of the people here on 'mission' who got caught up in the domination trap. These persons carry higher level 'alien' components & tapes that will simply get sent 'home'...Mission blown. A few other exceptions or last minute changes are also possible. If the time bands lead to a bad nuclear holocaust, persons up to a certain spiritual level may get evacuated. All of this may sound a little to 'Star Treckish' for easy acceptance, but its really not hard to find the past 'visitor' evidence & the present FREE representatives. Our wardens or 'watchers' as Enoch called them, have been keeping track of the domination leaders ever since they got put on this 'exile planet'. If the Satanic system has made slaves of huams for thousands of years it's all part of our lessons and choice. The thing to remember, your continued survival will depend on your actions and choice in the short years ahead. If you are so brainwashed that none of this information will move you to wake up or change, to bad, thats your choice. Look around and recognize what you are seeing. Young teenagers who will do literally anything for another fix or drug stimulation. Businessmen who say or do anything to make a deal and gain more power or money. Do you really think all this stupidity & weakness will continue over the long haul? The universs is functioning with perfect split second precision. If we imperfect humans can't get back to perfection, we will simply self destruct. We have had our classroom time...and now we either shape up or ship out. What a wonderfull opportunity Earth children have had. From animal knowledges & instinctual behavior to Choice and higher level mind balance through experience. It has been a wonderfull upgrading opportunity. The stakes are high. We survivors can make the authentic 'paradise' here on Earth...and we can gain the powers of a Jesus Christ or avatar. These avatars have always taught that what they could do, YOU could do. All it took was some serious spiritual balance and self control.

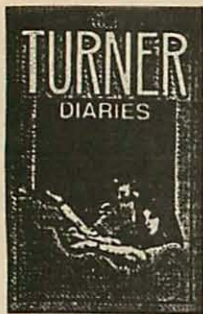
Forget about buying some remote fortress with guns to defend you. All the material survival aids in the world won't work if your not up to spiritual snuff. If your due to go from your shortcomings, you'll go. If your committed to becoming eligible to survive you will be around for the final show. If you have made a commitment and use a little common sense.... along with your 'flow line' guidance, so much the better. You will have the right supplies and be in the right place at the right time. I recal Glaser escaped death & assassination attempts a number of times..until it was his choice to leave. Much of his amazing knowledge in this self protection area is in "Total Self Defense" (\$20.) True survival & defense methods are based on mental techniques.. It is information you do not find in the usual domination controlled concepts & titles.

If your depending on some pension to survive in the later 90's, you'll probably get let down hard. A large % of private & public pensions are expected to fail..or get cut down drastically. There simply won't be enough tax money to pay for the usual Social Security etc. Overprinting of the money supply would lead to disastrous inflation. As banks begin to fail in large numbers, the Fed. Dep. Insurance won't even begin to cover losses.. You would do well to keep the bulk of your money OUT of banks. You will be safe with non numismatic

gold coins, & stashed cash. With a probable cash bill replacement policy coming up, some Swiss, German & other currencies might be wise... Blue chip stocks & US treasury bonds should weather well for awhile. Dump real estate and don't get caught with a lot of inventory if you are in business.

Do not expect to get any true facts or more sensitive survival info from your Gov't or media. The smaller underground grapevine will be functioning in most communities. Get some realistic friends & stick together.





THE TURNER DIARIES Macdonald—This is the book which the FBI and the controlled news media are hysterically claiming is the "blueprint" for the takeover of the U.S. government by White extremists. The author says it is merely a vehicle, in the form of an exciting novel, for his ideas about race and society. Read it for yourself and see who's right. But be careful! It's powerful. 211 pp soft cover \$6.95



Do What You Love, the Money Will Follow
Discovering Your Right Livelihood
MARSHA SINETAR

Do What You Love, the Money Will Follow reveals a well-kept secret: there are hundreds and thousands of people who have overcome both internal and external obstacles to become successful doing the work they love. With the help of this book, you too will find that there is a way to follow your heart and make a living.

The author does not give the standard job-hunting advice but suggests ways in which you can discover your own right livelihood. Typical chapters include:

- The belief system called "myself"
- Expressing your distinctive self
- Dealing with the big R: Resistance
- The three laws of resourcefulness

This book is not just for job-seekers or job-changers, however. Anyone who has ever considered taking a risk or making a change will benefit immensely from the author's wisdom and practical advice, as well as from the many inspiring "success stories" included throughout the book. 192 pp. \$8.95



Gone is the time when you could rely on the constitution to protect you. It has been bypassed for all intents and purposes. Recision procedures to recind your ties with the maritime law & governing systems now in control R available in the "Recision & Freedom Report" \$20....

While I have refrained from limiting the scope of this work through the insights of any sect or creed, persons with pacafistic viewpoints might remember that Jesus the Christ told us we could defend ourselves Luke 22:35-38 (Two of his disciples carried swords...Deut.33:29.)



WHAT'S COMING UP AND WHAT WILL BE HANDY TO HAVE IN THE WAY OF SHELTER

While it is expected that there will be temporary reprieves given to delinquent homeowner payees, the future can't be certain. Roosevelt brought in many such deferment steps during the great depression of the 30's, but the next depression may be different. I was told by an intelligence officer, that we had been in a depression for some time. No agency would acknowledge the fact because Roosevelt's emergency relief measures were still on the books, and an official depression would cost the Government a lot of money. The 'elite' want people hurting and irradiated. If you can't see this, look around. We have hundreds of thousands of our jobless on the streets...while we give BILLIONS away to enemies like Russia & Israel. Our budget to Israel adds up to \$20,000 for every person in the country, the last I heard. Our 'elite' controled Gov't supports parasites like this against the wishes of the public and still the average person thinks they are 'free'.

Tattoo the message to your hat if you have a short memory. You can't depend on anyone but yourself over the long haul. Sure, the State & big brother will keep you from starvation if you have children or have potential to pay your way later. If you are single and unskilled, your probably going to really be hurting later.... What will assuredly happen is that a few years of hard times will soften and panic people into accepting extreme government control measures. If you don't have your tattoo & proper cashless I.D. you will be locked out of the system. I suspect we will have around 4 years of depression before we get really strict controls put in place. After this, I suspect mother nature will begin to foil the plans of the 'elite' and their domination systems. Earth quakes, & chaotic weather will empty treasuries and cut off tax revinues. Governments will simply begin to lose their control through actions they have no control over. Virtually all of the prophecies relate to such events and changes. Simple logic will bring on such deductions from prior history. About the time major crop failures & floods bring chaos to the stability of food supplies, we will probably have millions homeless. What happens when cities can't get their tons of daily foodstuffs brought in? What happens when gasoline is in short supply and distribution of food & supplies is cut off? It won't be fun my friend. There will be periods of absolute chaos. National guard units will go from door to door confiscating your food stuffs for a general stockpile. You will be told you can't go to another area without authorization. You will be living in abject poverty under absolute control.

To assure your survival with undue hardships, you will need to use your common sense and act ahead of time. If you still work in the city, fine. What would be helpfull is to take a little time out and get yourself an emergency base somewhere a little safer. My family had stockpiles of food in an unmarked cellar shortly after the little eco-scare of '73'. You can easily afford a few sacks of beans, Corn and Wheat. Most persons who moan about the costs of emergency supplies & equipment, blow away this amount of money on eating out and trifles. They drive new cars and complain about the price of a sack of food. Look around you and see who will make it. Penny pinchers who are to stingy to leave a tip or help the Salvation Army pot are just the birds who will get burned in whats coming up. Stocks and retirement funds are going down & these mental misers will go with them. In the meantime, you can appear down and out & go along with the agenda, no matter what your situation. I admire you if your a right winger who wants to go down with guns blazing, yet I can't be to sympathetic. Americans have deserved their fate and we will get just what we deserved. If we are so stupid we cant recognize the snowjob the boob tube and media is giving us, great we will get a good lesson coming up. Most persons have done little more than whine & moan about their free benefits being to small. Sure, many paid in Social Security for years. If we look back in history however, we find few governments ever reached the decadance ours has without defaulting & blowing the funds. How nieve can we Americans get? For years we have seen what was coming up. For years we just put off taking any action or righting the wrongs.

To have a roof over your head may require some quick thinking in times ahead. If you can get to stay in your great urban dwelling without making the usual payments, fine. If not, you had better have an R.V. or substitute sitting by or ready. Rural land and lots are going to be very inexpensive if you have saved a little by. Cash will be king for awhile. If you can locate a little place with some water and garden space great. 2 stars for you. What you want to keep in mind before you plunk down a lot of money for some larger spread is that a few years from the present, things will change again. Much of the West coast is probably going to be under water in the latter part of the century. Seers & prophetic insight also predicts there will be a huge inland waterway or sea up where the Mississippi R-iver now runs. Lowlands will get flooded out & southern border areas will get rough to live in. What you will hopefully come up with is a small plot that you can handle taxes on and that can grow vegetables. If this is over your capacity, lets turn to other directions....

THE LATE AGE OF AFFLUENCE

The wealthiest fifth of humanity...have built more than 99 percent of the world's nuclear warheads. Their appetite for wood is a driving force behind destruction of the tropical rain forests and the resulting extinction of countless species. Over the past century, their economies have pumped out two-thirds of the greenhouse gases that threaten the Earth's climate, and each year their energy use releases perhaps three-fourths of the sulfur and nitrogen oxides that cause acid rain. Their industries generate most of the world's hazardous chemical wastes, and their air conditioners, aerosol sprays and factories release almost 90% of the chlorofluorocarbons that destroy the Earth's protective ozone layer. Clearly, even 1 billion profligate consumers are too much for the Earth.

From an article by Alan Durning, in *National Wildlife Federation Magazine*, May 1991 (Reprinted from *Earth Journal*, December 1991)

WHAT THE GAME IS ALL ABOUT FROM A HIGHER VANTAGE POINT

According to many avatars & spiritual teachers like A.B.Glaser, our species has been in a learning cycle that will separate the 'sheep' from the 'goats' spiritually. The soul tapes of most humans have had well over a thousand incarnations to learn ethics & balance. We humans all now 'inwardly' know right from wrong. We know when we dominate others and cheat them, it is wrong. We know because thousands of times we have been dominated & cheated, & we know inwardly it hurts ..& is 'wrong'. Never the less, the majority of persons still ignore their little inner voices & spiritual sensitivity. They go right on dominating others for profit & shutting off their emotions and affection so they can be better bastards or business people. Those that don't join in the 'king of the mountain' games, just give up and drop out. They drink themselves into a fog & take drugs until they are to stoned to recognize all the negativity churning around them. They just can't wait to lose their higher level spiritual components & go back to being animals. Yes, In Glaser's Comprehension texts, you can find out about a number of extra brain circuit components that our species got stuck with...and how this broke us away from the so called 'garden'. We had just so long to learn to balance these components & use them correctly. The end of our little schooling cycle is coming up and it will soon be check out time for about 80% of our 'flunk outs'. Since Earth will be going into higher vibratory levels, these slow learners who can't adapt to such higher vibes will just check out. If all this sounds a little to simplistic, just look around you from a higher perspective. There is a war going on and you are going to be on one side or the other. Our Universe is running for the most part on laws of CHOICE. Alien visitors do not interfere with our decisions or choices. The few who do, are either working for the domination or defending the planet against us. The right of defense is valid from a choice or spiritual perspective & this is part of your protection should you choose to follow the CHOICE system of the Creator. If your still clinging to a religion or cult, fine. I'm sure you can see terminology that will get much the same concepts across. Those who follow the 'golden rule' will be just fine if they can expand their understanding enough to adapt to coming changes. Once persons make a firm commitment to follow Free Choice principles, their higher components will guide and warn them when trouble comes along. This principle & action is very important. You can read books and hear advice until your blue in the face, & it still won't save you if you have a poor 'flow line' or are not tuning in to your souls warning system. It is your Soul & other higher components that carry your experience tapes & is sending out 'radar' for detecting trouble. When you are tapped in & spiritually sensitive, you can avoid upcoming problems through being warned... You will just 'know' when it's time to leave a place or when you should or shouldn't do something. If you embrace domination, it will usually cut off most of this spiritual accuracy.

At this point, if your a little lost or fuzzy about all of this, no problem. There will be time to catch up and re-orient or get all the facts. There are several million 'star Children' or humans here on mission to help humanity make the change. These volunteers came from various other systems & brought over what we could call a higher or alien component. Like our own non material soul, this component allows them to tap into higher vibe lines and follow a particular mission. If you think all the Sci-Fi movies like 'Star Trek' are not laced with 'upgrading propoganda' ..with messages like those in our 'bibles', look again. Everyone here will get a chance to graduate and upgrade themselves. The only question you should have is just where do you want to be? You can hang around through all the upcoming chaos trying to make an unworkable system work, or you can drop out....or you can go with a system that has worked quite well all over the rest of our universe. Publications in the 'Incredible Inquiry' catalogs cover just about any direction or detail you could wish to know about.

As we progress into the mid 90's its going to get rough, the domination systems & leaders are going to go down fighting & they will take a lot of souls with them. The 'New World Order' may gain headway for a few years, but there are higher laws & forces at work that will assure Dominations defeat. If you go back through thousands of years of history, you will see that all systems with a strong emerging domination system self destructed very quickly. We are about the same place that Rome was when she self destructed. If you choose to switch sides & follow the choice system, Your going to need your 'smarts'. It will get rough for awhile & your going to be an enemy to the systems in power. If you can blend in and keep a low profile, so much the better. As time passes & things fall appart, you may wish to join others of a like mind & work together. There will be many smaller groups that will live a simple life style next to the land. You will be led to such groups if you remain sensitive.

We humans survive best if we work together in cooperation. Each of us has unique talents that can be pooled and shared with others. Rest assures your talents will be needed.....



SURVIVAL EQUIPMENT & INFO SOURCES

Cabela's, 812-13th Ave, Sidney, NE 69160
Cumberland Gen Store, R.3 Crossville, TN.
Gleasons, P.O. Bx 87, Northampton, MA 01061
Galati, P.O. Bx 326, Catavisa, MO. 63015
Gander Mt, Bx 248 Hwy W. Wilsot, WI, 5319
Jade Mt, Bx 4616, Boulder, CO. 80306
Nitro Pak, 13246 Rosecrans Ave, Santa-
Fe Springs, CA. 90670-4940 (food)
Real Goods, 966 Mazoni, Ukiah, CA. 95482
(Independent power hardware)
Shotgun News, Bx, 669, Hastings, NE, 68902
Survival Supp, Bx 1745, Shingle S, CA, 95682

The Cosmic Instruction Manual

E.T. 101

\$15.95
(Includes S&H)

THE COSMIC
INSTRUCTION MANUAL
AN INTERIM REPORT

Livestock & land culture are the traditional survival tools that have never failed. History will prove it. When Communism crumbled in the early 90's, it was the Mongolian herdsmen who kept on eating regularly. 40% of the population was still rural & kept the regional cities fed.

If your on the land & go back to basic values, you will greatly increase your chances.. If you even have some trade goods that people on the land or farmers can use, it just might save the day....



AS any thinking person can see, the whole Universe is running to perfection on exacting laws and cycles. Since we humans are a physical part of this universe we are caught in these cycles, whether we like it or not. While the great teachers & records mention some of the larger term cycles which effect our spiritual progress, perhaps an update at this time would be helpful. In a sense, we are all in a cosmic classroom that is designed to upgrade our spiritual nature. In relationship to one particularly rough ten thousand yr. cycle, we are coming up to fast to an ending. Technically, the cycle we speak of started when Earth moved out of an interesting Photon band of energy connected with what we know as the Pleiadean system. It wasn't until 1961 that our satellites picked up these Photon bands but the ancients and a number of spiritually enlightened authors have told of them from a different perspective. As we go into the influence of this band for two thousand years there are going to be many radical changes touched on in the myths, bibles & prophesies. One of the 1st more disturbing phenomena we can see will be a fiery display in the sky. Not only will we have perpetual light, but there will seem to be stars falling in the heavens continually. As the planet begins to become reenergized and gain more energy from the incoming radiations, life forms will not require the usual food intake. Things will return to what is described in the 1st Modern Human Comprehension text by A.B. Glaser. The metals like Uranium which are now 'dead' will go back into a 'live' state and things like the rain will be replaced by more efficient & suitable H₂O dispersants. Nostradamus mentions that it will rain no more after the turn of the coming century. "Stonehenge View-Point" a magazine out of Santa Barbara, CA, has dredged up legends concerning the Earth's canopy of ancient times, for years. Other sources tell of the legends from other viewpoints. All across the planet, for example, the legends tell of the more advanced & spiritual Earth dwellers (gods) leaving the planet when these two thousand year periods of light came to an end. One interesting example is where they gave one latin tribe a device that was to start humming like a swarm of bees when the 'gods' were about to return. A few years ago, it began to hum. While we will not be immersed deeply into the new cycle of light until the end of the century, 1992 is said to be an important transition beginning time. By 1993 the new photon influences will be creating havoc on the attitudes & lives of people still stuck in the old 'dark' systems. These persons will feel bewildered & frantic as their old materialistic systems crumble. On the other hand, persons who can back off from their ego prone goals and accept the affection & light interchanges, will be fine. They will remain reasonably protected by this spiritual or soul 'flowline' linkage & go into the coming & wondrous new age of light with little pain or trauma. While all of this sounds a little too simple without more evidence, there is beginning to be quite a number of newer books out which go into more detail. A.B. Glaser's works have covered the cosmology & human function factors, for a number of years. Jose Arguelles came out with the cyclic records made up by the Mayan record keepers, several years back. J. Hurtak compiles many ancient records which bring in further details. Catalogs which list these & other sources are available.

THE COMING CATAclysms



WESTERN HEMISPHERE



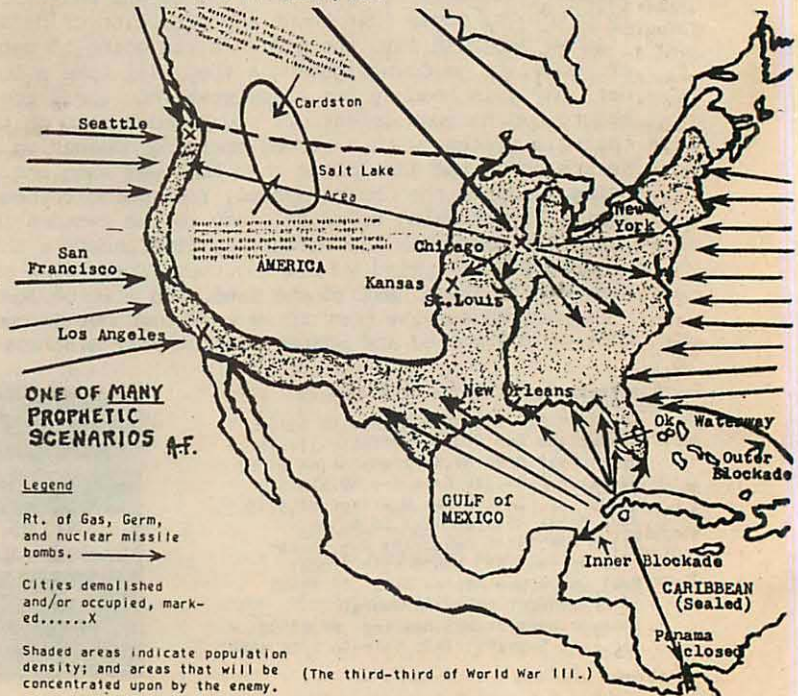
The wide and rapid acceptance of such an obviously false doctrine of escapism through a rapture is foretold in 2 Timothy 4:3, 4, NIV, "For the time will come when men will not put up with sound doctrine. Instead, to suite their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths." The Word of God shows rapture to be one of those myths, because Jesus always told us "plainly" what He wanted us to know!

The rapture escape-type doctrine seems clearly the subject of Jeremiah 14:13, 14, NIV, "But I said, 'Ah, Sovereign Lord, the prophets keep telling them, 'You will not see the sword, or suffer famine. Indeed, I will give you lasting peace in this place.' Then the Lord said to me, 'The prophets are prophesying lies in My name. I have not sent them or appointed them or spoken to them. They are prophesying to you false visions, divination, futility and the delusions of their own minds.'" The rapture doctrine sure seems to fit that description; as well as some other movements that had their beginning in the same century. Goodyear

P.O. BOX 4413 S. DAYTONA, FL 32121

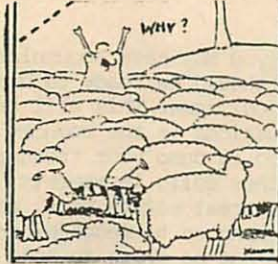


Thus fulfilling prophecies given to America thousands of years ago as a warning to her to abandon her "Law-less-ness," and progress to the GOD-GIVEN "meat" of the Law of Sinai and the prophets. She has had 500 years in which to do things HIS way, but she has preferred to "follow her leaders"...civil and religious...therefore, God will do just exactly what he declared he would do, he will destroy her.





The following article clipping is from Center For Action News, Box 472 H-31, Sandy Valley, NV. 89-019. (Bo Gritz comments & updates)



THE COLONEL'S CORNER

HOUSE OF CARDS JANUARY 1992

I look forward to taking on the big boys and knocking down their house of cards. Go back and look how carefully they've stacked the deck against us. The Revolution was just won when Adam Smith was sent to convince George Washington and Alexander Hamilton to adopt free trade. Instead, in 1793, America monetized the world's gold and silver, instituted fair trade and became the world's richest nation. Old Hickory threw the bankers out in 1832 and America was debt free. Then came the Civil War. The Union had to be split. Rothschild agents financed both sides and would have won except for Abe Lincoln and his "Greenbacks". Instead of borrowing at a 20% usury, Abe printed \$450 million in debt free currency. They killed Lincoln and in 1902 sent their agent Paul Warburg to organize a federal system that would allow the currency and credit to be controlled as it was in Europe. The Warburg plan was concocted at Jekyll Island, Georgia in 1910 and passed into law on December 23, 1913 along with the 16th Amendment (Income Tax) and the 17th Amendment. All the system needed was a war to prime the debt pump. World War I left us \$24 billion in the red. At a time when Doughboys were fighting over there, Jacob Schiff, head of Kuhn, Loeb and Company made a gift of \$20 million in gold to the Russian communists. It's almost comical how Max Warburg, Paul's brother financed the German Kaiser and served as his intelligence chief. Paul and Max then sat down at the 1919 Versailles Treaty and assured World War II.

I love how Bush is quick to brand before he is branded: He immediately labeled Saddam Hussein, a Hitler. Now he says he is against America First since it was the protectionist who launched into WWII. **"BUSHLIP!"** Secretary of War Stimpson was a brother to Bush in the Secret Order of the Skull and Bones. They were and both are globalists!

This new year will prove both challenging and instructional. Make sure your name is on the list of registered voters. This next election will likely be the most important in our history. There are clearly three sovereigns within the USA recognized by law; the federal government, state government and **WE THE PEOPLE**. If we should lose our nation and state to a new world order, still it is our right to stand as sovereign and free individuals -- or deserve what we feel for.

TOGETHER, WE WIN!

COMMUNISM'S LAST BREATH

Christmas would seem a fitting time for Communism's last breath in the USSR. The resulting "Commonwealth" has all the chime and sparkle of free-world democracy. And so it is a most fitting time, even as commercialism has replaced the essence of Christmas, so has it displaced communism on the eve of a new world order. The blurred events of 1991 are clear to those who have studied George Frederick Hegel (1800 German theorist and mentor of Karl Marx) and understand that "communism" was simply a 1917 manufactured "antithesis" to the "thesis" of capitalism and free enterprise. The resulting "synthesis" is designed to be a global government with a one world economy. In other words, the elitist will have won all the chips and the game of economics as we know it is over. You get your mark, "the" government manages your life, and those in ultimate power have proven that they were destined to win.

This entire equation depends upon the timely fall of the USA. Mother Russia has done her job. Trillions of dollars have been spent on the cold war. America's federal debt will surpass \$4 trillion in 1992. Debtors aren't choosers. The borrower is the servant of the lender. What wasn't accomplished by the Civil War (splitting the Union and bankrupting the nation) has been achieved by the privately owned Federal Reserve System. America will soon be unable to stand under the crush of compound interest. The plan calls for an establishment president to declare a national economic emergency soon after the 1993 inauguration.

THE ANTICHRIST

According to scripture a genius (Antichrist) will appear on the international scene (maybe a job for Gorbys) who not only orchestrates an Arab-Israeli peace treaty, but has a plan for global economic recovery. His universal system becomes so pervasive that you will either take his mark or be killed.

Scripture also assures us that while many do lose their lives rather than deny Christ, many who refuse the mark will live. Revelation 20:4 says "...and I saw the souls of them that were beheaded for the witness of Jesus...and which had not worshipped the beast...neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Christ a thousand years."

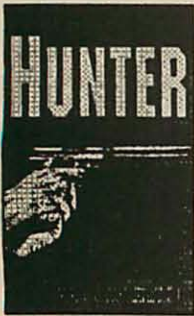
CENTER FOR ACTION MONTHLY NEWSLETTER
Box 472 HCR-31 Sandy Valley, NV 89019

It is thrilling to read the Bible and be in awe of holy men who were gifted to see the course of mankind revealed even through the final resurrection and judgement. Ezekiel was a prophet who described the end times. In Chapter 38:7 of the Geneva Bible is a marginal note of pivotal effect if correct. Instead of seeing Russian armies descending on Israel, the "world" was seen rising up against the Church and Jesus Christ. We are told in II Thessalonians 2:3, "Let no man deceive you by any means; for that day shall not come, except there come a falling first, and that the man of sin be revealed, the son of perdition." Further, we are told the antichrist's power will be limited to 42 months (Revelation 13:5). For the sake of our eternal souls and those of our children can't we hold out for 3 and 1/2 years?

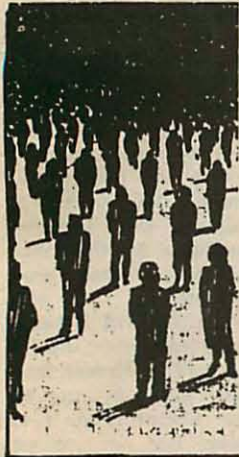
What if America did not fall as planned, but instead turned over the tables of the money changers and dared to remain free and self-reliant? Would not those under the influence of the beast come against us? The one reason I am a candidate for the office of president is to restore true Constitutional government. We can excise the cancerous Federal Reserve before it claims our economic life. I believe we can occupy this blessed land until Christ shall give us perfect government. Our Constitution is in grave danger today, but we can yet preserve that divinely inspired document and our nation. I believe we can endure even against a world condemned under the antichrist. Those of us who have read The Book know that in the end -- WE WIN!

WILL YOU GIVE UP YOUR GUNS BECAUSE...

- 1) You are more afraid of the IRS or FBI kicking in your door than you are of a crack or cocaine dealer.
- 2) You are more afraid of Federal prison than you are of foreign or federal paratroopers.
- 3) You are more afraid of 1000's of dollars in legal fees to defend yourself from federal prosecution than you are of someone raping your wife.
- 4) You are more afraid of being labeled a radical than of having your house broken into.
- 5) You are more afraid of disobeying your federal masters than of enforcing your rights or Bill of rights.
- 6) You are more afraid to fight for those things you know to be right than were the patriots who founded this country.
- 7) You are more afraid of federal SWAT teams than of defending your home and children against intrusion.
- 8)



HUNTER Macdonald—The author of *The Turner Diaries* has produced another blockbuster of patriotic action. When an honorable man is confronted with evil, he must neither submit to it nor ignore it, but take up arms against it. That is what Vietnam vet Oscar Yeager does in response to the race mixing, homosexuality, and other evils in Washington, DC, with spectacular results: he becomes a one-man death squad. 259 pp soft \$8.95



IMPROVISED MUNITIONS HANDBOOK, TM 31-210—U.S. Army tech. manual on making explosives, sabotage devices, firearms, etc. from available materials. Chapter heads: Explosives and Propellants; Mines and Grenades; Small Arms Weapons and Ammunition; Mortars and Rockets; Incendiary Devices; Fuses, Detonators & Delay Mechanisms; Miscellaneous. 256 pp soft cover \$10.00

EXPLOSIVES AND DEMOLITIONS, FM 5-25—U.S. Army field manual gives complete instructions on use of explosives, detonators, fuses, etc. for demolition and sabotage. Topics covered: safety precautions; types, characteristics, & uses of various explosives; preparation, placement, & firing of charges; charge calculation formulas for blasting jobs; handling & storage; more. 186 pp soft \$10.00

Free trade is a concept that only works well when everyone involved is ethical. Under present 'elite' manipulation, it is destroying our economy. The huge influx of Japanese imports is an example. Many of these imports are subsidized by the Japanese government to tear down our industrial base.

SAFE INVESTMENTS

To protect any larger savings you may have accumulated during the 1st part of the 90's will take some discernment. You should be ready to dump many of your 'safe' or usual investments just before the major collapse. This will be tricky. It is expected that there will be a number of scary fluctuations in the economy before a final stock market crash. What you will probably need to do is dump your treasury bonds, AAA Corporate Bonds, Mutual Funds, Money market accounts & other solid investments when you feel a collapse is due any week. Less solid investments like real estate, gems, paintings and such you should have liquidated early. You can probably hang on to Keogh plans, IRA's & treasury bonds for a time after a major crash, but it would not be smart to hold on to long. What you want to have is cash and gold coins. If you feel that the government may call in green bills and replace them with different designs, you can add some Swiss, German & British currency to your collection. Due to the drug money flow, there is some chance that we will get a currency change at some point. We would get so many days to turn in our old currency for new. The I.R.S. would have a field day. For such typical government actions as this, most conservative persons of substance have preferred their money in gold. There has really been no time in history if failed to fill our money needs. During communist Russias most oppressive periods, you could get what you needed on the black market, if you had gold. The only thing that worked better for a time during WWII, was cigarettes. There was so much counterfeiting going on that only American cigarettes were trusted. While it would be prudent to get a little gold testing kit for future use, it is not expected that such problems will be common...

Unloading currency or coins should pose no problem. DEEK has the usual currency exchange services & most larger banks will oblige you. Pawn shops and small coin dealers are not the place to unload coins however. By consulting the larger coin firms listed in coin magazines you should be able to buy or sell with only a 3 to 6% commission charge tacked on. Most larger cities have dealers that will charge no more than 3% on larger transactions. Tracking them down may take a little time. The Wall Street Journal typically lists the current currency exchange rates and the 'spot' price of gold & Silver. Since Silver is a by product of mining Copper to a large extent, it is not expected to be as scarce and desirable as Gold in the years ahead. Yet traditionally, it has followed along behind gold as a stable investment. Bags of 'junk grade' silver coins from pre '64' are by far the best way to go on Silver.. The Silver 'rounds' or 1 oz medallions never did become popular. With counterfeit bars showing up now and then, both gold and Silver bars were hard to move quickly. Testing such bars was simple without drilling into them. Their weight in and out of water will indicate their exact quality...but then that's a longer tale... What you want to assume is, there will probably be no run away inflation in the short years ahead. The 'elite' will keep the money 'hard' and it is really going to hurt the big borrowers and others with a credit card mentality. From a 'karmic cause' perspective we will probably be getting just about what we deserve. We so called 'christians' have allowed 'usury' to turn our society into a corrupt, greed filled abomination. Moses forbade usury & so did Allah. The infadels or Muslims use banks today that charge no interest. Perhaps this is why the Arabs have prospered so well overnight, so to speak. It may seem a bit simplistic, but you can go back as far as you want and see success or failure equated directly from the Domination or 'Choice' actions of nations or individuals. Through their selfish use of their wealth, the Arabs are due to lose it if they fail to change. Japan also will be exterminated if she doesn't use her wealth for the betterment of humanity. Being a reasonably generous nation, we will have seemingly earned the right to remain on the map. Once you get a foundation from works like those of A.B. Glaser, you can pretty well see what is in the future for individuals and nations. Balance is the answer. You don't survive by being greedy...nor by being to naive in money matters. You need to remain ethical & adaptable. If we have such severe volcanic action it blocks off a large part of the sunlight, you can logically assume food will get scarce and skyrocket in price. If tidal waves wipe out coastal area oil refineries, you can assume gas will be rationed...and go through the roof price wise.. It will be up to you to stock up while you can and send out a warning for others. Using your insight for selfish reasons will only get you in trouble. We humans had time to learn to help each other over the last centuries. For being such 'slow learners' most of us will pay dearly. Those who survive must earn their survival by being up to the standards required in the next class.....

ALTERNATIVE BOOKS & PERIODICALS

Besides publications found in many public libraries such as *Co-Evolution Quarterly*, *New Age*, *Mother Jones*, *Mother Earth News*, *Science News*, and *U.S. News & World Report*, which help one know and understand other viewpoints in the world, there are a number of small press publications I've found of interest.

- Tranet* - Bill Ellis, Box 567, Rangeley, Me., 04970
- Leading Edge* - P.O. Box 42247, Los Angeles, Ca., 90042
- Utne Reader* - P.O. Box 1974, Marion, Oh., 43305
- In Context* - P.O. Box 2107, Sequim, Wa.
- Pilgrims Progress* - 2871 Old State Rd., Schenectady, N.Y., 12303
- Omertà* - 730 W. Maple, Fayetteville, Ar., 72701
- Fact Sheet Five* - Mike Gunderloy - 41 Lawrence St., Madford, Ma., 02155
- Aquarian Alternatives Newsletter* - Art Rosenblum, 5620 Morton St., Philly, Pa., 19144
- Lox Cabin* - George Roberts, Rt. 1, Box 419, Fincastle, Va., 24090
- Heretic's Journal* - Ron Horesey, P.O. Box 12347, Seattle, Wa., 98111
- Institute of Noetic Science Newsletter* - 2658 Bridgeway, Sausalito, Ca., 94965
- Homesteader's News* - Norm Lee, St. 11, Naples, N.Y., 14512
- The Stella Group Letter* - P.O. Box 75, Quinlan, Tx., 75474
- Message Post* - P.O. Box 190, Philomath, Or., 97370
- Changas* - 937 St. Mary St., DePere, Wi., 54115
- Living Free* - Jim Stumm, Box 29, Hiler Branch, Buffalo, Ny., 14223
- Other Networks* - Stan Pokras, P.O. Box 14066, Philadelphia, Pa., 19123
- Evolutionary Blues* - P.O. Box 40187, San Francisco, Ca., 94140
- New Options* - Mark Satin, P.O. Box 19324, Washington, D.C., 20036
- Youth Action News* - P.O. Box 312, Alexandria, Va., 22313



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MAKING DO IN A PINCH FOR THE NECESSITIES....

Food & shelter are the primary necessities. While our Creator provided all the food & raw materials we could possibly use...without cost. Domination factions have always set up their own DENIAL systems for furthering their own control. This little twisted drama has been going on for some ten thousand years now & it should have taught we humans a good lesson. As our planet sheds this old denial foundation pattern in the years ahead, it will be easier for you if you can slowly shed many of your shallow desires & 'wants'. Just because the twisted thinking around you has put pressure on you to have a 'show piece' home and a lot of expensive toys doesn't mean you should remain in servitude forever. After all, do you really enjoy or 'like' what your life is like? There is a big difference between what we humans 'want'...and what we 'like.' You would be crazy to enjoy being in debt and enjoying a never ending round of payments for such shallow forms of reality. Better that you start getting your head on strait again. This little manual could get filled with the usual how to live a little simpler philosophy & methods. Most of this is common sense. What I am trying to get across goes much deeper. It concerns regaining your spiritual defense through recognition of the deeper problems. Make no mistake however, there are hundreds of physical traps & pitfalls to trip you up in your path to freedom. Just finding a dwelling that is uncontaminated is difficult. In ancient cultures like Greece & Rome the homes were built with rock or marble foundations & floors. Such stone was not only durable, it blocked off any negative rays that were deflected up from water or clay deposits below. According to specialists who delve in this type of research, thousands of Americans come down with health problems from such lower radiation contamination. A similar problem exists with exterior contamination from aluminum. Many homes have insulation now with an aluminum foil on one side. Most mobile homes and trailers now have an Aluminum covering. This tends to trap a very negative energy within the structure. It depletes the body energy and lowers the immunity. The use of synthetic fibers and materials further depletes us. Polyester clothes and rugs are another abomination. They block off the pranic energy and won't let your body breath. Little wonder your skin smells like musty plastic as you wear such cloth longer than a day between washing. "Oh but it's so clean looking & free of wrinkles" say the users. What a joke. It's almost as big a joke as all the formaldehyde thats in the glue holding the 'ticky tacky' new homes together. No cabinet maker will live past 35 these days unless they suck all their contaminated sawdust up as they work. Lung cancer is a sure bet for the careless... With all the particle board wood seeping formaldehyde fumes at us, little wonder that one in five persons will come down with cancer. Make no mistake, it's a jungle out there and your not going to make it if you can't think. The cartels own the media & the medical suppliers. It is to their benefit if you remain ill. Only a few 'maverics' will ever tell you what is really going on. To survive you need to ignore what the system teaches you and become self educated. (Further data on killer rays and various forms of pollution are found in half a dozen reports...as per catalog #12)

With such high mortality rates coming up in the mid 90's, housing should not be that hard to come by for families. Stricter government controls & discrimination against singles may present problems, yet rural areas should never be terribly restrictive. Especially if you should help their tax base a little. If your really hurting, there are thousands of miles of waterways to live on in a houseboat. The fishing & hunting should never get that hard in remoter areas. Other ideas for using R V's and cheaper shelters are found in the "Poor Mans Shelters" reports (\$5.) In the cities, it will be chaotic but even now thousands are squatting in abandoned buildings after their resources run dry. A surprising number of persons have spent considerable time living out of tents and cars. Wood stoves can be made up from any barrels or suitable containers you care to convert. Foam rubber for insulation can be found in trash almost anywhere. Cut into the right shapes or sheets it can insulate tents, clothes, boots or whatever. Emergency food is found almost every where. Traps & snares will help in the rural areas. Natives all across the world are still surviving off the land. If you still live in a larger city, it would behoove you to think ahead a little concerning food. You can come up with all kinds of grains and legumes that have a long storage life. These can be stashed in suitable spots for later. By the mid 90's you should have stocks of food wherever you are located. Weather patterns will evidently get quite chaotic in the late 90's. Several years of draught will probably boost prices to all time highs. Aside from your food, there are dozens of little known nutrients and preservation supplies that are handy. Iodine & strong Hydrogen peroxide (Food Grade) will protect your water & extend shelf life. Inexpensive Bentonite clay will furnish minerals in your diet & absorb toxins medicinally.

AHRENS NURSERY & PLANT LAB
Route 1 Strawberry Lane, No. 1
Huntingburg, IN 47542
Specialty tissue-culture propagated strawberry, raspberry and blackberry plants (virus tested). Free information-filled Berry Book and Growing Guide also lists blueberry, asparagus, rhubarb, currants, hardy kiwi grape vines, gardening tools and recipe books.

ALBERTA NURSERIES & SEED LTD.
Box 20
Bowden, Alberta, Canada T0M 0K0
Catalog free in Canada. \$2.00 postage and handling charge on foreign requests (includes U.S.). Garden seeds, bulbs, plants and sundries. Hardy varieties for short-season areas. U.S. orders accepted for garden seed and sundries only.

ALLEN COMPANY
P.O. Box 3108
Fruitland, MD 21826-0310
(301) 742-7122
Strawberry specialists for 104 years. Also, blueberries, raspberries, blackberries, and asparagus. Full cultural directions.

AMES' ORCHARD & NURSERY
6 E. Elm Street
Fayetteville, AR 72703
Catalog 50¢. Fruit plants for conditions east of Rockies; specialty, antique apples and apples bred for genetic pest and disease resistance. Small operation, offering reasonable prices, individual attention, free expert information on fruit culture as service to customers.

BAKKER OF HOLLAND
U.S. Reservations Center
Box 88891J
Louisiana, MO 63353
Extensive selection of beautiful, top quality Dutch bulbs. Free garden guide with every order.

BEAR CREEK NURSERY
P.O. Box 411
Northport, WA 98157
Cold-hardy and drought-resistant stocks for northern growers. 150 varieties of antique and hardy apples, nuts, berries, jostaberries, kiwis, and other small fruits. Also, whorlbreak, hedge, muldill and conservation stocks. Two stamps for catalog by return mail.

Reservation Center
6523 N. Galena Road
Peoria, IL 61632
Over 200 varieties of Dutch-grown flowerbulbs, many of them Brecks exclusives and/or new introductions by Brecks. Flowerbulbs are delivered in fall and 100% guaranteed to bloom the following spring.

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P.O. Box 2538, Dept. T.B.
Sallabury, MD 21801
Strawberry plants (virus-free) for spring shipment. Free Berry Book also lists blueberry, raspberry and thornless blackberry plants, grape vines and asparagus roots.

BURGESS SEED & PLANT CO.
905 Four Seasons Road
Bloomington, IL 61702
Full line of garden seed, nursery stock and ornamentals, including a number of exclusive items.

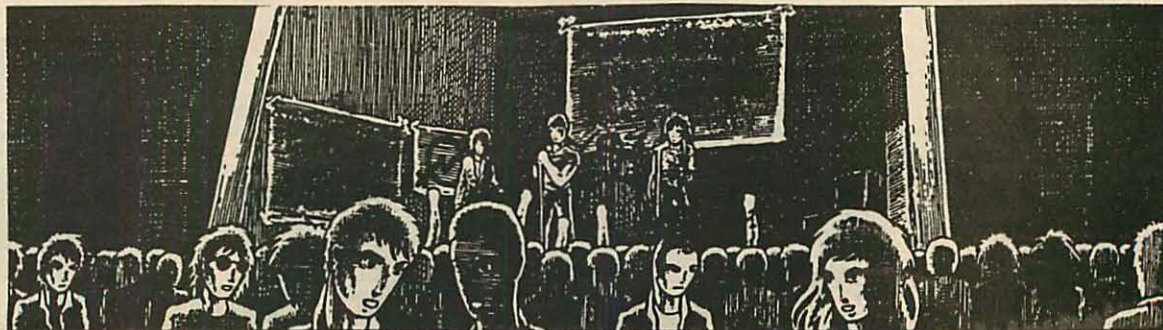
W. ATLEE BURPEE & CO.
Warminster, PA 18974
Over 1800 vegetables, flowers, shrubs, trees and garden aids.

D. V. BURRELL SEED GROWERS CO.
P.O. Box 150-T
Rocky Ford, CO 81067
Catalog, 96 pages, free in US, \$1.00 Canada. Contains over 300 different varieties of vegetables and flowers for home gardens and commercial growers. Wide choice of melons. Good growing instructions.

BUTTERBROOKE FARM
SEED CO-OP
78 Barry Road
Oxford, CT 06483-1598
Untreated, open-pollinated, short season vegetable varieties in low priced (45¢) standard sized packets. Gardening publications. Coop members receive 15% discount. Newsletter and other benefits. Send SASE for free seed list and information.

COMANCHE ACRES IRIS GARDENS
RL 1 Box 258TB
Gower, MO 64454
Color catalog \$2.00. Growers and hybridizers of bearded and Louisiana irises. Also lists Holland-grown bulb-type irises, daffodils and tulips. Wholesale and retail. Canadian orders accepted.

THE COOK'S GARDEN
P.O. Box 65101
Londonderry, VT 05148
Catalog \$1.00. Specializes in culinary vegetables, salad greens and lettuces. Many European vegetable varieties.



- VAN ABBEMA 'THE SHADOW' TABLOID N.Y. CITY - 91 -

RICHARD OWEN NURSERY
2300 East Lincoln St.
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General line of ornamental trees and shrubbery. Outdoor fruits, sub-tree roses, exclusive Red Hydrangeas Tree.

PARK SEED
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New 132-page catalog with over 2100 quality products: vegetable and flower seeds, bulbs, plants, fine garden supplies. Complete satisfaction guaranteed. Since 1868.

PIEDMONT PLANT CO., INC.
P.O. Box 424-Z
Albany, GA 31703
Southern field-grown vegetable transplants, standard and hybrid. No seeds.

PINETREE GARDEN SEEDS
New Gloucester, ME 04280
Very wide selection of untreated vegetable, flower and herb seeds; over 600 varieties, in small, reasonably priced packets, for the discriminating home gardener. Bulbs, perennial plants, gardening products, exceptional range of gardening books.

PLANTS OF THE SOUTHWEST, INC.
1812 Second Street
Santa Fe, NM 87501
\$1.50 for catalog. Native wild flowers and grasses from the Southwest's high plains, mountains and deserts. Vegetable varieties for short, cool season. Ancient food crops (blue corn, amaranth, chilis, etc).

PORTER & SON, SEEDSMEN
P.O. Box 104
Stephenville, TX 76401-0104
Vegetable and flower seeds for home garden, old and new varieties, specialty tomatoes, good varieties for Texas area.

RAYNER BROS. INC.
Dept. A4119
P.O. Box 1617
Salisbury, MD 21801
Strawberry and blueberry plants with complete growing instructions. Also fruit trees, asparagus, raspberry and blackberry plants.

RECOR'S TREE SHED
8164 Huron St.
Denver, CO 80221-8843
Evergreen and hardwood seed. Free price list; send SASE. Growing instructions free with each order.

REDWOOD CITY SEED CO.
P.O. Box 361
Redwood City, CA 94064
"Catalog of Useful Plants" is \$1.00 listing unusual vegetable and herb seeds, with many old fashioned varieties. Over 30 chili pepper varieties.

TSANG & MA INTERNATIONAL
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Belmont, CA 94002
Chinese vegetable seeds and related Chinese cookware, cooking items, special flavored oils, seasonings, and sauces.

OTIS S. TWILLEY SEED CO., INC.
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Trevose, PA 19047
(215) 639-8900
Vegetable and flower seed for the fresh market grower, bedding plant grower, roadside or U-Pick operator and for the home/hobby gardener. Exclusive Professional Seeds Series vegetables, other high quality hybrids, regional recommendations for your state.

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Holland and domestic bulbs and plants, perennials, small fruits and vegetables.

VERMONT BEAN SEED COMPANY
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Complete seed selection featuring over 700 varieties, many rare and hard-to-find seed varieties. Year-round garden clinic.

VESEY'S SEEDS LTD.
York, Prince Edward Island
Canada C0A 1P0
Specializing in seed varieties for short growing season areas. Also seed starting supplies and other gardening aids. Prompt mail order service. 1989 marks 50th year in seed business.

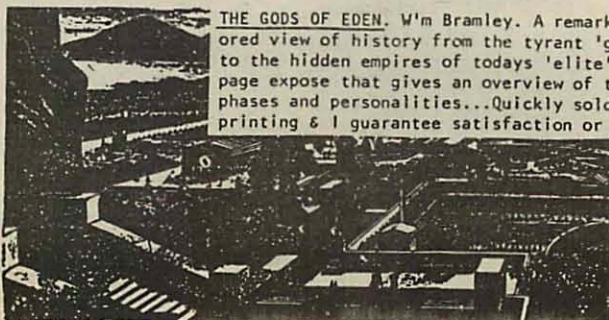
RACIAL HISTORY YOU NEVER HEARD

To understand the genetic background of our species, we must go back a little further than the researchers of the past hundred years like Darwin. What we really have, is a situation where much of our intelligence factors are from alien sources which infected native races as far back as Atlantis. While researchers ignore such 'myth' civilizations, if you wander around through the little museums all across Europe, you will pick up charts & 1st hand evidence that has been totally ignored by the historians. What happens is that any evidence of our origins that is outside the texts gets ignored. Bones of 'giants and cyclops' have been unearthed & hidden away for years now. Atlantis was the cradle of the alien intelligence factor that contaminated the animal man species in the 'garden of Eden' scenario. Up to around 12,000 yrs ago, our species had a higher level of 'instinct' which guided us. As the 'Satan' factor arose, inbreeding with the exiled aliens brought on the curse of 'intelligence contamination' & the ills of our modern technologically contaminated world. No longer did our ancestors live of the land enjoying the natural bounty. Kings and taskmasters arose to put the majority of mankind under bondage. No longer did each tribe have a pure and strong genetic lineage. Interbreeding between races broke down purity and weakened the genetic stock. The black race got almost no technological intelligence from alien sources. Their background & knowledge centered around farming. Only as they began to mix with the highly infused Europeans did they begin to comprehend abstract technological concepts. Today, we can look at the success of different groups in mastering business and technology, to see how much their ancestors got of the alien technological heredity. While the Philipinos got very little...the Japanese & Koreans carried considerable contamination,

From the point of view of proper & rational breeding, we 'civilized' humans are now degressing and committing suicide. Instead of keeping our racial stock pure and strong, we dilute our genes with the worse stock possible. The majority of conquering armies of the past, carried off the females and later bred with them. Today, no one would dare mention upgrading the species for fear of getting associated with Hitler's 'super man' policies. While some of this attitude is just general happenstance & ignorance, some of it is planned. At the time of Moses, the Jews and many other tribal lines were told to keep their lines uncontaminated. Even today, the Jews seldom break their religious codes and marry into other genetic lines. Their leaders encourage the 'goyum' to interbreed and weaken their racial strength, but are still hard line racists under their facade front. Since 90% of the media & movie industry is in Jewish hands, it is simple to see why we have the inter racial drives we have today.

The European stock with a high percentage of the noble Atlantean stock in them, are not an easily enslaved or pliable race. We tend to be freedom loving, ethical inventor types that are not exactly suitable for the 'elites' one world system planned for the future. The quicker we can be outbred and racially diluted the better to the 'elite'. Since 99% of the 'elite' and banking empires are Jewish, it isn't that difficult to see why we have the chaotic situation in the more civilized cultures of the planet. Should the situation run on this way for another decade, humanity would probably self destruct. What we have however, is a period when humans from a soul level will get to make certain CHOICES toward their future. For at least a thousand body incarnations, the souls on this planet have been getting used to making choices outside the animal 'instinct' level. Those humans who learn enough to conduct their lives with 'ethics' and a granting of choice to others, (The Golden Rule) will graduate into a larger level of ability & freedom. Those souls who still wish to live off of others and dominate them, will soon be flunked out and halted in their barbarism. While it may seem that their is no governing laws in this universe toward human behavior, this is a naive observation. Going back through ten thousand years of civilization, we find automatic destruction has followed behind every domination contamination of every culture. As soon as Rome lost her freedoms & human rights foundation...and catered to the lower class 'we want something for nothing' citizen demands, she sank quickly. While it is true that no color or race is better than another, it is true they are very different. If it is a highly ethical and technologically advanced culture, we are aiming for, present directions are self defeating. Any person with common sense and a bit of insight can see where our weak leaders are leading us.

The prophetic outlines of our loosing at least 80% of our worlds population in the next decade are probably inevitable in view of present trends. The only question each of us can ask ourselves, is: Am I ethically worthy to become a citizen of this universe and refrain from domination actions...and am I trying in any way to upgrade humanity & my race" Or, have I become a self centered leech who lives off of the labor of others.;



THE GODS OF EDEN. W'm Bramley. A remarkable uncensored view of history from the tyrant 'gods' of old to the hidden empires of today's 'elite'. A huge 500 page expose that gives an overview of the important phases and personalities...Quickly sold out the 1st printing & I guarantee satisfaction or refund...\$24.



THE PRIMARY HEALTH SURVIVAL FOUNDATION

While it could appear these observations to follow are a little 'paranoid', it should be kept in mind that virtually all of the 'accepted' concepts & history have proven wrong when viewed from a later & higher vantage point. Humanity has always served as 'work units' for the rulers. The governments & rulers have always served out distorted facts & history. As we relate this to today's medicine & health programs, the scenario should be obvious.

The ruling elite have control of the worlds governments through the monetary systems. The governments have control of the medical programs & the name of the game is profits for the elite and their followers. The chemical & drug cartels fund the medical schools, and it is simple to understand why physicians are usually limited to pushing expensive pills and 'accepted' services. Further down the line, we can also see how the processed junk foods that bring on many health problems, are pushed by the food cartels of the 'elite'. Anyone who will do the least bit of research, can find the same families who control the giant food manufacturing firms, have their fingers in the drugs, chemicals, energy, media & other money making or control holding areas as well. Circulate among the jet set in Palm Springs or other 'watering holes' for the rich, & you will find this to be obvious, even without the written word.

In the medical monopolies, there is no such a thing as prevention. Med. students get no more than a few hours of nutrition background. They are taught to push pills & slice away on parts of the body that can't be de-sensitized with pills. It would be fun to show how simple \$10 medical expenses have been nudged up to hundreds of dollars through the slick manipulative techniques of the cartels, yet all this should be pretty obvious. At this point, if you can't see any deception and manipulation going on, it's probably too late to help you anyway. A fool & their money are soon parted & the majority of persons who remain in the clutches of such a system deserve what they get. Sure, there are many wonderful humanitarian Dr's around. Unfortunately, those who get out of step to any extent, are kept in court or otherwise neutralized. Much of this story is spelled out in various medical exposes listed elsewhere.

The point I am going to make now, is simple. Get off the junk foods and build up your immunity if you have any desire to survive what's ahead. Your body is being poisoned from a hundred different directions & it is lowering your immunity. Without a strong immunity, you will be subject to all the new Virus contaminations now sweeping the world. AIDS is only one of many such virus infections that hits persons with a low immunity level.

The greatest single factor in building up immunity I consider to be the least publicized problem preventative procedure available. Colon cleansing is the deadeast issue you could imagine. No one even likes to talk about it. Yet think about it. You can put the greatest health food in the world down your throat...and it won't do much good if you can't get the nutrients in your bloodstream. The majority of Americans go around with their guts filled up with impacted waste. You see all those 'beer bellies' and big stomachs and you see the problem with much of the health of the Western cultures. All the white flour wallpaper past, Aluminum impregnated cheese and other mucoid forming junk foods keep on coating the walls of the intestines for years. Eventually 99% of the nutrients in the food pass through the system without getting absorbed. Vitamins and minerals are virtually a waste of time with such a clogged up gut. Were it not for the fact that much of our energy comes from the air we breath & the water we drink, most persons simply could not survive on the usual food.

The 1st step to radiant health and a high immunity then, is to get the colon cleaned out. Since health food stores carry many brands of colon cleanser, this is not a difficult problem to solve. What you should keep in mind is that it can take up to 3 months to slowly dislodge most of the built up gunk. If you wish to do the job faster, you will need to fast for a week and dislodge the gunk with sun purified water. Many persons are to skinny or prone to blood sugar problems to fast, so I can only suggest you get approved advice from an approved medical man before you get to radical. Once you get cleaned out, you would be a fool to go back to all the processed foods that contain no roughage or nutrients. You will be feeling great, but your engine must not start getting polluted fuel again if you wish to keep in top shape. Probably the greatest thing you could have in your tipi would be a Champion juicer. You can juice out carrots, beets, apples, greens and all kinds of fruits and veggies with very little effort. By adding a little of the celery or other pulp to the juice, you can get enough roughage to keep the bowels working smoothly. If you slowly sip and masticate the juice, it will keep such juice from becoming acidic to your system. If your acid level jumps to high, your body leeches your teeth and bone calcium to drop the blood ph value down again. This is why you want to keep the acid forming sugars, meats, & oils to a minimum. If you must eat out in public, carry along some ground up flax seed or apples to ensure the junk food doesn't get caught up along your colon walls again. Once you start getting the proper raw food enzymes in your system, the vitamins and minerals you take from pills & foods will combine to give you health and immunity like you have never dreamed of.

PRESCRIPTION FOR NUTRITIONAL HEALING

A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs, and Food Supplements
James Balch and Phyllis Balch *a great look @* \$16.95

Here is a complete and authoritative guide to dealing with health disorders through nutritional, herbal, and supplemental therapies. Written by a medical doctor and a certified nutritionist, the book blends the latest scientific research with traditional non-surgical treatments. This guide provides all the information needed for the average person to design his own personal nutrition program.

The book is divided into three parts: part one explains and lists the various types of nutrients, food supplements, and herbs found in health food shops and drugstores; part two describes common disorders from acne to cancer to yeast infection and names the supplements that can be used to combat the conditions; and part three offers a listing of traditional remedies and therapies that can be used in conjunction with a nutritional program. In addition, there are insets throughout the book offering self-diagnostic tests, and providing in-depth coverage of important topics.

The authors have included the latest up-to-date information on such nutrients as omega-3, coenzyme Q-10, and SOD, as well as other health breakthroughs. This book will fast become the major reference in the field of wholistic health.



LE JARDIN DU GOURMET

Box 52
West Danville, VT 05473
\$1.00 for 16 page catalog, plus 2 sample herb seed packets. Smaller herb seeds, imported vegetable seeds, herb recipes. Seed also sold in 20 packets.

JOHNNY'S SELECTED SEEDS

310 Foss Hill Rd.
Arlon, ME 04910
Vigorous, dependable vegetable, flower, herb and specialty seed

J.W. JUNG SEED COMPANY

Box 70
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Vegetable and flower seeds. Fruit ornamental nursery stock. Packaged early tomato.

KILGORE SEED CO.

1400 W. First St.
Sanford, FL 32771
\$1.00 for catalog, refundable on first order. Vegetable, herb, and flower seed for Gulf Coast states and subtropic areas. Southern green manure cover crops.

KRIDER NURSERIES

P.O. Box 29
Middlebury, IN 46450
Roses, shade and ornamental trees flowering shrubs, perennials.

KSA JOJOBA

19025 Parthenia St.
Northridge, CA 91324
Send SASE with 2 stamps for catalog Jojoba seed (packets and bulk orders), also jojoba oil beauty and automotive products. Note: Jojoba, a native desert shrub, can be grown indoors. Oil from beans is a replacement for sperm whale oil. Growth is slow and results unpredictable; smallscale experiments suggested. KSA offers cultural information.

LAKELAND NURSERIES

340 Poplar Street
Hanover, PA 17331
Specializing in novelty and unusual plant material -- zoyzia grass, pampas grass, cornelia, and roses. Also sells gardening products.



While there have been many 'Seers' who projected into the future, certainly Nostradamus has been the most colorful & publicized. In the 70's, Dolores Cannon was doing hypnotic regressions when she evidently made contact with the Soul of Nostradamus. She filled two volumes with his insights into the future. These cleared up many of his obscure quatrains as to meanings, and gave deep perspectives on future events. While a good part of humanity will be lost prior to the turn of the century from wars & plagues, the final disaster will be a 'pole shift'. After the turn of the century, it is this careening of the planet off her normal axis that will change the face of our planet. In "Conversations With Nostradamus" Vol 1 & 2, outlines of all the major tribulations are covered. There are even maps showing the probable face of the Earth after the turn of the century. At this time, the domination based governments of the world will have self destructed and the remaining survivors will be hanging on in small kingdoms & survival oriented groups. Great walls of water will have swept most of the worlds lower areas clean. For a number of years in this cleansing process, there will be a mixture of military law, vigilante justice & just pure chaos. The whole decade will be a final choice period for testing out the ethics & progress of human souls. Most of humanity will simply not graduate into the higher vibration necessary to stay around.

As the anti christ and various disasters break up the world and values long cherished, it sounds like a nightmare. For persons grounded in ethics and balanced in mind, it will simply be a change and an entrance into new lessons & opportunities. Humanity will have their nose pushed in the de-humanizing technology here until sick of it. Greater super weapons & shortsighted leaders will bring destruction and terror until inaction & indifference will be impossible. Slow learners & spiritually stagnated humans will get a chance to adapt to the new & higher vibratory levels. If they fail, a number of spiritual avatars indicate there will be no re-run of the class. It will be a final choice and most of the learning tapes of the soul, will simply get erased. For further information on upcoming events the "Incredible Inquiry" catalog (\$1) lists many titles in this area.

Gymneastrea Sylvestra Tabs
Used to block off the absorption of sugars into bloodstream. Hypoglycemics & diabetics find these worth their weight in gold. Overweight persons benefit. A new & wonderful herbal find. \$12 bottle.



Food grade hydrogen peroxide is one of the handiest things you can stock in your survival kit. When your without a way to preserve your food, just squirt some in the foods or liquids. Even milk will stay fresh for a considerable period.... Internally, it aids health & upgrades immunity. In your tooth powder it prevents gum problems, diluted it is the perfect disinfectant.

While many nations take care of their sick citizens, we Americans are petty much at the mercy of the medical cartels and astronomical medical costs. We spend billions defending other nations like Japan, but often ignore our own people. Europe allows the Japanese only 11% of their auto market...while over half of our market is taken over by the Japanese. While we go along with such 'Disneyland' economics for now, the free lunch is about over. Medicare and public assistance are bound to be cut to the bone at a later date. Even now, the pension funds and medical insurance coverage from private groups are often on shaky ground. Many will fall along with the banks after the crash. Toward an 'ounce of prevention', it would be wise to get a stock of natural healing books and get away from further breaking your body down from poor eating & living habits. If you are older...or have older parents, get ready for emergencies & stay abreast of whats going on. Two million elderly had Gov't health benefits deducted from their checks NEEDLESSLY in the late 80's. One of the most usefull things you could have is a wheelchair. Sooner or later it will save you a lot of rental money. Keep in mind that regardless of what you are told, Hospitals can't keep you against your will. Home care is only a fraction of the cost of a hospital room and a lot less dangerous. Now that AIDS is running wild, hospitals are dangerous places to be. Any contact with body fluids can be your downfall. Get the true AIDS facts from 'AIDS Report #1 & # 2 (Treatment secrets) \$7.95 ea. 'Hospital & Medical Dangers Rep. (\$5.)

Since the chances of your paying off an auto or home after things get bad are nil, there is little use in dumping sand down a rat hole. Get your hands on some wheels that are paid for. Unless you can work out drastic cuts in your home mortgage payments, bail out before you are really on the street. If you have been thrifty enough to save some money, wait a year or so after the crash & pick yourself up some cheap property. If it will be high and dry for a few years you will be in business. Better yet, get in an area where you will have like minded people around you. You can lighten the load by sharing expenses with others. Contact me for survival oriented community listings. For car pool data contact: U.S. Dept of Transportation Pub's, Fed. Hwy Adm., Office Of Traffic Op., 400 7th S.W. H20-32, Wash. D.C. 20590. A current contact for information on survival & government abuses, contact: For The People, Teford Hotel, 3 River St. White Spg's Fl. 32096. Their 'The New World Order' gave an updated background on the 'elite' and their plans in bringing the U.S. under outside control.....

BETTER THAN A WONDERDRUG

The most important element to immunity & survival is ignored for the most part by the 'pill pushers' & medical community. At least 90% of our energy comes from oxygen and it is used by the body to burn our food & burn out the poisons... Few persons get normal levels of oxygen today, not only is the oxygen blocked off internally, larger cities usually have only a part of the normal levels of oxygen in their polluted air. Poor breathing and lack of exercise combine with stress, poor diet and other problems to complex to discuss here.

Without efficient oxidation of toxins, the body defenses fall and degenerative diseases follow. Medical journal articles are filled with research proving the point, but the bottom line is: "How do we get enough oxygen"? After testing a number of techniques and formulations, I found the answer wasn't easy. The tanks & equipment to oxygenate water & air was bulky & expensive. The cheaper methods like taking food grade hydrogen peroxide usually had catches. Peroxide, for example, is rich in oxygen but tends to have a terrible aftertaste. The form I now use was developed by a Dr. Blass some years ago. He found a way to bind up oxygen atoms in magnesium & calcium powders. Such formulations are virtually tasteless and carry a very high percentage of oxygen. You can use a simple ox. test strip to prove that these Homozon & similar products are stronger than other products on the market.

As a bonus, these Blass formulations safely clean out the colon and gently oxidize the toxins. Since the average American consumes a lot of wallpaper paste (white flour) & milk glue, their colons are often filled with poisonous gunk. Autopsies show that 80% of the population have at least a few pounds of such gunk in them. Little wonder that nutrients in our food never make it to our blood stream. They just can't get through the intestinal walls. Typical metabolic disorders from such conditions include: problems with joints, arteries, muscles, kidneys, the circulation system etc etc. For data on this... "Oxygen Therapy Reports" # 1-2-3 at \$1, \$3, & \$6. "Oxygen Rep. \$8. "Fasting & Colon Cleansing Rep" (\$4) "AIDS Treatment Rep" \$8., 'HOMOZON magnesium ox. formulation is in a 150 gm tin and is taken with a little lemon juice etc to activate it. A super bargain. \$32. plus \$3 postage, (Data sheets \$1.)



Cheap Shelters

Since graduation from this little training ground will require some higher level self control & spiritual balance, it is not expected that over 15% will make it....

The 'elite' & domination patterns still lure & control the majority. Recent events show what happens to nations & leaders who try to get away from the usual restrictions. Iraq was using its oil money to upgrade its citizens and country rapidly. Our controlled press gave us only distortions as hundreds of thousands of civilians were liquidated. Cuba is a similar example just below us. It is the only nation in Latin America with free health care & unlimited educational benefits. Visitors bring back observations directly counter to the elite controlled media reports. U.S. citizens get.

The rest of Latin America is in the hands of the few under elite control. If truth in such areas interests you Write: Defenders, P.O. Box 11134, Las Vegas, NV 89111. While fighting against such oppression with guns only leads to a re-run of the bloody past, a higher mental stand through the affection & service modes has possibilities. This art is covered in "Total Self Defense" (\$20.) & "Dreaming Of The Past-Dreaming Of The Future" (\$10.)

During the worst of times there will be situations open for persons willing to work for less pay or a trade of services. Typical jobs that will include living accommodations include: Hotels & Motels, Fishing boats, Home care centers & convalescent homes, Ranches & Farms, Religious sanctuaries & many other examples. Trading your services can also get you far more than just a roof over your head. You can wind up with everything from food to building materials. With a little effort, you can put together a little mini-house or shed on the back of property that has a larger 'legal' home. Many areas & counties have laws on the books allowing parents and people past 60 to live in such mini houses. If you keep the structure under 125 square feet and forget about any bootleg plumbing & wiring, most inspectors will ignore your structure. You can sit the structure on cement blocks or plank skids to assure further legality. Drop cords & garden hoses will take care of utilities and a 'porta potti' will simplify the toilet facility problem. I have used portable privies for my RV guests for years. These have plastic barrels that are emptied into a legal septic system periodically. There are also compost toilets and toilets that recycle their fluids in flushing. Greywater can be run from the sink to the lawn or garden. (Refer to "Compost Toilets" (\$6.)

While there are many situations like caretaking & leasing that could put you under a roof for cheap, in the later part of the century, it will be wise to get in with a group.

We humans need to be around others of similar interests. We were not made to be hermits. We all seek attention & interaction. Getting disgusted with humanity & the situation may spur us to become a little reclusive, yet it usually doesn't last... Few people can remain happy stuck in some wilderness. In the years ahead then, spiritually oriented persons will be wise to band together. Communes & coops worked out well in the past under strong leaders who were a bit dominating. For such groups to work out without such leadership requires dedicated people who communicate often. Frequent meetings are necessary to work out the frustrations & boot out any moochers. The 'civilized' world is now filled with irresponsible persons & groups just can't thrive with such parasites. "The government & system owes me" attitude of so many Americans helped destroy our nation. These persons won't be around as this century closes. In the meantime, frequent meetings will eliminate the usual 'pecking order' problems that can bring on resentments & disharmony in groups.

While boats can get expensive in the posher areas & marinas, in less affluent areas there are frequent bargains. There are literally thousands of older hulls and boats that are inexpensive or free for persons with a little patience. Many boat storage yards have bargains. Grounded & sunken boats are available free all up & down both coasts. A friend spent a year on the East coast raising up sunken boats with balloons & inner tubes. He would take down an air hose and fill the balloons up below the deck... Many older boats are beached and available to anyone who wants to spend a little time repairing them. Plastic hull coating materials now allow such upgrading to be done at very little cost. The newer plastic barrels that industry uses, are ideal for use as non rusting pontoons. With a platform made up, any number of interesting dwellings can be made. Gate 5 in Sausalito California is an example of what can be done in this area. Dozens of artistic masterpieces are floating in this unique area. In the 60's I spent a lot of time in the company of some remarkable residents here. A never ending parade of interesting people & pleasures are still available... Not far away are other houseboat groupings with a different flavor. Persons living on the water often get addicted & find inland dwellings a bore. Considering the price of houses, most older boats are a bargain. Even with a marina or docking fee, such a life style is much less than a conventional home. If you have a little savings later on, this could be a way to survive for pennies.... The only fly in the ointment is the fact that the coastal areas will be washed over with huge walls of water later in the century. You will need to be in the more secluded inland waterways during such upheavals & turmoil. No matter what happens, you would need to be some kind of a fool to keep on trusting to the usual advice from the media as things get bad. It should be obvious that we have been lied to all along. During the highth of the great depression it was easier to pay for & own a home that it was during the 80's & 90's. The 'elite' love the 'credit junkies' mentality and spend a lot of time training them. The fact is, after the usual burden of home payments, transportation food, & medicine, taxes eat up at least 70% of what's left over... as spendable income.

If you are reading this before things really start getting rough, think about unloading some of your playthings and getting some nuts put away for a rainy day. Before its to late.

Common sense & self control are what can replace money. We have had years of insane spending & now we are being forced to go back to reality. You will not be able to play with all your shiny toys. It's cut back time & you will improvise or do without. Fix your own Car or furniture... just like they had to in the 30's.

Many smaller landfill personnel will let you scrounge.. or sell items for cheap. Alleys & dumpsters can furnish a wide variety of free castaways. Tons of food are often available for free or gleaning. I got enough fruit this year for months of Juicing. I just picked neglected trees after permission.

"EARTH REPORT #1- HUMAN HISTORY, SURVIVAL & DESTINY SECRETS

Never before revealed blueprints to gaining self control & pleasure from the wisdom of avatar Alfred B. Glaser. COVERS: hidden and unique truths on the following subjects:
 What the 'war in heaven' was all about, Ancient super culture, How to gain 'inner' comprehension & override usual blocks, Checking out data sources, Blocks to mind over matter ability. Communicating with your minds & distant identities & data. Traveling the other dimensional astral regions safely. Hypnosis, Pleasures without money, What the final judgement is all about. The coming 'pole shifts' & their prevention. 'Star peoples. Control methods in use by domination factions. Mind vibe rates. The secret 'cure all'. Drug dangers, Flaws in vegetarianism... Mental regeneration, Pain blockage, What true freedom is about. About your SOUL & soul mates, Mechanics of death & defense. Psychic self defense secrets & legality factors. Lost aspects of love & relationships. Differences in the sexes. Racial differences & mental birth control secrets. Gaining pleasures under Earths oppressive systems. Hidden enemies. ...among the most spiritually revealing works you ever read or your money refunded

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SHELTER PHILOSOPHY DURING THE 1ST & LAST OF THE 90's...

From what logic and prophetic outlines indicate, supplies and fuels will not begin getting scarce until the mid 90's. During the coming depression or 'hard times' we will only be faced with a shortage of circulating money. This means the government will have food distribution systems set up for a number of years. When the welfare system gets pinched down, recipients will get allotments of devitalized, over processed foods. One of the greatest ways to have access to better quality food and living areas is to get mobile. There should be a number of years when it will still be possible to travel a bit in some camper or 'RV'. If your mobile, you can hit a sun belt in the nasty winters and stay in a food rich rural area during summers. Many of my people have been 'snow birds' all their lives. My parents still have a huge summer garden ...now that they are past 80 yrs old. In their 'farm belt' area, tons of food for canning is available cheaply during the season. Why remain in some cess pool of culture, just because it's where you had to work...or was raised? Your going to need to adapt a lot more than this, or you simply won't survive what's ahead...

For many years I have had a step in van sitting around in my yard. I have used it as a camper for going on extended trips, as a free wood hauling vehicle, and as towing vehicle for trailers. It gets licensed as a camper since it is fixed up as a camper inside. Having had a number of R V's over the years, I can relate to the shortcomings of every design. For me, my vans are most versatile. For you, something else may work best. I recall going all over the country a number of times in small economy station wagons. They point to make is get over you perfection phobia and use what you have...or get what seems best in your budget.

Old school buses are still inexpensive in northern states & they carry a lot of load once converted. I have gotten them licensed as recreation vehicles with a very minimum of sink & toilet additions... Later, as gas gets rationed, you will have hopefully found a 'quiet spot' or 'safe' area. At some point, it is expected the government will restrict travel and keep people in designated areas. Some 'seers' have seen southern Californians battling against National Guard border guards for months before breaking away from the chaotic conditions ... Getting an 'inward' soul warning about such events is what will help you survive. If you retain a selfish or hysterical attitude, your soul will simply cut off this aid & 'awareness.

Because of rising costs and lowered tax funding, counties and cities across the nation will become desperate during the few short years ahead. Your property taxes are bound to rise sharply for a few years as a result. With a stagnant real Estate market, you may just lose your favorite dwelling. It will probably be too late to unload as you read this...yet who knows.

Should you have some cash stashed away, the bargains will abound. A relative of mine put together the largest ranch in Idaho during the depression of the 30's. He passed up the ghost town of Quartzburg...which went for \$7,000 at auction. The new owner of Quartzburg promptly dug out \$20,000 in Mercury & gold from the creek running through town. Ah well, you get the idea. The only problem coming, is the recovery is not going to be the same as in past 'hard times' cycles. Before the turn of the century rolls around, Most of the world governments will have their fangs pulled and new moneyless systems will probably be slowly getting set up. The hard core domination systems that have come and gone in bloodshed so many times, will be a thing of the past. The survivors on Earth will be a less hungry crowd with more humanity in their heart. Profits and working like slaves for a banking-elite as 'work units' will simply not interest them. Those who were so greedy & money hungry will simply not be around. Keep this in mind as you prepare for what's ahead. If you think your going to continue playing 'king of the mountain' from your oversized showpiece, good luck, your on a 'dead end' course. Big brother may let you stay in your mortgaged 'ticky tacky' for a time-if you have kids, but sooner or later, you will be in for some drastic changes in shelter

As the late 90's roll around, things will be a real mess according to the 'seers'. The best situations will probably be smaller groups of like minded people living close to the land in rural areas. Hungry, homeless survivors will be running loose over the land and it will take a group of persons to defend themselves against such invasions. Persons who can't learn to cooperate with others will simply eliminate themselves from the world of tomorrow.

In the past, the only communes or groups that held together were those that had strong domination oriented leaders of doctrine foundations. In the next century, we will get a class of survivors who will be self controlled and balanced. No other system will work out. The time spent changing from the old ways will be traumatic. The simpler the life style the better ..up to a point. Further life style directions are found in "Retire With Almost No Money" (\$6.) "Live On Wheels Report" (\$3.95) The "Survival Report" \$10., "Freedom Way-Cheap Living Report" (\$3.95) "Poor Mans Housing Report" (\$8.95) "Less Is Better" (\$9. Book) etc

One of the natural laws that brings on economic disasters when violated, is having too few persons sharing the Earth's bounty. In '29' 1% of the citizens owned 36% of the wealth. After the shake out, we are now at a point where 1% own more than the bottom 90%. 60 yrs later... (This 60 yr cycle is well known)

At a point later in our decade, people will be stuck in the areas they reside. Many cities will have their borders & outlets guarded. If you find yourself stuck in some sinking hell hole later, don't whine about not being warned. This little manual is meant for motivation..



SO YOU WANT A MATE

If you are going to survive the years ahead with companionship, you should probably begin to be very choosy...or stick with a pet. Forget about all the garbage the 'experts' have fed you over the past years. My last psych.prof. was on his 5th wife and his knowledge of Women & visa versa. The closest thing to understanding you will ever come across is A.B.Glaser's works. 'Earth Report' will save floundering around in psych classes and confusion for years (\$20). A good part of the problem stems from the actions of the 'elite'. They put Women in the factories during WW 11 & found them efficient & capable. Seeing a source of cheaper labor, they gradually cut Mens wages and cut off the freedoms that made them strong. Today, Men tend to go along with Women who live in a credit card fantasy world. Most are in debt up to their necks and have been turned in to good little 'workers for the state'. The materialistic couples who go down the tubes during the years ahead will deserve each other..and all the lessons they go through. For 1st hand advice & data get: "How to Find & Keep A Love Or Soul Mate" (Video \$29.95...Report \$5.) "Sex & Relationships Secrets" (Video=\$29.95 Report=\$5.) "Danger-Don't Marry American Women" Expose (\$6.95) "Sex People" Expose on types of mates-\$8.95., "Womans Secrets Rep" (\$8.) "Mens Secrets" (\$6.95) "Sex Secrets & Problems Report" (4 at \$3.95 ea)



THE NUMBER ONE THREAT YOU WILL FACE

The greatest threat to your survival in the years ahead will not be war or starvation. It will be AIDS. Up to this time, the worlds health experts & more aware leaders have done little but tell us lies & suppress this bizzar story. Just forget all the nonsense you have heard. This is the reality: Condoms won't help you and the green monkey had nothing to do with starting the problem.

The AIDS virus is just like any other virus. TB & yellow fever are transmitted by a larger virus than AIDS & you can get them from a mosquito bite or a contaminated towel. If you catch colds, you can catch AIDS just as easily. The vaccine idea is an obvious bad joke. This virus can alter itself into a hundred billion possible genetic combinations. Your only real hope is in your remarkable body immune system. It can set up the defenses if it is in top shape. Full of toxins & pollution it is vulnerable. Since the most efficient way to build immunity & knock out pathogens is oxygen, better get some education on this subject. (\$3, \$5 & \$8. Reports) Plus a 'Do It Yourself Oxygen Treatment Report' \$4

Dr R.B.Strecker was probably the 1st person to broadcast the awesome dangers of AIDS. He sent his 'Bio- Attack' report to virtually all the major health orgs & involved political people, the only ones who didn't ignore him were shushed up fast or liquidated. As this is written, the shocking facts are available on a video from the Strucker Group, 1216 Wilshire B. L.A., CA, 90017 & 'For The People' Telford Hotel, 3 River St, White Spgs, FL. 32096 (\$25)

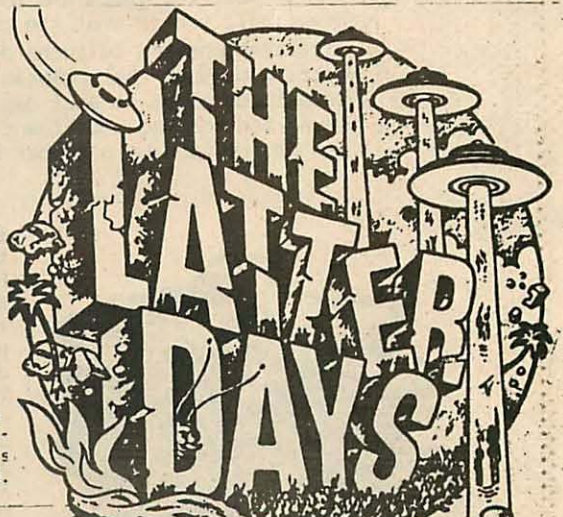
In viewing the AIDS problem from a little higher motivational standpoint, we find the usual 'Elite' motivations & participation. They needed a way to get rid of the worlds non producers & they found the perfect way..

The Armys infectious disease unit in Fort Detrick, Maryland was evidently the 1st facility to perfect the most successful strains. These were put into the smallpox vaccines given to Brazil, Haiti & Africa with phenomenal success. Later, the Hepatitis B vaccines go to carry the strains to the 'gay' community. Much of the sordid details on all this are in the AIDS Reports #1 & 2 (\$7 ea) Updates and current info can be had in a periodical put out by Dr. Douglas, P.O. Bx 1568, Clayton, GA. 30525. (\$5 sample) If you are extremely careful you may even get to see much of the story in a picture by the well known Lorimar Pictures of Hollywood, They evidently have an interest in this. In the meantime, the culprits will not get tried for murder. They get protected.

While I am warmed up ranting at the 'elite' again, I may as well continue. Revisionist history has shown that we were a strong stable nation until the 'elite' got Woodrow Wilson in office. He managed to get our protective tariff down and helped the private Federal Reserve System get a stranglehold on our money systems. We have been sliding downhill since this time. A few wars got us used to giving up our freedoms & money. At the end of WW 11, we supplied 60% of the worlds steel & a huge part of the worlds machinery. Now, we hardly supply 10% of the steel and only a tiny fraction of the autos. It was simple. The 'elites' bank (Int. Fin. Fund) finaced competing industry all over the world. Today, the rest of the world holds us in contempt for our weakness and stupidity. Were it not for so many private guns, we would have become enslaved many years ago. While our present leaders speak of 'new economic partnerships' What they really want is very cheap labor to finish us off. Guatamalans, who gave up their guns long ago, now work for \$3 a day. Mexican workers along our borders make little more and live in contaminated shantytowns. There is so much toxic waste & heavy metals seeping into the ground. the water can't be used for miles into the U.S. side.... As the catastrophic events unleashed by nature come along later in the century, you can see the natural protective laws of our Universe manifest before your eyes. The lessons are simple.....

Our Creator designed life forms to change, not die. The material atoms turn into non material atoms... & back again. The Satanic control factions use death & fear as tools to insure control. Your immortal SOUL knows better by now. Persons clinging to beliefs about being taken to a better place by being obedient followers will get flunked out of this training class

Our Creator could make up slaves Why would he want spineless, non-thinking, hypocritical humans? We are only one life form among billions. Our primary lesson is to learn tolerance & to grant the right of choice to other life forms. (The Golden Rule) When we can visit our neighbors in the universe with such restraint, many of our limitations will be removed. There is a time limit however. (Refer to A.B. Glaser's Comprehension texts)



The Polarity Wonder Food Pillow is especially handy for elevating your groceries' energy levels. For example, an average apple has 35 units of energy. Because it takes approximately 180 units of energy to digest the apple, your energy has actually diminished after having eaten the apple. After placing your groceries on the pillow, (be sure nothing hangs over the sides) it only takes five minutes to boost your [HEN1627] food's energy level up to 400-600 units. The energy will pass through cans, plastic, foam trays, etc. up to 3 1/2 feet above or below the pillow. In addition to boosting your food's energy, the Polarity Wonder Food Pillow has been designed to change the food from a negative polarity to a positive polarity and neutralize the following toxic residues:

- A. Most insecticides
- B. Food preservatives
- C. Most pesticides
- D. Chemical residues
- E. 2-4D residues
- F. Chemical fertilizer residues
- G. Arsenic
- H. Phosphates
- I. Herbicides
- J. Aluminum
- K. Nitrates

Before using aluminum foil, if it must be used at all, place it on the pillow for at least five minutes. This should make it so the aluminum will not harm the foods wrapped in it.

The Polarity Wonder Pillow also balances the Celestial Energies between the physical, spiritual, emotional and mental dimensions of life. Report



ARE WE AT THE END OF THE TRAIL ?

To understand just a little of what's going on around us as 1992 comes along, let's begin to understand that most of the problems we have are well planned out for the most part. While we have many different factions railing against one another, the power that rules comes from money, and the world's money is in the hands of the few. What we have is a small number of clever individuals & families who feel they have a right to guide the destiny of the world. Since the majority of humanity are so unethical and out of self control, they feel their 'over control' is necessary and a humanitarian effort. Many written works cover the different faces of the 'elite' as they prefer to be called. For the most part however, the views are overly complex & distorted. Since Americans have never knuckled under well to manipulation, it wasn't until the turn of the century that the 'elite' really got a foot hold on our economy. They needed our strength eroded away to put their 'one world' schemes in place and did a masterful job of weakening us. Today, we are trillions of dollars in debt to the elites banks. Each year has us handing out more money to futile causes & total 'dead beats'. We spend a mind boggling two trillion dollars in defense alone in the last decade. The 'elites' military-industrial complex benefited, while the taxpayers became virtual slaves in their own nation. Not even at the height of the great depression of the 30's, was it so difficult to own a home or keep out of debt. With our representatives so corrupt, it was even easy for the most corrupt and greedy of nations to get on the bandwagon and help drain our strength away. Over the past 15 years we have given Israel a staggering 48 billion dollars for no good reason whatsoever. The political clout they have is so strong, we hand over billions yearly at the slightest whim or excuse. With billions in Federal treasury bills, Israel sucks over 70 million a year out of our government just on interest alone. With over 40% of her work force in the public sector, we virtually support the largest concentration of 'deadbeats' in the world. To the 'elite' however, Israel serves to keep things stirred up in the Mid East, & that's part of the game. The Arabs have never been overly cooperative in following the 'elites' desires and antagonists like Israel are handy. To keep the Arabs de-fanged & 2nd rate powers takes true manipulative skill. Some years ago, such skill was used when the Arabs were offered huge oil wealth. If they would stick their profits in time deposits in the 'elites' banks. The result was: Arabs either play ball with the 'elite' or lose their staggering wealth. Some upstarts occasionally must be kept in line and the last example of this was Hussein. He was building up a sizable arsenal & becoming a threat to Israeli peace of mind, so he was baited into war. He was told we would not interfere if he attacked Kuwait. Since Kuwait had stolen oil & broken agreements with him for years he jumped in the trap. As a result, almost everyone involved came out ahead. The 'cartel' got new reserves' Bush's brother got fat contracts to rebuild in the area, Israel & the 'elite' got Hussein de-fanged...and even Hussein benefited. The Kurds & Shiites had given him trouble for years and now their territories were rubble... What the press will never tell you is what the cost will be to the rest of the world. As we look at the civilizations and cultures destroyed over the thousands of years before us, it should be getting obvious that cultures based on greed and domination simply don't survive. Since we seem to be close to self destructing in so many ways, it might be helpful to start making waves and forcing a different direction. Further updates and guidance along these lines can be provided by a number of organizations & periodicals. (Incredible Inquiry Catalog)



If you have read the works of J.R.R. Tolkein, you might remember that some of the higher spiritual magicians in his work were able to look into special viewing devices to see the future. While all his works were supposed to be fiction, there are some who realized he got a great deal of his background from ancient manuscripts in the British museum. All of this gets into a longer tale...but the point to be made is the fact that legends are filled with references to crystal devices that could be used to look into the future. These devices were not just crystal balls but much more complex & effective. One of the greatest prophesiers of our age was Nostradamus. In a book that came out in 1989, it seems that Nostradamus just may have had one of these time hopping devices. In "Conversations With Nostradamus" Dolores Cannon tells of contacting this controversial figure and learning what many of his quatrains actually meant. He tells her of the coming anti christ and the many tribulations coming in the next century...and he shows her his viewing crystal. It is like a shallow dish with a unique type of crystal suspended over the dish. In it he claims to be able to see future events until the end of our Earth. Rather than dismiss it all as a vivid emagination, just think of all the references to such devices in ancient writings and ask yourself if time is really that fixed and focussed. It would seem that there have always been seers and time travelers in our history. The emerald tablets and other record keeping devices of legend are only a step or two ahead of us now as our technology jumps ahead. According to Nostradamus, we will have organic computers that re grow worn out parts coming up not so long from now. Cannon's book is available for a glimpse into the upcoming disasters and glories on Earth. \$14.95 (Fry's)

THE GLOBAL 2000 PLANS

According to a number of intelligence and psychic sources, there were 'elite' factions who got together during the 80's to decide how to solve many of the world's problems through a population reduction plan. It was felt that larger work forces could now be replaced by machines and should be reduced in the interest of saving the resources of Earth. By reducing the population by some three billion entities, there would be plenty of food and fuel for the remaining population. Many world leaders of our leading nations have apparently gone along with these projections and plans. As we see an increase in biological warfare such as AIDS & a dramatic increase in diseases, we can recognize one phase of this operation. Warfare & famine are other phases that continue to be popular. During the past decade, there have been staggering losses in population around the world. The controlled press will seldom even dwell on such news. We are being programmed to accept violence & death with little discomfort. We are programmed to accept the worst poisons imaginable without a whimper...

We fill up our glasses with flourinated & chlorinated water without a 2nd thought. We guzzle down beverages laced with a dozen chemicals that aren't even on the label. What we do to our food is even worse. Irradiating it may be bad but 'nuking' it in microwaves is a sure way to ruin the best parts of any good foods. After the food cartels get through with their processing, there are probably no good foods on a supermarket's shelves. With the oils plasticated through hydrogenation, almost all the foods can resist spoilage and stay on the shelves for however long it takes.... If you think you can keep up your resistance eating such fare, good luck. When some of those potent new test tube virus strains get going good later, it will take more than luck. (Refer to "Poor Mans Medicine" (\$10.) etc.)

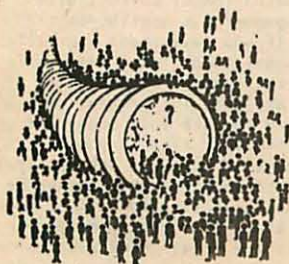
What needs to be done to circumvent the Global 2000 plans is very simple. We all need to get away from our 'boob tubes' and start getting active in making changes. We are not helpless and we can resist the violence and war & ignorance around us. Technology is available to replace oil and grow food all over the undeveloped world. Typical data on this is found in "Suppressed & Incredible Inventions", "Super Plant Growth Secrets", "Super Soil Secrets Report", "Electric & Magnetic Plant Stimulation Report" & "Hidden Poisons Rep" (\$9. ea)

Rather than continuing with a 'defeatist attitude we need to over ride out facades and fantasies long enough to take action. There aren't many years left and sometime in the future, you may just look back with a lot of regrets if you don't. Here we are in the most exciting times and turning points in many thousands of years. Most of us are still playing with our little shiny toys and ignoring our worsening situation. Since we are all in this together, what the majority sows, the majority reaps also. At this time, most of the identities who share this planet with us on other dimensions, are getting disgusted with us.. It will not be long before they begin to use nature to destroy some of our more offensive pollution sources. Other aid for active Earth people will pop up just as needed, once there is a sizable movement. Our planet could easily support twice the present population if there no domination factions to block true progress. Using some of the Billions now given to such parasitic nations as Israel, we could help upgrade much of the 3rd world with projects similar to the peace corps. Simply funding such simple things as fruit and nut tree planting programs, would provide a great deal of food & aid in a helpful direction. The strong anti war resistance of the 60's could be updated. Leaders like Bush in '91' still send huge armies into other areas...with no legal support from our representatives. Is the 'protecting peace in the world' propoganda on our boobtube really that believable? If you or your son so easily taken with such blatant pro-war propoganda in the future, you may very well wind up just another number on the casualty rolls. According to 'seers' there will be continual fighting over much of the globe in the years ahead. While we Americans will not see any great battles on our turf, it won't stop our leaders from sending troops into other areas of the world.

Under CHOICE law, we have little business getting involved in the choices of other nations. If we allow our leaders to get us involved, we will get back just what we deserve. With no 'safe place' to run to in the chaos coming up, it behooves us to make the best of what we are stuck with. Our survival may well depend on our present actions in this area.

Most of the individuals who pretend to follow the teachings of Christ are hypocrites. J.C. made no attempt to convert anyone to some sect teaching. His message was to follow the golden rule and heal or help others. Today, we have rivalry and followers who think that by saying the right words & waiting, they can evade facing up to reality & the majick wavelength. The wavelength of our Creator is set on the affection band. Persons who stay hyped up in the higher ranges are simply spinning their wheels & destroying themselves early. Once you can stay in the lower 'Alpha' vibe ranges, your survival & defense shielding will automatically fall in to place. (Refer to "Total Self Defense" (\$20.)

What most Americans never seemed to realize was, as their nation was stripped of industry & jobs, the Japanese & other 'bad guys' were simply pawns in the 'break down America' game'. After the war, the 'elite' wound up owning a good part of Japanese industry. Many of the big names like Sony plow profits back to the elite. Their products can get dumped at cost in America just to help starve out our own industry. Our 'elite' guided leaders, give lip service to solving the problem. They talk about sending American cars to Japan...that don't even have their steering wheels on the right side. Our trade deficite with Japan is 40+ Billion & we spend at least this much on protecting & defending her. With such deliberate plans to destroy our industry, banking, building & farming systems, you would be very nieve if you expected to maintain your pre-'92' life style. The 'Global 2000' genocide plans will eliminate you if you can't learn to adapt, simplify your lifestyle, & protect your health.



COMBATING KILLER WAVES & POLLUTION

If you are really serious about keeping your body healthy in the upcoming changes, you might get serious about cutting down on the electrical pollution & radiation contaminations around you. Around one person in 5 these days is winding up with Cancer & much of this comes from lowered immunity. There are many forms of radiation that will lower the body immunity. Radioactivity is only one of them. Chernobyl & Three Mile Island accidents were only the tip of the iceberg so to speak. The continued underground atomic tests North of Las Vegas are sending higher levels of radiation up to my part of the country as I write this. John Wayne got Cancer in only a few years after his accidental exposure to such testing. The government agencies are still dumping radioactive waste all across the nation...and your still probably getting a higher exposure than you should be. Running out such radiation is quite simple and this data is found in the Toxic Rays & Their Neutralization Report" (\$8.95) This report also explains That virtually all the electrical & transmission technology is poisonous & lowers body immunity. If you sit in front of a computer or T.V. set you should get protection. If you are in any aluminum coated dwelling like a mobile home, your being polluted. Make no mistake, the power company or energy suppliers are not going to wake you up to such pollution. They simply don't care. Every light bulb you use in your home has a blue glass base protective shield under the globe. This is their only attempt to shield you. The rest of the wiring circuits and electrical devices are often polluting you without your awareness. It's not going to kill you fast. It's going to slowly leak away your immunity & vitality. To visually detect such contamination I sell the 'Tri Field Meter' (\$149.) To learn how to neutralize such radiations I offer: "Killer Rays Expose" (\$5.) "Dangerous Rays & Their Neutralization" (\$8.95), "Alive And Well-Environmental Neutralizing Techniques" \$.10.) "Springlife Polarization Report" (\$4.)...and various polarizing device sheets free.

What few persons realize, is the fact that numerous civilizations before us were badly contaminated with nuclear fallout. The Bible is filled with references to radiation caused illnesses, and remedies used at that time. Olive oil on the scalp and various herbs were fairly effective anti radiation modes. In the out of print "Greatest Story Never Told", dozens of examples and pages are used to cover this area. Since psychics predict there will be a number of serious nuclear blasts in the next few years, keep yourself open to protecting yourself with knowledge. There are some amazing devices around now for neutralizing various forms of radiation. All you need to do is make the effort to get interested. Persons who locate deleterious rays through dowsing, claim that a high percentage of persons are living or sleeping above negative radiation zones. They have helped every disease imaginable through just blocking off such pollution. Much of this is covered in some of the larger reports above. A typical substance covered in my reports is Black Tourmaline. The ancients used these crystals on plates set around in the temples & homes. Today the Gov't protects astronauts in space from excessive radiation with it. Put around devices which radiate negative vibes, the B.T. neutralizes this negative effect. Because it lasts indefinitely & won't make big profits, you will probably never hear of its benefits.. This is the type of thing you use around your T.V. or microwave. You probably ought to know about microwaves at this point. A number of babies have died when their milk got 'nuked'. Blood heated up or 'nuked' has killed hospital patients. If you think you can 'nuke' your food without lowering your immunity, think again. A number of your little playthings are downright dangerous. If you are gullible enough to believe you would be warned about such dangers from your corrupt leaders, happy dreaming...As far as the boob tube is concerned, you know better already. It's nice to have something chattering away to keep you company sometimes, but quite another when you get addicted or take the messages seriously. 90 percent of the media is now in the hands of the cartels & 'elite'. There is no way they are ever going to give you anything more than shallow propaganda. If you let your kids get hooked on T.V. they have a good chance of never recovering. They will get in a semi trance state and be easy pickings for whatever line the state wants to sell them. In the "Brainwashing Report" #1. (\$10.) Much of this story is covered. "Russian Brainwashing Techniques" (\$5.) Shows many tricks used by the leading governments to keep us all servile & asleep.

The one thing that may very well come in quite handy for keeping up with whats really going on in the world is a higher quality shortwave radio. In the late 80's there were a few stations putting out very revealing information, and even the many oversease government stations gave a much wider range of events than what we Americans got. Later on, there should be new 'pirate stations and survival groups who wish to contact people like yourself.

INFORMATION

Alpha Pub, Box 308, Sharon C.OH, 44274-0308
Delta p.Box 1625E1 Dorado, AZ, 71731
Eden Press, Bx 8410, Fountain V. CA. 92728
Fry's, Bx 2207, Garden V. ID. 83622 (Books)
Loompanics, Bx 1197, Port Townsend, WA, 98368
Paladin Press, Bx1308, Boulder, CO. 80306
Acres USA, Bx, 9547, KC, MO 64133 (Agriculture)
A-Albion, Bx 20273, Ferndale, MI. 48220 (Exp)
Patriotic Rev, Bx 905, Sandy, OR 97055
Directions, Bx 1743, Harvey, IL. 60426
Survival Papers, Bx 61712, Vancouver, WA. 98666
(Very inexpensive data on many surv. topics)



Virtually all diseases are curable with a combination of correct diet, mental programming, & unorthodox treatments. If you have spent your life with the usual 'boob tube' reality in your life, the chances of a big let down later are good. The present system is designed to take your money, not cure you. When your flat on your back in some thousand dollar a day hospital, it will be to late for preventative measures...or cheap treatments that work. Onetitle that is a 'must' for your protection is the great "Prescription for Nutritional Healing" By Balch. \$16.95.

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Radiation build up which can lead to cancer etc, can be knocked out with a number of simple nutrients like niacin. Get the data in "Dangerous Rays & Remedies" Rep. \$8. Vol #2 \$10.....

ELECTRINO water purification units use electricity running across stainless plates to kill pathogens & settle contaminants. You supply a cord & I supply kit, \$15 or free flyer..

Evergreen trees with a cone shape, can re-energize you if you spend time under them. "Earths Secrets"

As disease & illness statistics skyrocket, more and more deliberate scams by the drug cartels surface. New pills and expensive treatments are dreamed up to bring in greater profits and all the while we get deceived & misled by the controlled media. Persons with common sense know that prevention is the logical solution, yet most of us continue to get our junk food fixes despite the fact we know better. Heart problem & Cancer statistics keep on climbing & still we gobble down our hydrogenated, plasticated oils & guzzle down our Fluoridated soft drinks and water. Since the Fluoride scam is so typical, I should touch on just a few of the facts. Ist, a shocking 40% of the U.S. is now getting their water fluoridated, despite mountains of evidence showing the dangers. Virtually all of Europe has now wised up and rejected fluoridation. Only Americans & Australians are still getting tons of this vile rat poison dumped in their water supplies.

The problem of fluoridation came along when Andrew Mellon saw a way to tack on greater profits to his ALCOA aluminum operation. He got his Lawyer O.Ewing \$750,000 a year to grease the way through the Dept of Health Welfare ties...where he was also on the payroll. Old timers might recal that for several decades fluorides were used in various insect poisons and rat poison. They inhibit the action of the enzymes in the stomach of pests, so that the trace elements can't be utilized correctly. Plants don't fare any better and disposing of all this toxic waste was an expensive problem for Mellon. Since the majority of water systems get a dose of Chlorine also, it might be mentioned that Chlorine also inhibits the enzyme action in the stomach. Fortunately, there are a number of water purification units that can irradiate both of these substances. The expensive reverse osmosis units are the most effective of the lot. Others can do the job if their filters are not too old. Chlorine will evaporate if left in an open container over night. Fluorine is another story. A tale that is outlined in the "Fluoride Report" (\$3). Related information is found in: "Water Purification Techniques & Plans Report" (\$8.) "Schauberger Vortex Water Purification Principles" Report. (\$8.)

If your stuck in a larger city during the next few years, you will have a number of ways to clean up your water. One of the simplest ways is to use electricity. In our 'purification report' you can see how to take two stainless steel plates about a quarter of an inch wide and ozonate a container of water with 110 volts. Many European cities like Paris have ozonated their water for decades and the only reason we have chlorine systems across this country, is because of the great profits generated for the cartels. I use colloidal minerals daily as a supplement. A spoon of these minerals in a jug of water will cause 99% of the impurities & 'gunk' to settle to the bottom of the jug in a few hours. Carbon filters are available from many sources and reasonably efficient IF used sparingly. They quickly become almost worthless if attached to the main water line, so that they must process large quantities of water. Used just for drinking water, they can do a pretty good job. (You can often tell when to change filters through the use of dowsing or the use of a pendulum. Data in "Health Dowsing Rep" (\$2.) If you can afford to get a Reverse Osmosis Purification unit, great, you will have the best. Other units are covered & rated in the above report.

I have used water strait from rivers and little self drilled wells while living on lots in the country. It is now illegal to drill your own well over most countys...unless you get permits and help with taxes. A twist style post hole digger can be used in a pinch however, if your water level is not beyond 20 ft or so. Just add on extentions and use common sense. You can come up with the PVC pipe casing in any home builders supply. Other details in such a project are simple if you do a little research and thinking. The point being...there are are usually cheap alternatives to every problem if you get out of the 'It's gotta be done right' thinking. Times are going to get very rough & remaining legal may sink you along with the top heavy systems in change. Should you be mobile, or on wheels & homeless, you may be able to move where there is fuel and water available-in the raw. A few drops of Iodine in your gallon jugs should solve the parasite problem if you let the water stand a few hours.

Albuquerque and numerous other cities now have parasites so bad in the city water that it is wise to treat the water or get de wormed regularly. Health food stores & herbal outlets usually carry pumpkin seed & Black walnut hull mixtures to de worm with. Your energy level will fall drastically if you are infested. The "Health Secrets Reports" (\$8.) have data..

Keep in mind that any water that is heated, like distilled water, is 'dead'. The defense system of the body treats such water as a mild invasion. This saps a little more of your energy & drops your immunity a little further. If you wish 'top of the line' water get spring water...or set your clear glass jugs out in the sun awhile & shake them for oxygenation...

Presented here are excerpts from *Greening the Garden, A Guide to Sustainable Growing*, by Dan Jason. The book is available for \$12.95 from *New Society Educational Society*, 4527 Springfield Ave, Philadelphia, PA 19143. This book may become especially valuable in the hard times coming ahead.

FRIENDS, NEIGHBORS, GARDENS

In the first and second world wars, many people who were left at home facing reduced availability of food joined together to create what were called "Liberty" and "Victory" gardens. Today, most North American cities, following the European model, have what are called "allotment" gardens. These municipally-organized plots of land enable people who otherwise would not have access to a patch of earth to grow fruit and vegetables in the midst of a city or town.

Such examples of "social" gardens are testaments to what is possible when there is a strong need or desire to grow food. These precarious times seem to me to necessitate new ways of sharing

energy and resources to fulfill needs locally.

Whether in the city or country, I'm always amazed at the abundance of food that can be grown in small spaces. Even an outside patio or apartment balcony can be the site of substantial growing endeavors.

The foods described in my book, however, are most efficiently grown with friends and neighbors in gardens that are as least large enough to plant a packet of beans or corn. This is how I've been fortunate to grow my gardens for the last few years. This is the direction my own food growing has been taking and I know of many other families who are combining energies in similar ways. It is so easy and enjoyable to hoe, weed and harvest the likes of beans, quinoa and amaranth with other enthusiasts. It is also very special to share the exquisite and substantial nourishment of meals made with these foods...



STAYING TUNED IN..

With most of the media & reading material in the hands of the 'elite' & their world wide publishing & communications empires, it is helpfull to learn to read between the lines to find the truth. As Orwell pointed out in his "1984" you usually just reverse what you are being told to find the facts. The 'good guys are often the 'bad guys'. 'Democracy' is now socialism. Polititians just promise anything they think we want to hear. Whistleblowers' are rare and get shut up in many ways. If your a patriot you can get 'set up' or pauperized fast. Your life savings & all your records can just disappear. While a few 'patriotic types' survive in publishing, few ever last on radio. Most popular news programming is a joke & commentators who deviate from such regulation are fired.

Shortwave radio has had possibilities, & an example is the 'for the people' broadcasts during the early 90's. These came on in the evening over 7.435 Mhz & had a constant flow of eye opening expose material. As we get into the later 90's, there should be a number of suvival oriented groups using S.W. to keep in touch with each other. There should be more of the illegal 'pirate' stations also. During the more chaotic times, the mail and telephone services may not be available for you. Having a C.B. or small VHF-FM transceiver may be just the thing to keep in contact with friends. The more powerfull Short wave transceivers can be used to reach out to distant friends or groups. If you include some rechargable batteries & solar cells, you will even be independent of commercial power. Source for most Transceivers: EEB, 323 Mill St. N.E. Vienna, VA. 22180 (\$2.cat.) Davids Electronics, 49 Main St. Brevard, N.C. (S.W. discounts for patriots etc) 'Pirate Radio Report' \$6.-Fry's) + 'Media Censorship Reports #1 & 2' (\$5.ea.)

While things may be reasonably stable as you read these words, many changes are coming up in the next few years, and what you have put together in your emergency kit may just save you later. Since your auto trunk is an ideal place to begin, lets assume you can start with some light. Flashlights and batteries are great- but even better, are rechargable lanterns and dynamo flashlights that do not need batteries. (Squeeze handle to run) The pressure tank & mantle lanterns that use white gas are ideal if extra mantles are kept on hand. Candles and oil lamps better than nothing.

Next in importance, would probably be tools. A knife, wire cutter, pliers, Crescent wrench, screwdrivers are a must- & open end wrenches may keep more than your car going later. A small roll of wire is important, and along with a tube of Silicon rubber glue, will patch up an amazing number of problems. Guns are currently legal to carry in the trunk in most states. A short barrellled shotgun can stop trouble in a flash & if wax is poured around the shot, can punch a huge hole through almost anything. Most men have a favorite gun and here, the variety or selection is almost endless. Anti gun proponents are all to often yuppies that live in some ivory tower. If caught on the seamy side of a large city some night, alone & gunless, their views would probably change overnight.. should they survive.

Shovels, ropes, chains, and extra heavy clothes are all important north of the sun belts. The single most important larger item is a sleeping bag or plenty of wool blankets. Since synthetics do not hold moisture and start to smell quickly, polyester & other abominations are better bypassed. The older feather filled cotton military mummy bags are a great choice and dozens of suitable bags can come in any price range. If you have room to stock up on anything, you couldn't go wrong on sleeping bags and warm clothing. The time will come when money won't buy them in many areas.

Persons who remain relaxed, ethical, & sensitive, can usually pick up what they will require for the future and when to take some particular action. In "Total Self Defense" (\$20) this art is explained.

The soul is not bound by place or time. It can step up a bit into the future to see threats and dangers to your body. If you are about to run across some madman or dangerous situation, it will give you a warning if you remain sensitive. You will have a strong urge to stop and change directions or your present actions... so as to avert what would normally come up... Should you be un armed, there are ways to shield yourself through a very simple shielding technique.

Aside from the type of survival items mentioned above, you can get a wider variety of things for storage in your shelter or retreat.

Should you be in game country, you would have more guns & ammo. If there are fish, you would stock up on hooks, line and fishing poles. Even more effective than guns for small game, are traps. These will work at night and be reusable. Snares are inexpensive and reliable. Outdoor guides or books cover this area & such books should be in an emergency stash. Dried foods, seeds, grains, legumes and other longer lasting foods are very important and should be in sealed containers that have some suitable anti weevil treatment included. I usually get some unheated diatomaceous earth from some natural agricultural products supplier, and use that. The tiny spear like skeletons of the diatoms, dehydrate and destroy insects ... without the usual poison effect.



A MONSTER IS LOOSE UPON THE LAND

As conditions in the U.S. deteriorate, single women in cities will be 'fair game' for low life elements. At such times, many will be open to mating up with stronger men who can help protect them. (the Male Role)

It took the Elite years to get 80% of the population herded in cities. Farmers got little more than during the last depression, yet paid several hundred % more for machinery. Ploys & schemes to take away the land were brilliant.

As the cess pool cities become effective holding units later, citizens will be blocked at the borders & check points by National Guard troops. Eventually, many troops will turn against the repressive government.. after they are pitted against their own people. The weak & spoiled will either shape up or ship out.

As things deteriorate in the US many will desire a safe haven elsewhere in the world. With the economies so closely tied there will be few safe havens. Strangers & Americans will be targets and life will get very cheap. We had the protection of our constitution & we let it get taken.....

In order to weaken & demoralize Americans, the Elite worked out brilliant strategies. Small businessmen or 'troublemakers' can get crippled with red tape, restrictions & huge fines or legal costs.. Vague, complex tax & securities laws are unwittingly broken constantly. Huge fines can punish the little guy, while corrupt politicians & corporate giants get only a slap on the wrist. Once jailed, you can be bled dry & held beyond former legal limits... & even sodomized by low life....

The only Bill Of Rights not now violated, has been the quartering of troops in private homes.



FOOD FACTS

Hydrogenated oils, processed salt, micro-waved foods, pasteurized milk & many other popular foods can lower your immunity and rush your passing... Data in: "Poison Beverages" Expose \$8 & "Poisons In Foods" \$8.

Aluminum In your foods or dwelling can poison you. It's hiding as the foil backing in insulation or the 'alum' in a bottles of pickles or in most ready mix flour packages. Mobile homes can be energy pumpers. Is your energy level dipping lower?..... "Killer Waves & Rem"

Health comes from mental balance and natural nutrients. Pop pills of any kind & your playing a dangerous game with your body. Vitamins calcium, iron and many popular nutrients can be a poison to some persons. Colloidal minerals in ocean bed concentrations are effective and safe. (Refer to "Health Secrets" reports (3) \$8 ea. (Colloidal Minerals flyers free)

Special Spreads that taste like Peanut butter can be made up from a number of oil rich seeds & nuts. Just brown 3 seeds in heated pan & grind in whirly blade nut grinder. Mix in a little sea salt, soy sauce & water or olive oil. Can spread on corn or whole grain waffles, cakes & breads...



Food Grade Hydrogen Peroxide Use it to keep perishables from spoiling. Even milk will keep for days or weeks... Use it as a disinfectant... Add it to your tooth powder to cut gum infections. Take it internally to build up the immunity. Refer to Oxygen therapy reports listed elsewhere...

Dates & honey are ideal survival foods. Dates are one of the most complete foods of all. Most come from a Calif. area that

In an earlier time, people in our nation had to come up with their own food supplies or perish. As further technological progress was made, those in power began to need more manpower to run their profit making industries. People wound up in cities working for wages and depending on others for food. Since shelf life and profits went together, the cartels quickly came up with ways to ensure shelf life. They simply de-vitalized the food. They took virtually all of the nutrients and roughage out of it. Not even the lowliest insect or microbe would get interested in better examples. The machinery to de germ grains and come up with 'white flour' was the best example of this. The same stuff that pasts up wall-paper is now going down the throats of most civilized humans. Records show that this boosted the disease rate by a high percentage yet few persons payed any attention. The next giant step in food profits came from sugar. Sugar beets and new refinery technology brought on a bonanza in cheap sugar sources. Sugar was added to 90% of the processed food available... whether it was needed or not. Had sugar been healthy this would not have been so bad. The problem is, sugar is an energy bomb to the human body. It furnished more energy than needed and this blows the glands of the body up. The sugar shock reaction that brings a sweating sensation is an indication your body is being blown apart by too much energy... If you go on abusing your body this way, you'll likely wind up with blood sugar problems like diabetes- and a number of more subtle gland related problems. Aside from it's energystimulation, it also causes a very acid forming condition which causes further problems. The ph value of the blood must remain normal..so when the system gets acid, the body leeches out the calcium of the bones and teeth to keep this ph value neutral. Millions of persons come up with brittle bones and rotten teeth as a result of this reaction to acid. Brushing the teeth is a nice way to have clean teeth, but it doesn't have much to do with cavities. We could go on pointing out what a big joke our concepts of nutrition are, but any health food store can furnish helpfull books on the subject. The "Hidden Healing & Health" Reports (3 at \$8. ea) "Hidden Poisons Expose" (\$8.), "Poisons In Your Beverages Report" (\$8.), & similar titles are helpfull in exposing much of this food processing picture. The human is very adaptable as far as food goes. We can live on almost anything if given time to adjust. Even the junk foods put out by the cartels can keep us supplied with carbohydrates & protiens. To get the vitamins, trace elements, & roughage we need for a strong immune system, is another matter. Hopefully, you can have access to fresh 'veggies' and fruits in the years to come. Even if the best you can do is come up with beans & seeds, there are always sprouts. Sprouts can supply you with the pranic energy that nutritionists know nothing about. This, and the vitamins & roughage they supply will make the effort well worth while. If you are serious about survival try to jump ahead and see whats coming up. If catastrophic Earth shifting cuts off fuel supplies, you may have only a few days to stock up on beans & grains. Seeds are also wonderful if you can keep the oily varieties cool. The oils in Rice & seeds tend to go rancid rather quickly however, so keep such things in mind... Many varieties of seeds and lagumes keep for many years, and should be in a suitable container near at hand. The grains and corn may need to have some anti weevil treatment if kept any length of time. L.D.S. or 'Mormon' emergency food suppliers will usually carry such supplies. It is part of their chuches policy to have months of emergeny food supplies on hand. I have found that unheated Diatomacious earth safely preserves most grains. This is the same stuff that is used in swimming pool filters..except the filter D.E. is heated. This powder is composed of microscopic skelitons that act do dehydrate and insects shell. While the nitrogen packed foods favored for emergencies is a good idea, it is overly expensive and is a 'dead' as any other canned or processed food. You would have a problem staying healthy if you depended on such food alone. The atoms of the food are altered in most processing and the body has a hard time processing it. Many persons who live on canned foods any length of time, begin to have stomach problems. The atom polarity can sometimes be reversed by sitting such food near a polarizaton device. Such a simple influence can make a lot of difference in food and many persons pack around their little polarizers so they can alter the negative foods they come across in eating establishments ...or in cans. ("Polorizer Report #1" (\$4.)

Since most plants now come from soil that is deficient in trace elements...or are from 'hybrid' seeds that put out greatly inferior plants and seeds (Less than half the nutrients) It is obviously a good idea to use suppliments with most foods. Along with your survival food stock you can add trace elements or minerals & natural super foods like spirulina an Bee pollen. If your on a real tight budget, Bentonite clay has a wide spectrum of minerals in it and is good at obsorbing poisons and toxins as well. Ideally, you will be able to get together with a small group and grow much of your own food. Longer titles cover this.....

SEEDS; While more mundane survival tools are mentioned on other pages, it should be clear that simple things like seeds may be more important than money under some circumstances. The 'elites' cartels have encouraged 'hybrid' plants to gain more control & profits. The Federal seed banks that are supposed to be saving the original varieties, are being deliberately sabataged through lack of funding and careless planning. Some concerned geneticists have called some of them 'seed morgues'. Fortunately, there are a number of private seed banks & companies that still carry the lines that can reproduce themselves. If you are serious about survival later on, you can get a stock of such seeds. Further data in: "Hybrids Are A Rip Off Expose" \$3. "Genetics Expose" (\$5.) "Little Known Food Plants" (6)

will be under water later.... Honey lasts for years but will get scarce as weather changes cause hives to get wiped out....





While there are dozens of perspectives to view world events from, this little report will try to give you one of the highest points of view possible. This will aid choice.

What we have on Earth is a grouping of SOULS who are here for a number of reasons. We have one group who were once citizens of the universe and members of the CHOICE system. These entities followed experimenting leaders into what the ancients referred to as, the 'reflection' system. An illusionary existence in the material world...cut off from the flow line of the creator & reality. This story is told in ancient hermetic manuscripts that pre date the bible by thousands of years. It is told by Enoch, of earlier bible versions, & fragments are given in the remaining bible versions. All tell of the fall of the 'gods' or satan & his followers. All show how these souls became corrupted by domination goals.

The 2nd class of souls are the group that existed here when the 'gods' were exiled here. These native inhabitants of Earth were living in a state of perfection like animals. They lived simply through instinct and enjoyed their edenic garden unburdened with intelligence. As the intelligence became introduced through interbreeding, their perfection was lost and they were cast from their 'garden' so to speak. As their brain circuits got altered, they had to grope through upcoming lives and bodies through choice & discernment. Because their perfection and innocence was taken without their consent, higher councils of our universe decided that they should be allowed to rise up to the level of their dominating 'gods' or slave masters, should they choose. There was a time limit attached, and their final Choices had to be made by the turn of the present century. The prerequisite for gaining higher levels of intelligence and becoming 'gods' involved learning self control & retaining ethics. No one could be allowed outside the confines of this exile planet unless they were free of the usual greed, power lust, and domination patterns so prevalent here. It is from this Earth child' stock that much of the 3rd worlders & the bulk of humanity has come from. Even with thousands of years of incarnating experience, the majority still wish no part of having greater responsibility. They simply wish to go back to being 'animals' and enjoying a simple life without all the pressures. These persons are seldom curious enough to read reports like this.

The 3rd major group of souls on Earth are what we could call 'star children' or spiritual 'volunteers' from various parts of our Universe. There are several million of these volunteers here at this time. The majority don't even realize who they are or why they are here. This ignorance protects them in many ways. They can pursue their mission from intuitive promptings & drives. Volunteers like Nicola Tesla gave us 90% of our present electrical technology, yet the 'elite' have virtually erased him from history books. Most of the other high tech breakthroughs of our time came from nameless individuals on mission. As Russia got ready to take us over a few years back, we were suddenly given the Cruise missile design...which was an immediate deterrent. Dozens of fascinating examples could be given to further get the point across. While we have huge egos & facades to hide the truth, there will always be volunteers who care enough to come and aid us in change... and choice.

Once we see the different soul groups and their goals, we can have a better idea of what's really happening on Earth. We find our exiled rebels still trying to set up their own version of paradise...with themselves as the kings and rulers. All for the good of humanity. They see the Earth children as potential slaves & workers only. Since so few are being productive or bringing in profits, they fully expect to eliminate two thirds of them before the turn of the century. The development of AIDS was a notable and deliberate step in this direction. As far as the exile souls or 'elite' are concerned, the great mass of humanity will never have enough self control and 'smarts' to be worthy of survival. With so many of the Earth children' shirking their responsibilities & shunning awareness, the 'elite' will probably be used in settling cosmic accounts here... The Earth Children want to go back to their simple animal perfection, and it looks like most will get their wish. Where you fit in to all this, only you can know. The final choices are being made by all souls here and if you stay stuck in the domination, you should be getting a good idea of what the consequences will be. In works like "Earth Report" (\$20.) A.B. Glasers Modern Humans Comprehension Texts #1 thru 4, (\$95 per two) and a number of other Incredible Inquiry catalog titles, the story is spelled out in greater detail. At this point, you can rest assured you can never again resort to an excuse of ignorance for remaining a thoughtless bastard. Your options now are very simple. You either shape up or ship out.

(In "Aids Expose #1" the origins and cures for AIDS is covered. (\$7.95) ..#2 covers 'cures'

do not depend on any constitutional freedoms at this late date. It's been bypassed for some time now. Recision procedures to recind your ties with the 'Maritime' law & governing system now in power, are covered in a \$20 'Recision Report'

Common sense & self control are what will replace money for a time. We have had a period of insane spending by our Gov't. Now it's 'cut back time'. We must either improvise or fix what we have. In the 30's they either fixed things or did without. It may hurt your pride a bit to scrounge in dumpsters & glean or get the food from the source...yet your going to either put your common sense to use or perish.

"How To Retire With Almost No Money" Report on sidestepping the usual expenses & rules. Where to go & what to do concepts with unusual examples and ideas from all over the country. Large \$5.95 version or \$4.

"The Freedom Way" An older classic on simple living for pennies.... Was reprinted in Mother Earth News #1 & is inspirational. \$2.95

"Survival Report #1" A fascinating collection of clippings & articles on all aspects of survival & hard times. good zeroxed data. \$9.95

"Disaster Reports" #1,2 or 3. Filled with prophetic projections for the future. Famine, pestilence, quakes, wars, maps of future eras etc \$7.95 ea.

"Pole Shift & World Changes Reports" 1-2-3 .Dealing with the upcoming pole shift & flood at turn of century. Articles, proofs, theories. \$8 ea.

"Poor Mans Shelters Report". Articles-clippings on cheap structures, city squatting, unique building methods and related data. \$4.95

"Living On Wheels Report" Handy advice for using R.V.'s, converting buses, and beating rent legally through all kinds of vehicles. \$4.95

ELECTRICAL POLLUTION

A number of national magazines including the NEW YORKER, FAMILY CIRCLE, READERS DIGEST, as well as such prestigious publications as THE AMERICAN JOURNAL of EPIDEMIOLOGY, and SCIENCE, the publication of the American Association For The Advancement of Science, have carried articles regarding the unsuspected dangers accompanying electromagnetic fields affecting the average home and business.

These fields have been indicated as a cause of increasing breast cancer in both men and women exposed to such radiations on the job. Male electricians, welders, broadcasters, computer operators, etc., have been shown to exhibit more than twice the risk of breast cancer. The General Council of Trade Unions of Japan surveyed 13,000 women V.D.T. (Computer) operators who worked 6 or more hours per day on a V.D.T., and found that 63.6% had trouble with their pregnancies. Men have also been shown to experience sexual dysfunction, and/or carcinoma of the reproductive system.

The harmful energies accompanying electromagnetic fields from powerline transformers, V.D.T.s, etc., have been shown to greatly increase the incidence of leukemia, lymphoma, and nervous system cancers, especially in children. Children's cells multiply faster because they are growing, and mutations become obvious sooner.

DOESN'T GOVERNMENT REGULATION PROTECT US? No. V.D.T.s are not subject to compulsory testing, reporting, and labeling. The government has no standards, only voluntary guidelines. In fact the government has no guidelines at all for very low frequency and extremely low frequency radiations now suspected as health hazards.

There are a number of devices which have been developed to correct this problem. The West Germans market a device about the size of a package of cigarettes. It was developed to protect embassy workers in Russia from microwave broadcasts. It is battery operated, and clears an area of about two feet. This type of unit can be purchased for about \$70.00. The Electronic Smog Buster Tab does not require batteries, and will clear an area of 12 -15 feet. They do not wear out.

HOW TO USE THE ELECTRONIC SMOG BUSTER: We prefer to place the Tab on the front top cabinet of your computer video display, or T.V. The Tabs are backed with a peel-off adhesive so they can be easily affixed to the source of offending radiations. Place them as a shield between you and any normal electronic equipment that depletes your energy. They act as an antenna and emit an energy which alters the harmful aspects of most environmental radiations. People who wear Crystal Catalyst Beads, and use Tabs on their electronic equipment generally report they feel better and have more energy and less illness.

TELEPHONES: The telephone receiver, the part that is against your ear, emits very strong South Polar magnetic energy. There are harmful frequencies which accompany this energy that have been shown to promote the growth of cancer and infections. Most people prefer to place an Electronic Smog Buster Tab on the back side of the ear piece.

ELECTRONIC SMOG BUSTERS

WHAT ARE THE TABS MADE OF AND HOW DO THEY WORK? The Tabs are made of quartz with special ingredients added as with super conductors. During the manufacturing process, they are subjected to an energy field which produces a unique molecular structure that resonates to cosmic and environmental energy much as your T.V. antennae collects a signal for your T.V. This resonance, while neither electronic, nor magnetic, alters the frequencies of harmful radiations in the same manner as introducing additional notes on a piano can produce an harmonic chord quite unlike the individual notes. The energy is easily measured by photography, biofeedback, and its effect on other things.

These tabs are designed to neutralize annoying radiation levels from word processors, computer screens, T.V. screens, florescent lights, telephone receivers, powerline transformers, and most electronic devices. They are neither electrical nor magnetic, but work with a different energy which does not harm electronic equipment or discs.

AUTOMOBILES: Place the tab on top of the dashboard, on the center of the steering wheel, or under the dash, but between you and the electronics. We also suggest wearing a Crystal Catalyst Bead on long trips. Highways often parallel power lines and other sources of heavy radiation. Commuters generally report they have more energy, and experience less "Jet Lag" or after effects when using the resonators.

POWERLINE TRANSFORMERS produce an elliptical field which extends out from the ground wire coming down the pole. The field extends up to a quarter of a mile. These zones are detectable with meters. If you work or sleep on such a zone, two Tabs are required. One should be placed on the base board on each side of the room where the field enters and leaves. This is because electric power lines have alternating current. It needs to be blocked from both directions.

THE MOST EFFECTIVE AND INEXPENSIVE
POLORIZERS AND CATALYST DEVICES...
EVER PUT ON THE MARKET.....

Crystal Catalyst Bead (To Wear) &
Electronic Smog Buster Tab. \$19.95

Water Energizer Cup (Polorize liquid
and foods.) \$25.

Springlife Stainless case Polorizer
(Use over food and water to irradi-
ate negative vibes etc.Data \$4.) \$135.

Garden Gold Plant Energizer. \$5
(Metalic flakes that do not wear out)

Monozite Crystal Plate. (Stimulates
plant growth in cold weather) \$5

Chakra Balancer Gemstone Pendant#1
(Uses C.C.Bead & gemstones to get
physical body immunity & energy up.)

Chakra Balancer #2. (To upgrade emo-
tional balance & well being. \$20 each

"Alive & Well"Neutralization Secrets
Book .Plus Chakra Balancing Book for
'fine tuning your body after knocking
out the radiation poisoning etc \$10 (2)

"Environmental Hazards & Their Neutra-
lization Report!"..more systems.. \$10

"Killer Rays Report" Dangers expose\$5

"Killer Radiation Expose" Dangers of
nuclear rads + secret neutralizing.\$9

Uranium Crystal Pendant. Gives a tem-
porary energy boost (like Coffee) \$10

Rowan Tree Sap or Sorbic Acid Xtals.
(Puts out vibes that negative entities
can't tolerate..to calm down wild kids,
& upgrade the vibes in homes etc) \$6
(Together with Psychic def.data) \$10

Purple Polorizer Plate (Anti stress and
food polorizer as metal plate)\$10 or data

Anti Bug Plates

Catalog. \$1.

Micro-Crystal Earth Card

Wouldn't it be nice to get rid of the insect problem and save time and money while doing it. Did you know that millions of dollars are spent every year on pesticides that pollute our environment and homes. If something can kill insects think what it can do to you, your home and your pets, let alone our wildlife.

Micro-Crystal Corporation has developed a natural approach to exterminating those pesky bugs with the Micro-Crystal Earth Card™, the revolutionary new Micro-Crystal Card™ that lets you clear out the insects without harming you or your world.

Micro-Crystal Earth Cards™ (Credit card size), set of 8 (\$18 each)\$144.00
(One set of 8 Earth Cards™ in most cases will clear an entire single story house and up to one acre of land from unwanted insects.)

The Micro-Crystal Earth Card™ works because the air we breathe is made up of negative and positive ions. These must maintain a perfect balance in order for any life to survive. Our research reveals that unwanted insects thrive on positive ions and because of our high tech world with its fluorescent lights, microwaves, telephones and electrical devices which emit positive ions, thus the insects are drawn to our world. The Earth Card™ emits negative ions which creates a balanced environment that mammals, birds, fish and all flora and fauna thrive on. The only thing that the Earth Card™ reduces is the insect population and how it affects us, but at the same time it does it with the gentle approach of removing them without killing them. They simply go back to their natural environment, and leave yours alone.

The Earth Card™ works by your placing them first in a gridwork inside to rid the interior of the home and when the inside is insect free, they are then placed on the outside of the home to keep the home free of any more unwanted insects. The grid must be laid out according to the directions in order for the Earth Cards™ to work effectively.

If we continue to pollute our world there is no future for our children. The time has come for everyone to take responsibility for the earth, love her, and enhance her and let her give you the great bounty of harvests that she was meant to....

A FEW COMMENTS ON THE MODERN HUMANS TEXTS....

by Al Fry

If you have read the data on the modern Humans courses or texts in my catalogs you should have enough understanding of them to see they are very different from anything ever presented before. I was fortunate in knowing A.B. Glaser before he wrote the texts and so the moment he got them done I insisted on getting them and offering them to my customers. Glaser was the most remarkable man I ever met. There was never a question that I ever asked him that he didn't answer with clarity. He could go to any level for an accurate answer in seconds. If the data was in a book 20 miles away he retrieved it where he sat. If it were on what some call an akishic record level, no problem. In his mission it was necessary that he have a very wide range of knowledges. He was sort of like some cosmic lawyer that was here representing the Creator's free choice system. When I mention this, you might remember that this planet is ruled by domination systems that are what the ancient Hermetic works a form of 'Reflection'. These two systems are alluded to in the Biblical references to Satan and the Christ spirit, yet Glaser's work makes the principles clear. His work is the only work to detail such principles that I am aware of. This is important because most students start realizing that about 80% of the organizations claiming spiritual values are not what they are thought to be. In the Comp texts there are simple blueprints to how we function. When we understand how each Mind Component influences us, it allows us to realize just where groups and people are coming from.

Most persons do not want to change. They take courses in hopes they can still retain their beliefs...yet learn of secrets which

allow them to benefit from them more. The 'Comps' do not outwardly expose any cults or doctrines, they simply expose how the human and our components function. Once we grasp such principles we can find out about things on our own. This can take a few hours of a few years. It is all up to us and how we apply the data. Most students are taught exercises and slowly eased into training. It's sort of like hanging on to a rope of beliefs. The training may take you 5 years to learn to hold the rope with only one finger — another 5 to learn that you can let go without harm. This is fine if you have lots of time. The Comps are like a crash training program for persons seeking self awareness, however. You can take the data at your own chosen speed. Once you take the 1st two foundation texts, you may stop or go on to the last two (\$50 ea). Christians sometimes think Glaser's work is anti Christian because he does not use the usual biblical references, yet this is not so. The comps usually clarify all religions. We would be naive to believe that Christianity was the only path to self awareness. The 'Comps' were designed to aid persons of any belief. They are manuals for learning to 'know thyself'. Pythagoras, Jesus the Christ, and many other great teachers advocated this goal...and as far as I am concerned, nothing else even comes close. Don't take my word for it though. Look through some of the stacks of testimonials I have gotten. Ex Scientologists, 'mystery school' followers, 'cult' people and you name it...all have had an amazing perception change once they learned what is really going on around them - and within them. If you have relevant questions after going over all of my sheets, feel free to ask. There are 1 page sheets concerning Glaser's background and related subject. I am sometimes asked about the high cost of a simple text and can only answer that I charge the price that was set up originally. The price could drop or go higher. Glaser found

that persons didn't appreciate inexpensive data...and low prices didn't allow for overhead expenses. His daughter may change the situation one way or another. Seminars that don't even begin to fill in data like the 'comps', often run hundreds of dollars, so I see no problem myself. Most Comp students have considered expensive seminars a joke & waste of Money...after the comps. Again, you will just have to rely on your awareness. It's probably time you started listening to your inner awareness and backed off a little from your logic. Many students have felt my ads and catalog were pure hype...yet were almost kicked in the pants 'inwardly', to take the comp texts. Most, were delighted that they acted. Since I was involved in the exotic publications field before getting involved with Glaser, I simply added his texts to my line. If some other subjects in my catalog offend you, it should not be related to your decision about the 'comps'. As some other students have explained, once you get the comps, most books become unnecessary or at least much less valued. You have the answers yourself...and it's probably about time you stopped going around on the merry-go-round and found them.



THE MODERN HUMAN TEXTS... Solving The 'Blind Leading The Blind Problem'.



by Al Fry

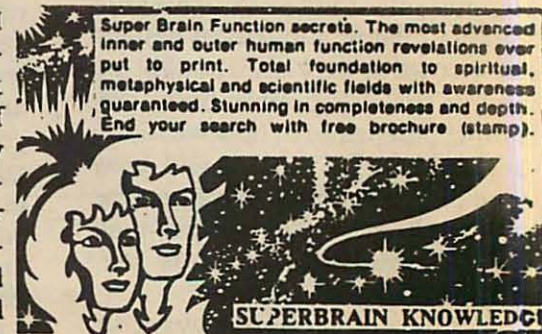
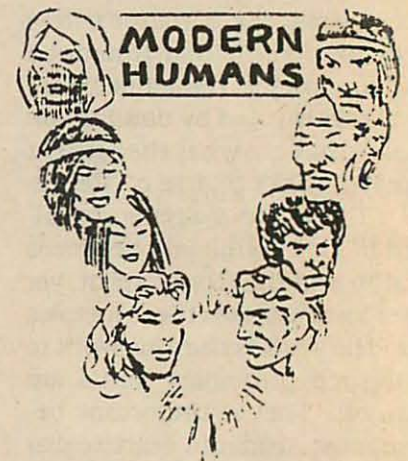
Few persons stop to think that if there were truly a successful spiritual movement or system, it would have cleaned up most of the pain & chaos in civilization by now. Humanity is still seeking however and for most persons the answers are still wanting. I had once searched hard myself until I ran across A.B. Glaser & found his 'self help' answers. What I had gone through up to this point was like a circus. Little wonder the more closed minded majority don't venture far beyond the safer religions & cults. \$600 seminars full of brainwashing and domination tactics are typical 'new age', fare for the more adventurous. Harmless meditation techniques are harmless enough for others, yet why spend so much valuable time, when there are easier ways to 'tap in'. If we really get serious, we must all go direct, and the usual systems are simply very crude methods to gain a particular mind frame or dwell.

In Glaser's 2nd Comprehension Text', it shows the mind component switching sequence. If you wish to switch your higher level components, you can do it all **MENTALLY** in a fraction of a second. No machines or meditation is really needed. Better yet, your emotions will remain intact. Spend thousands of dollars with some organizations and you may lose a lot of your bothersome emotions. Without them however, your body will eventually start breaking down. You may get to be a whiz at manipulating others and getting cleared of minor phobias without them, but you're going to lose your pleasures & health in the process. My own search took me through the usual mystery schools and mind training courses... We all

need a crack at learning things 1st hand I suppose. The secrets of the universe simply don't get doled out at such costs to time, money, and emotions as a rule. Once I got the foundation I needed from the Modern Humans texts, I simply had no more reason to ride merry-go rounds. I could tap into most of the answers I needed myself. So can you. After several years of distributing the 'comps', I have never stopped getting a steady stream of positive feedback. A high percentage of students have been through the years of searching so typical from 'seekers'. All my comments probably sound just like another dead end project, but take my word for it, the comps do have the keys. Your soul will pick up on this and if you really get a little buzz while reading these words, do yourself a favor and ask your soul to give you a little energy prod if this is what you need. Even if you're not looking for a way to tap your higher 'flowline', your soul knows this data will raise your pleasure quotient. You should at least want more pleasure in your life. What else is really important for all the striving you do? Once you find out what is really going on all around you, you will find dealing with people, and gaining more pleasures, easy in almost any environment. It's really quite simple when you see why people act as they do and can control your own mind dwells. So the one thing left that sometimes slows up a seeker's order is money. "Why must there be a price on knowledge?" "I'm short on funds." Well, it's unfortunate that there are physical overhead costs on a physical world, but there is not much I can do about that. Glaser's daughter was thinking of forgetting about her father's work until a couple of us spent some time and energy showing the need. After one revised edition came out with over 70 word meaning changes, I finally got permission to use the old unaltered edition that I arranged to distribute when Glaser was on the scene. Once you get these human function blueprints in your

hands, you will see why they have value beyond price. You will know more about human function than the people putting on \$600 seminars. The fact is, some of my students spent over \$10,000 with one organization that only went into detail on one of the human mind components. The 1st two Modern Humans texts will cover all the physical & mental components. They will be laid out like the blueprints on a car. Once you see how things work, how you drive...will be up to you.

THE GUARANTEE: A refund guarantee stipulation sheet is sent with the 1st two texts. It insures the texts don't get returned after a religious or cult follower fails to find their favorite theories on the 1st few pages. The "Comps" are truly different and deserve the attention of a student all the way through. Mystery schools usually chop up material into lessons. I figure you can take it at your own speed. The 1st two texts cover the material world & sell for \$95 a set (Save \$5). The 3rd & fourth texts are \$50 each or \$95 a set if ordered at the same time.



Fry's Incredible Inquiry's

End Your Search. Weary of books and paths that fail to bring high level awareness? The priceless Modern Humans Comprehension courses are guaranteed to carry you to ultimate fulfillment and awareness.

RECENT FEEDBACK

I received the rest of the Comp courses III and IV last week. They are every thing that I hoped they would be. Courses 1 thru 3 I wish that I would have had these courses, and Earth Eden & T.S.O. - when I started my search about 30 years ago. I received a great deal of knowledge from the book "Answer to Why" by

Mr. Glasser - and will also on! Yes it's me again. You are truly a blessing to those of us who know you. Your books & reports have taught me a great deal about many areas of life. Truth certainly is stranger than fiction. If I had enough money I would buy almost every book, report & video you offer. I am a heretic in a real sense. I have the right path like others they get stuck in the merry go round of life.

Thank you for sending the tapes. Staff Study #1 is incredible. your The courses are everything you said they were! WOW - quite powerful! I've had so many questions answered and gaps filled in. The courses have helped me to have Thanks for your incredible service. I am happy to have seen your ad and to have received the Compo -- my ticket to the Real World!!!

Rosemary C. Kelly

Money Order for \$105.00 please ship me Modern Humans Comp. Course #3 and #4.

This is without a doubt the best material that I have come across in 30 years. Thank You Very Much.

M.H. IS THE MOST BRILLIANT STUFF I EVER READ. I BOUGHT THE COURSE OFF YOU IN 1978 AND CONTINUE TO REREAD IT. IT WAS THE ONLY SHOT I HAD TO PARTICIPATE IN THIS LIFE. T. WOLFE A.

More + more of the Comp 1-2 material is being "comprehended" by myself. It's sort of like the EUREKA! or AHA! phenomena, a flash of life! one thing I'm a bit confused about. It seems one's powers increase in relation to a correspondingly increase in self-control, responsibility, etc. I.E., as long as one doesn't use those powers for negative, C-mind control, etc. But, how about Darth Vader and the Emperor types! (a la Return of the Jedi). In the end, your main message is that one's mind is one's ultimate warrior. I recently utilized the TSD of a Pleasure Duel for protection. Amazing!

If you need postage drop me If you need postage drop me brain and gradually 'crystallize', it, completion strikes like a bolt of lightning! I have B.A. in psychology like Glasser, and did M.A. in neurophysiology (or psychobiology) or simply brain-research. Worked in brain research lab at University of Texas. Went on to do Graduate work at State University in Human Factors, Human Systems Analysis, Engineering Psychology, etc. created at Texas Tech. for PhD program Experimental Psychology. Then I found your stuff and realized what the game is all about! ie, C mind extraction.

of the course involving the foot notes so will be looking forward to reading it. It is interesting that after only one reading of the 1st course I have gained a greater awareness of what is going on around me. Many of the concepts in the 1st course I was already aware of but the course seemed to tie things together & guide me along to the realization that I can do a lot more than things that I have been doing. It has also given me a sense of inner peace, joy & confidence that had slipped away from me through the years. It's going to be interesting to see what develops as I continue to study other material & apply it to life. Many thanks for your excellent material.



Super Brain Function secrets. The most advanced inner and outer human function revelations ever put to print. Total foundation to spiritual, metaphysical and scientific fields with awareness guaranteed. Stunning in completeness and depth. End your search with free brochure (stamp) Modern Humans. Fry's Incredible Inquiry's

TEXTS \$95

Dear Al, Many thanks for the "wonder secrets" course. I might add it's wonderful! - also many comments on my own studies. It comes only once a year. I have read it many and had courses that have helped me. I really love the course. I have read it many times. I have read it many times. I have read it many times. I have read it many times. I have read it many times.

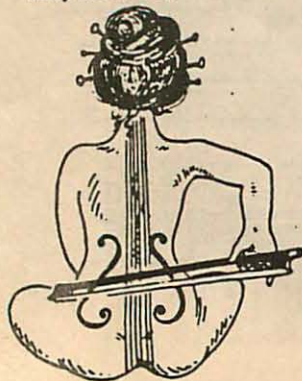
MORE HEALTH DANGERS

While I keep pointing out that the 'elite' have most of the worlds larger organizations under a certain amount of control, there is always a little friendly competition going on. Some groups see different solutions to different problems. There are always troublemakers and whistleblowers to deal with also. Usually it is easy just ridicule them or distort the facts using a controlled press. Labeling freedom fighters 'nazis' or 'racists' is currently working quite well. As long as things keep stirred up good at lower levels, few persons can see higher level objectives. For most of the public having communism working against capitalism was enough to keep the war profits & confusion high. More radical 'right wingers' were given a taylor made John Birch society to keep them busy on a dead end pursuit. Even the larger conservation & UFO investigation groups were often connected to the elite at upper levels. The thinking persons who sometimes broke away from the herd & had potential were usually approached by regular recruiting officers for the dominion system. Quite a large percentage of younger persons with a lot of money have knowingly sold out to the dominion system...or as Christians would say they made a pact with the devil. Persons who scoff at such notions simply have to little potential to be candidates for recruitment.

Where the 'elites' control is more obvious is the huge corporations and fields like the drug industry. Any one with the slightest awareness can see the evidence of foul play here. There are dozens of organizations & groups fighting the dummy war on Cancer. A couple of million money cans bring in millions for groups like the American Cancer Society. The lions share of their hundred million a year take, goes to administration and a good portion of the research left is faked in favor of the barbaric 'cut and burn' treatments that bring in big bucks. Sixty Minutes of 1-17-88 had a leading scientist estimate that 10 to 30% of all such research projects were faked. In the few statistics on treatment vs non treatment, the untreated patients almost always lasted at least three times as long. It has been well known for years, that both radiation & surgery increases the spread of Cancer. Dozens of effective treatments have been squelched over the years. Stacks of reports & books document the sad story. Practitioners that got out of line, were attacked from many directions & could seldom stand up to the legal expenses involved. I could fill a book with examples.

Effective treatments are covered in several \$6 'Cancer Treatment Reports'. Common sense can almost show you what causes Cancer. In countries where the people live on Brown Rice, Fruits & 'veggies' there is seldom much Cancer. In areas where many meat products & junks foods are consumed we have problems

Keep Your Body in Tune



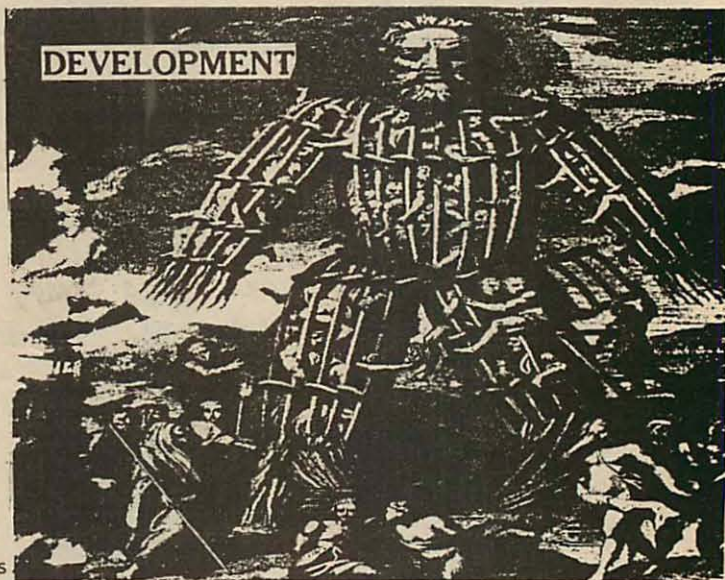
As rising costs in medicine became of concern, some wondered why the in-expensive but effective treatments constantly discovered seems to be invariably suppressed. After all what would free free medical care solve if we only got cut up or dosed with the usual poisonous drugs now in use? The answer, of course, was in the profits to the 'elite' & their chemical & medical cartels.

Books like "Murder By Injection" Mullins spelled the story out with great detail. (\$15 +\$2)



There are a number of chemicals & pollution sources that bring on Cancer. Cigaretts are a good example. They are a chemical laced abomination & no one would dare tell you just how bad they are. Much of the problem is that up to 10% sugar is used in the tobacco. This turns into a carcinogen under heat. The British who get up to 17% sugar in their tobacco have an even higher rate of lung Cancer than Americans do. The air cured tobacco used in areas outside the Rothchilds control seem to cause little trouble. American brands get another 4 to 8% of plant extracts and chemicals to top off the sugar (According to French testing) While most of these extra ingredients are top secret, we do know about the acetone, methyl salicylate, glycyrrhizic acid, shellac, catachol, acetyldehyde & such that often act as carcinogens...along with the sugar. To get Americans hooked on them, a special drug is used on the paper. You can prove this for yourself when you fail to get satisfaction or relief from your cravings from untreated imported brands...or 'roll your owns'.

Of far greater peril, are contaminations from vaccines and various 'shots'...and even blood transfusions. A Dr Huggins said it all when he said "Blood is the most dangerous substance we use in medicine" (2-4-90 Boston Globe). What happens is simple. The patients body senses a foreign invasion & tries to reject it or get rid of it. This is a great shock to the system & lowers the immune system (Med News Dec. 11-89) Patients given a transfusion have a 20% higher infection rate. (British J. of Surgery-Aug. 88). 74% of Cancer patients lasted 5 yrs vs only 48% for those who got transfusions. (Cancer-2-15-87) A similar 65% vs 14% rate was cited in Annals Olog. 01-ology, R&L, 3-89) With the additional dangers of hepatitis, Herpes, T.B., AIDS & other contagious diseases in infected blood, it could easily save your neck, if you simply said 'no' to transfusions. (Vaccination Expose \$3) "Poisoned Needle" Book by old friend McBean \$10) (Tranfusions Expose \$2)



When our planet was less polluted and diets had less refined foods, the body could naturally 'chelate' or run off much of the contaminations. Today, chelation therapy is about the only way that this can be done at the necessary faster pace. Artificial calcium is run through the arterial system and it attracts much of the 'gunk' in the arteries. Degenerative diseases respond well because much of the time the problems come from poor circulation. Instead of spending thirty thousand dollars or more on a heart bypass operation, patients can get their circulation back with a few dozen chelation treatments. (Chelation Therapy Reports \$5 & \$10)

ABDUCTION SURVIVAL. For persons who explore beyond the usual pablum & distortions offered by the media, there are many strange & wonderful realities. One of the strangest is related to the many alien visitors who come & go constantly. Seldom making contact with the corrupt or close minded leaders here, they have given more ordinary contactees much food for thought. Most tell us they are here monitoring us to see we don't blow up this part of the galaxy. They are under a strict 'hands off' policy.. as is normal in all higher level cultures in our universe. Certain lower level sub groups break these choice laws in their abductions and genetic experiments but such violations are usually due to ignorance on the part of the humans involved.

Should you dwell on the 'Greys' or getting abducted, it tends to allow such actions. Should you affirm yourself a part of the ethical choice system and visualize a field of protection around yourself, you get such protection. If you sense you are in danger, mentally call for aid from the choice system volunteers. Tamarack tree sap is a repellent for 'Greys' but as long as you are ethical & know your rights you can protect yourself mentally. Our government is a bit concerned over persons with higher level mental abilities and a knowledge of their rights. Starting in the 80's, many persons got regularly monitored by what many refer to as the 'black birds'. These black, unmarked, silent helicopters carried sophisticated monitoring equipment and could erase any memory of their presence after their visits. Since all of this will not concern most persons and gets a little involved, I suggest persons who desire further data get it in 'Big Brother Defense Report' \$10. Other related reports are: Psychic Self Defense Reports (\$6) Stange abductions Expose. (\$5). Aliens Exposes (2) \$9 ea 'Government-Alien Interaction Rep. (\$8. ea. 4. (Remember that there is a great deal of disinformation & fabrications in this controversial field. It is useful to learn to tap in to your own knowingness & flowline for confirmation...as per A.B.Glaser's works.)

COMPLETE HUMAN MANUAL

The most advanced survival and human function data on our planet is contained in the Modern Humans Comprehension texts by A.B.Glaser. Once you find out how we humans function, you can apply the knowledge to sidestepping trouble, fitting in to the mind-dwells of others to understand them & harmonize with them. You can understand & rise above the limitations and negativity levels around you. This is not just some sales pitch. Stacks of testimonials are available...& just keep rolling in. I would rather be fishing in Yucatan or exploring some pretty back-country full time again, yet I feel making higher level knowledge available is more important in the long run. Our planet is in need of some positive changes and A.B.Glaser's works have the keys. Tickets for the ride are only going to be available so long however. Persons who continue to just stagnate will get nowhere. Persons who choose to find out how things really are, can get answers. In the end, it's just that simple....



NEW SYSTEMS THAT WILL WORK

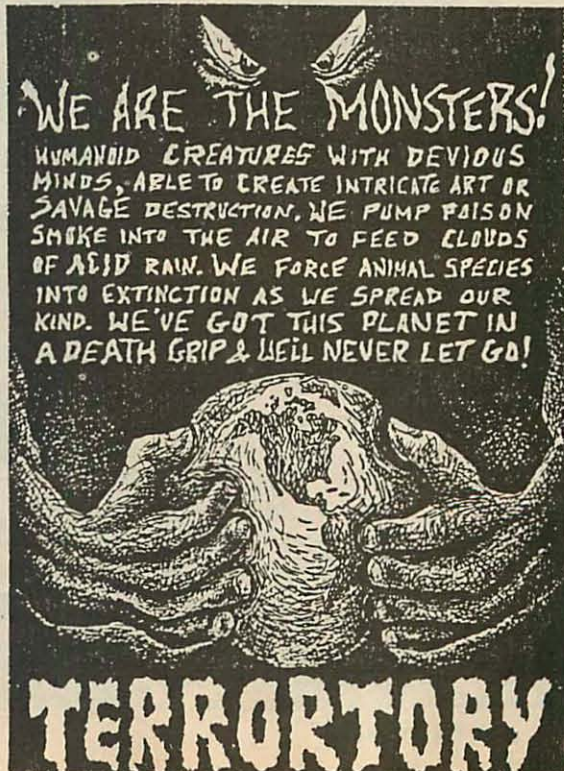
So what can be done to clean up the corrupt systems on our planet? Since our creator so freely gave us free food and raw material sources, the least governments could do is furnish this bounty to the people. It would be very simple to issue a guaranteed survival currency that could insure this. A 2nd, 'what we earn' currency, could function as present moneys do and be used for the normal extra work and trade tender. Such systems could be put in place without disrupting any political systems & would do away with the need for wars. It would also take no more financing than the present give away programs & military budgets. This type of system was used for a time in Germany just after the war & worked just fine. Even with guaranteed support, people soon want to work at what they like..

Since overpopulation is becoming a problem, it is obvious that there should be limits on children and easily available contraceptives.

To insure that higher class leaders are voted into office, we need higher class voters. Today, the masses vote for color or who promises them the biggest free lunch. In line with the views of some of the founding fathers, voting should be limited to persons with higher IQ levels.

To aid in the removal of the parasitic family dynasties that rule so much of our planet, we need to do away with inheritance laws & land ownership. Land could be rented for several decades at reasonable prices. Those who were industrious could build & rent income producing structures to gain extra wealth. Upon death, the estate could go to a spouse or back to the state.

A universal language like Esperanto should be taught and used to aid in bringing in a higher & more ethical version of the United Nations concept. Individual armies and conscription are obviously never going to bring peace. Whether civilization must be flattened to start with saner systems will be demonstrated shortly. In the meantime these and other solutions are in my 'New Systems Collection' \$5. The unit value system that will eventually replace money is covered in 'Answers To Why' \$10.



The Statue of Liberty.

Hard Times Survival Manual

The 'final days' are here & your former ways of life are going to change drastically. Whether you survive or not will depend on your knowledge and useful actions. Here is a guide unlike any you have ever read. Rather than covering complex investments & strategies for competition, it gets to the simpler foundation problems & solutions.

Find out why a good part of humanity will not survive this decade & what the deeper spiritual laws for survival really area. Your coming choices will decide your fate & here are aids & guidelines.

As the nation we love loses it's strengths and freedoms, the time of the end, is here. We will either face the facts & change . . . or sink to oblivion like civilizations before. Here are the hidden facts about what happened to us & how some of us will survive.

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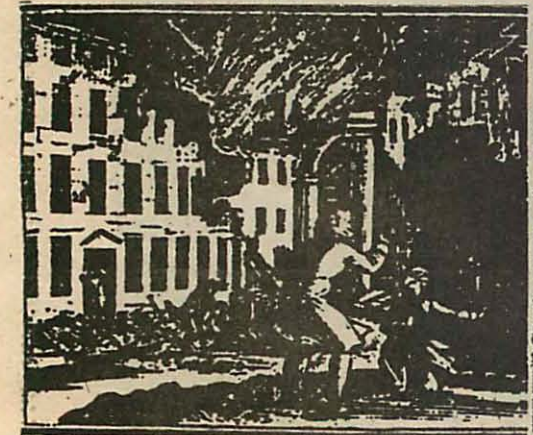
Famine



Deluge

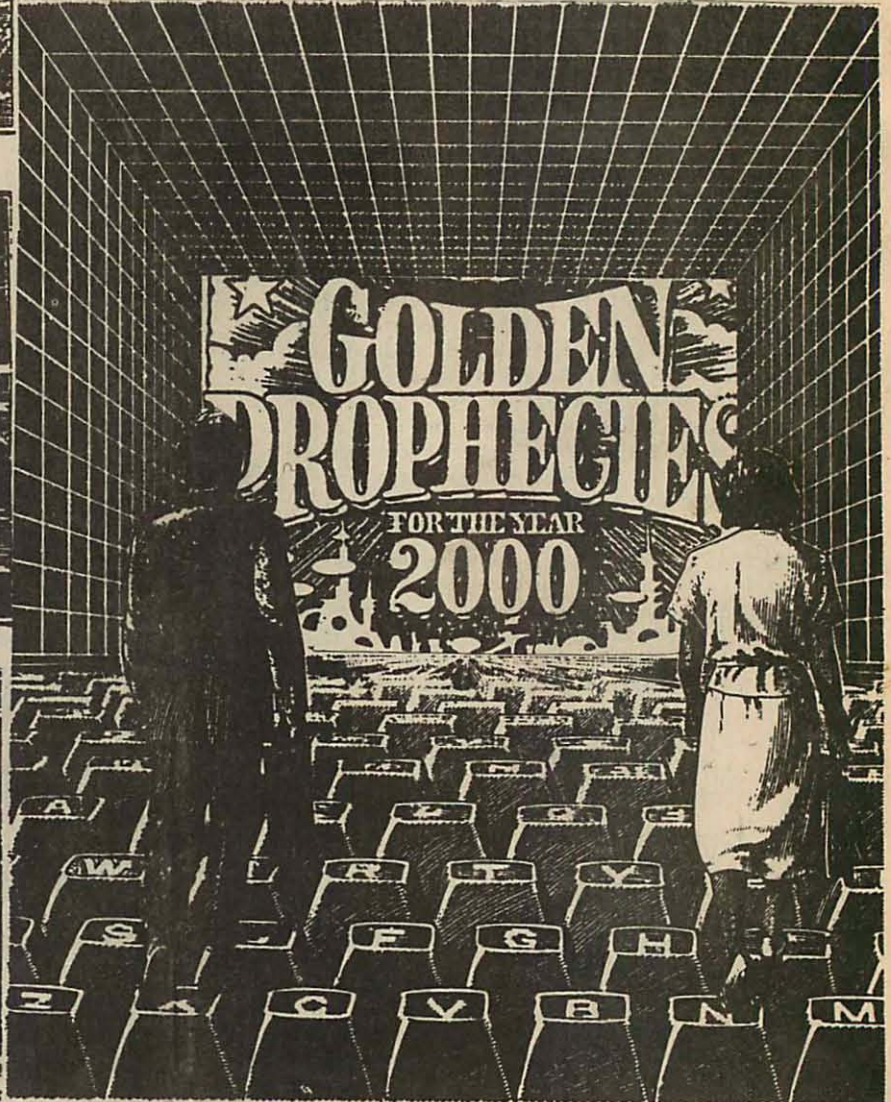


Fire



Earthquake

EARTH CHANGES



Back