

December dreams

My dream on December 21st 2022 at 1am. I am adding it to the website on December 23rd, Joseph Smith's birthday. The context of this dream came when working on the website summarizing many of the key events through out the year, ie. dreams, new insight for the website and my concerns that I was not doing well in presenting the material. Knowing I was not a skilled web developer, I had prayed during this time to know what I could do to improve the website to help people receive such.

The answer was clear. The Saints are busy pursuing "good things", which may often be one of the most effective ways to keep them from higher, or greater blessings. In scriptural terms, they settle for the moon light when the sun light is available for them to receive if that are open to receiving it.

The other message from the dream is that perhaps I am understating the value of the website material and need to raise the level of consciousness and be clear about the higher way. Our food choices matter. They did to Adam and Eve. Eve choose to eat, that which she was commanded not to eat. The world went into a fallen state with that event. The dream was as follows.

I was selling a bicycle for \$50, (after the dream I had the impression the bike was a symbol of this message of traveling on a path to greater health as in the website- simplelivingcenters.com). In the dream, this was my favorite bike, a blue 3 speed schwinn. Someone was coming to see the bike to look at it and consider buying it. I waited outside my home, across the street - near the side walk hopeful to see them. "My home" was my grandmother Cassani's home where I stayed at shortly after my mission. It felt like my home as we spent many holidays through my early years at that home. It was near the top of Edgewood Ave. It had wonderful views of the city and Oakland Hills and was a steep hill - which was great for go cart and wagon races down the hill when we were kids.

The buyer of the bike arranged with me on the phone to come see the bike, and when he came by, he drove right down the street passing me. I was in plain sight, but he traveled down to his relatives home about half way down the steep street. I went down the street to his relatives home and stopped in front and again, he missed me - as the went into the home quickly. It was impressed to me that he was visiting close family and friends. It was clear his family was at a "lower state" farther down the hill. (symbolically the moon state) The family culture surrounding food was not what the Word of Wisdom teaches. My home was near the top of the hill where you could see everything so clearly. The man was large, somewhat overweight and from the Islands like Tonga or Somoa. As I road the bike down the hill to meet this man across the street from "my" home, I realized - the three speed bike that I loved to ride - also had electric power all of a sudden,, something I was not aware of until now. The electric assisted power worked great and quickly got me around. Anyway, the man was apparently not interested in seeing the bike. I loved the three speed gear powered bikes. They never seemed to have a serious breakdown or failure. I could always adjust them easily when needed and get them working back in order quickley.

Next I was wondering why I was selling something for \$50, that was well worth \$300 and perhaps \$1000 or more with the electric - battery system. What would I do if he showed up at my house wanting the \$50 deal.

I said to myself, I will keep my promise to sell it for \$50, because that is what I told him, but admittedly I wished I had known how powerful this bike was with the electric power hidden inside the normal frame. It is just money I thought.

I reflexed more on the details of the dream. The man coming to see the bike was rather overweight, and I could see clearly - the bike would improve his health, but he was anxious to go visit his family and friends.

These were strong church members, but at a lower state, and doing good, but settling for good that is distracting him from a greater work.

As the dream ended, I later realized that the home I was coming from, was my grandmothers. Why her house I thought?

My Grandmother lived a simple life, and earlier in my life near the time of my mission, she along with reading D&C 89 was part of inspiring my 40+ years of interest in using simple herbs and foods to most health needs.

I remembered Grandma Cassani, and how she had taken care of her mother for 5 years full time, before she passed on.

Grandma Cassani said she always wanted to be a doctor or nurse. Looking at all the books she had studied, and all the care she gave family members, I replied, Grandma, you are better than a doctor or nurse, you know how to use all these herbs, and foods from the garden to help others in the family.

In addition, I recalled how Grandmas home was a home where they fixed everything. She had a sewing room for fixing clothes, a food storage in the basement, a garage with tools for fix cars and most anything. In addition Grandma used most of the little spaces she could to grow vegetables.

In writing this I reflected on the history and experiences I had at this home. Grandmas home was built North west near Lincoln Avenue, below the Oakland temple - on Edgemont Ave. Her home was built in 1906, and the large finish wood work throughout the home still looked new and so carefully done.

There was a music room with a well worn piano, and there were window seats upstairs and downstairs full of violins, banjos, and other musical instruments. Upstairs was a large crack style record player, and family portraits and classic book in the built in bookcases.

I understood there were three or four generations living in that that home at one time. It was a place we all gathered during the holidays. I place where I would sit on the back sofa swing under the cool fruit trees and swing with Grandma. Those memories continue to fill my soul with love. The second floor of this home had a sun room off the south corner of the second floor. It was once a porch, but had been enclosed in to be a sun room. From the windows was a beautiful view of the Oakland LDS Temple.

One story I remember at grandmas home was when I got home from my mission from Washington DC. I stayed with her a few days. I had no money when I came home from my mission. I had been hit the last week of my mission by a man cited for wreckless driving. I met with the insurance company and they offered me money for the damages. They said I could probably get 10 of thousands of dollars for the injury it caused me. Enough to pay for my college education. I declined the large payment, and took just \$500, the amount of money I would make in a week or two of work at that time. I told them I believe in work, and learning from my lessons. I had not listened to a prompting that led to the accident and I felt some responsibility.

In addition, I felt at that time -that money was not the answer to lives problems and I had personally learned so much working my way through school.

Today at age 66, I am using herbs and living foods to heal a low thyroid condition that was likely caused by that accident. I have been trying for over 20 years to cure that condition with herbs and feel I am finally there- and what I have learned is so valuable. See the website section on Living Foods for details on more of that story.

Back to my grandmothers memories at the second story window that looked out at the Oakland temple. During my short stay with Grandma Cassani after my mission, she came down to the kitchen and told me of Andy, her deceased husband, and other relatives visiting her during the

night. Andy passed away early in life, having died while hunting from a heart attack in 1953, leaving grandma a widow for 40 years. She said it was such a comfort to see him. Grandma was having some serious challenges getting along with one family member when she came down to the kitchen and shared this experience with me. She said she was awoken and praying to know what to do with a difficult situation, ...when a bright light came in this "temple" window and fill her entire room. She said comfort came over her that she would be OK, and that she was to share this message with me.

When she shared this message I suggested she listen to the sister missionaries and she did. She said she loved what they shared but she was too old to change. She would pass away 25 years later at the age of 98. I know she would love to see how her influence in herbal education has progressed with my association with Dr. John Christopher. John and his son David came to me this year. John had passed away over 20 years ago. He was in my kitchen with the message to better organize my herbs and foods to use them. He was also next to his son David ministering from the spirit world to him as he prepared foods.

I believe with all my heart, if we are open to their influence, our ancestors can and will influence for good as we prepare meals and work with the good herbs of this earth.

Joseph Smith received the word of wisdom, the LDS revelation on health after Emma complained to him of the unhealthy habits of the men in the Church. One of the most advanced studies ever done on health, called the China study, confirmed what Joseph was revealed in the year 1833. It is about so much more than not drinking and smoking. I leave it to the reader to explore section 89 in more detail.

As I wrote this story and dream, I had regrets in seeing others pass by this work several times without having "eyes to see" its true worth. I myself had not realized in the dream how much more valuable the message was than I had originally stated.

This message is of our Simple Living Centers. The first simple living center of life is our legs. They represent our connection to the earth, that connection represented by our family culture or tribe. One of the first tests of life is to develop the strength to move beyond the unhealthy ways of our tribe or family and lead. Lead in choosing healthier habits than our parents or family and friends. We each face this test daily. In passing this test, we not only become like righteous kings or queens (community leaders) in our church or family, but we --increased our capacity to receive more wisdom from the heavens... even hidden treasures.

A marvelous work has been revealed for our day. .. and for our needed preparations for the creation of Zion communities and in preparation for the second coming. . This is my story and this website is a collection of resources largely aimed toward mothers, or those in the female mother roles - who are leading their families to return to a simple way of life, a new way of life.. Another dream followed just after this.

I was playing in the ocean and beach with a friend. Bad people or pirate like people started to pursue us. My friend ran ahead and I followed. We only had one place to run, into the store areas next to the beach. I noticed there were no supplies or foods on the shelves. The stores were vacant, a bit like a ghost town. I was running toward the farm land I could see beyond a wire fence and noticed an opening under the fence where I could get out of this ghost town. Suddenly before going under the fence I ran into a large figure like the dough boy man in the commercials on processed foods with wheat. I ran into the doughman and knocked him over then awoke from the dream to have another follow of a tire truck coming down a road toward me then turning in from on me.

My feeling of the meaning of this dream. Someone was leading me that I trusted when opposite came. I felt one aspect of the opposition was the processed food supply we are eating, or foods that are feeding the wealth of some and not the health of many.

The supply of foods were gone off the shelves and the only foods available were processed unhealthy foods. I was able to overcome those foods and get away to farm land where we could produce our own in Zion communities.

An emergency came to our land and I was at peace. People will flee to Zion communities and the purpose of the move to farm land in Jackson county is to have working Zion farms that can show people how to organize when they flee the worlds unhealthy ways and interfighting or wars.