

# NEW BIOSPHERE AGRICULTURE 'Kin Domain'



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## NEW BIOSPHERE AGRICULTURE – PASCAS INTRODUCTION:

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Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each persons perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Namaste



'The land does not have a soul condition, it actually REFLECTS our soul condition. (I never said that the Land has a soul condition, because the land itself does not have a soul).

The land is always attempting to repair itself, but man generally tries to destroy it through mans soul condition.'

AJ

9 Dec 10

**ONE HECTARE – a PIECE of PLANET EARTH:** P.199 The New Civilisation by Vladimir Megre  
Book 8.1 of the Ringing Cedars Series

In 2003, Vladimir Megre gave this talk in Zurich:

There is nothing more important in our life right now than to return the Earth to its original flourishing state.

Ladies and gentlemen I am convinced that concepts such as love and spirituality must necessarily have a material embodiment.

The hectare (two and a half acres) of land I have in mind, the hectare Anastasia speaks about, is much more than a mere hectare of land. It is a Space through which you may be connected to the Cosmos. All the planets of the Universe will react to this Space and, consequently, to you. They will be your friends, assistants and co-creators.

In terms of the laws of Nature, look what happens to an ordinary flower – a daisy, for example. The daisy is inseparably connected with the Cosmos, the planets and the Sun. The flower opens its petals when the Sun comes up, and closes them when the Sun goes down. They are at one with each other, in harmony with each other. Not even trillions of kilometres of light-years could break the connection. They are bonded together – the great Sun and the little earthly flower. They know that only together can they be creators of a great universal harmony.

But every singly blade of grass on the Earth reacts not only to the Sun. It also reacts to other planets. It reacts to Man, to the energy of his feelings.

Scientists conducted an experiment in which sensors were attached to an ordinary flowering house-plant, and polygraph indicators registered even the minutest energy impulses coming from the flower. Several people were sent into the room in turn. One of them simply walked past the flower, a second went over and gave it some water, while a third went in and cut off one of the leaves. According to the data registered by the polygraph, whenever the person who tore off a leaf entered the room, the plant would get agitated and cause the indicator to jump.

A related phenomenon can also be often noticed: flowers fade when their owner goes away. The upshot is, that all plants react to Man. They may like a particular Man or they may not. Consequently, they may transmit to their planets a message of either love or absence of love.

And now imagine that you have some kind of Space – say, a hectare of land. This isn't just any run-of-the-mill hectare of land where potatoes are grown for sale, but a hectare of land on which you have begun to create, based on a particular level of consciousness or spirituality.

You have your own territory on which there are a whole lot of plants cultivated not by hired workers, but directly by you yourself. Every plant, every blade of grass will react to you with love, and these plants, as living beings, are capable of collecting for you all the best energies of the Universe. They collect them and offer them to you. Plants feed on more than just the energy of the soil. After all, you are aware that there are some plants that can grow even without soil.

Five thousand years ago in Ancient Egypt there lived priests who created a variety of religions. And these priests were in control of whole nations. These priests were the richest people in the world of that time. The basements of their palaces were filled with trunks of gold and precious gems. They were acquainted with a whole range of secret sciences. The pharaoh turned to them for advice and money.

But each of these highly placed priests had his own hectare of land, on which he permitted no slaves to work. These were the richest people of their day, with a knowledge of a great many sciences. They knew the secrets of a hectare of land. On the walls of the ancient temples of Egypt, the priests' temples, was inscribed the warning: *Do not accept food from a slave.* This is Example One.

Example Two. In Ancient Rome the senators issued a decree that if a slave was capable of working on the land and had been given land, then the slave could be sold to another master only if the land were sold with him, so as not to let any outsiders into contact with what was growing on that land. And why did the Roman senators give land to some of their slaves? And why did they give them money on top of that to build themselves a house? For one reason only; to obtain ten percent of a harvest, which had been cultivated and nurtured with love and care by the Man growing it. It was only produce like that that could be at all beneficial.

The Egyptian priests and the senators of Ancient Rome knew what kind of food was beneficial to Man. The produce we eat today is in no way fit for human consumption – it is 'dead produce'. There is a vast difference between berries one picks from a bush to eat on the spot and berries sold in a supermarket. It's not just that they've already started to decay, but there's no energy left in them. They are incapable of feeding Man's soul. And I'm not even mentioning the mutant plants created by our technological world.

So, if you don't have your own hectare of land, there's no-where that you're going to find food worthy of human consumption. You can take a little money and buy some sort of vegetables. But you must realise that those vegetables were not grown for you. They weren't grown for any Man at all. They were grown for money.

There is not a disease which cannot be cured by the Space of Love – a Space you have created with your own hands and your own soul.

People are the children of God. The world of animals and plants, the air and the Space around us – these are also God's creations. And everything taken together is nothing less than the materially embodied spirit of God. If someone calls himself a highly spiritual person, let him show the material embodiment of his spirituality.

Imagine God looking down on you from above right now. And He sees someone driving a tram, another one of His children constructing buildings, another standing in a store and selling things from behind a counter. These aren't the professions God created. They're professions for slaves. God didn't want his children to be slaves. And He created a marvellous world and gave it in stewardship to His children. Take care of it and use it! But to that, you must understand this world. Understand what the Moon is, what the herb known as the yarrow is...

And what is a hectare of land? Is it a place where Man must work by the sweat of his brow? No! It is a place where Man shouldn't work at all. It is a place through which Man ought to control the world. Tell me, who gives greater pleasure to God – a Man driving a tram or a Man who might have only a small piece of land but has transformed it into a Paradise? The latter, of course.

Can people today open up a road to the Cosmos? Or can they be taught how to settle the Moon or Mars? Of course not! Because they'll put weapons and pollution there, and end up having the same wars there as on the Earth. Yet, Man, after all, has been created to populate other worlds. And this will come about only when Man understands and beautifies his own Earth. The way to settle the planets of the Universe isn't technical at all, it is psychotelepathic.

Man needs to become consciously aware of what constitutes the true beauty of the Universe.

The city of Zurich is considered beautiful. We can say a thousand times how beautiful it is. But what, specifically, is beautiful about it? Yes, it is very clean here. Yes, it looks as though there are many well-to-do people living here. But is land covered with asphalt truly beautiful? Is it really good to have little green islands popping up just in certain places? Is it good that there's a dying tree – a majestic cedar – right in the centre of the city? It's suffocating from the smog. It's suffocating from exhaust fumes. And it's not the only thing that's dying and suffocating. The people walking along the city streets are suffocating from these fumes too.

We should give some thought to all that we have managed to contrive on this Earth. And it's best to talk about it in very simple terms. Let each one of us take a small plot of his land, pull his whole mind and whole spirituality together and create a very small but distinct Paradise. He will transform his little piece of land on our large planet into a flourishing garden, and there won't be any wars, because millions of people will be completely engaged in a grand co-creation. And if Russians should then descend upon Switzerland or Germany, it will only be to delight in the contemplation of beautiful living oases, to learn from their experience in embodying true spirituality.

Russia, unfortunately, is currently trying with all its might to be like the West. Russia's politicians are peppering their speeches with references to Western Countries as *developed* or *civilised*. They are urging their people to catch up to them in 'development' and 'being civilised'. Our politicians still don't know that we (Russia) have the opportunity not only to catch up quickly, but to significantly overtake them. But this can come to pass only if Russia does a complete about-face and starts heading in the opposite direction.

This is in no way to suggest I am trying to denigrate or insult your Western civilisation. But we're talking here, after all, about spirituality, and we need to be honest and sincere in what we say to one another. Spirituality cannot be measured simply by material wealth and technological achievements. Such a one-sided, technocratic approach to mankind's development will invariably lead to an abyss. No doubt those of you gathered here today will admit this, but then you must also admit that you are running out in front, with us right behind you. Try to stop and figure out what's happened to our world. If you do manage to figure it out, call out to those running behind you; *Hey, you better stop, chaps! Stop running! There's an abyss ahead, and we're already on the edge of it. Find another way.*

If we really listen to our hearts, together, we ought to go from simply talking about spirituality to its material embodiment. One hectare is but a tiny dot on the face of our planet Earth. But millions of these dots will transform the whole planet into a flourishing garden. Trillions of flower petals, along with the happy smiles of children and oldsters will tell the Universe that the people of the Earth are ready for a grand co-creation.

And the planets of the Universe will respond:

“We’re waiting for you Man. We’re waiting for you, worthy son of God!”

Our millennium has ushered in a great transformation on the Earth. Tens of thousands of Russian families have already aspired to obtain their own hectare of land. A father and mother who are actually creating a Space of Love for their children are more spiritual than the most celebrated wise-men who only *talk* about spirituality.

Let the spirit of each Man spring up from the ground as a beautiful flower, a tree with fragrant fruit, and let this take place on every singly hectare of our planet.





**ANASTASIA – KIN DOMAIN:**

[http://www.livingonenessfoundation.com/kins\\_domain.html](http://www.livingonenessfoundation.com/kins_domain.html)



**SAMPLE ILLUSTRATION 1: Family Domain - Front View**  
**SAMPLE ILLUSTRATION 2: Family Domain - Top Elevation**





**SAMPLE ILLUSTRATION 3:**





**Family Domain - Fly Around Facing North & Front**  
**SAMPLE ILLUSTRATION 4: Family Domain - Fly Around Facing South**  
**SAMPLE ILLUSTRATION 5: Family Domain - Fly Around Facing East**  
**SAMPLE ILLUSTRATION 6: Family Domain - Fly Around Facing West**



**On one hectare each (our Kin's Domain or Family Domain), we will build & create a Space of Love and Living Paradise, each will have a:**

- Splendid garden: vegetables, fruits, herbs, flowers, nuts
- A Natural Pond (at least 16-meters across)
- Flower beds
- Orchard
- Meadows of natural grasses and herbs
- Grove of woodland trees – Red maples, Sugar maples, Flowering dogwoods, European Beech, Sweet gum, Flowering cherry, Birch trees
- A living forest – Western Red Cedars, Coast Redwoods, Sequoias, English Oaks, Coast Live Oaks, Douglas firs, Sitka spruce, Western hemlock, Mountain hemlock and many others, some listed below
- A home – (Guide: A Barefoot Home)
- A living fence comprised of Siberian cedar trees and flowering shrubs
- Between all land plots walkways be created, no less than 3 or 4 metres wide
- A family tree – Siberian Cedar or Other Personal Choice
- A hive of bees
- Local vegetation and weeds including hemp for ground nitrogenization.









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**DIVINE NUTRITION:**

P.77 The Energy of Life by Vladimir Megre  
Book 7 of the Ringing Cedars Series

*“One should eat just as one breathes.”*

When a Man is in the Space of his kin’s domain, he tastes the fruits and berries – everything that went into the consistency of his mother’s milk.

There is another concept in your (our) civilisation – it’s healthful for a Man to consume fresh produce. But what, exactly, is ‘fresh produce’?

Not frozen, dried, tinned or sealed in barrels, like you thought, but produce that comes to you in its natural state. And you have cultivated a huge assortment of hybrid varieties that can be preserved many days with the appearance of fresh produce. Believe me, the appearance of freshness is deceptive and harmful.

Now see if you can make sense of what I’ve (Anastasia) just said and test it out for yourself.

Almost all berries can be considered ‘fresh’ for no more than a few minutes. Cherries (both sweet and wild) and apples will last an hour, tops. But still they change with every minute that goes by, mutating into something else.

Pick a cherry and leave it just overnight, then take it back to the tree where it came from and eat it. Then pick another cherry from the same branch and taste it. See – you will sense the difference – which cherry is fresher and tastier – even with you eyes closed.

As for raspberries, you’ll notice the difference after only an hour, while some other kind of fruit might take twenty-four hours. And you will see that anyone who does not have a family domain, no matter how rich or important he may be, cannot take in *fresh* food. That means he is not as capable of quick thinking as he might otherwise be.



**DIVINE NUTRITION – further:**

P.47 & 55 The New Civilisation by Vladimir Megre  
Book 8.1 of the Ringing Cedars Series

All information is everywhere at once, for all time. As Dr Hawkins has demonstrated, we can access that information, utilising kinesiology muscle testing.

Anastasia outlines as follows:

“All the truths of the Universe, and all the information accumulated right from its pristine origins, have always been available to every Man, nothing hidden. Not everybody is capable of understanding it and making it their own, because their life-goals and the aspirations of their souls do not correspond to those of the Universe. Man has free will in everything, and is free to choose a path other than that of the Universe. But God is free too, as to when, how and to whom He gives a hint. You must not worry about information that is lacking in you. Seek out your dream and know that the whole will be offered to you in full, if the dream that is born within you is worthy of co-creation.”

“Reality must be defined only through one’s self. Every Man living on the Earth today is capable of seeing into the lives of people thousands of years ago, of looking into the future, and of creating his own future. All have this tremendous ability within themselves. It just needs to be understood. Once it is understood, then nobody can lead them away from the truth. People will come into harmony with each other, and endless warfare will cease.”

“A lot of efforts have been made to distort past reality. The possibility of distortion arises when Man abandons his own reasoning powers and forms constructs of the past based on somebody else’s words and conclusions.”

“People think that originally Man was many times more feeble-minded than today. But that is not true. People of pristine origins had Divine knowledge right from the beginning.”

P.62

Yes ... Incredible. All logic really does lead to that conclusion. And that means ... Hold on – just where is all this knowledge right now?

It is preserved in every single Man. And the therapeutic recipe for the healing herbal tea is one that every Man is free to compile for himself. God gave it to Man right from the beginning. It is capable of curing a great many diseases of the flesh and prolonging life. It is extremely simple, and at the same time not so simple. Man should be able to figure it out with his mind. Let me start with some pre-history.

In the Vedruss (Vedic Russia) civilisation everybody lived to be more than a hundred years old. And they knew no diseases of the flesh. They nourished themselves according to God’s prescription. Not arbitrarily and not haphazardly but with the greatest thoughtfulness the Creator specially arranged it so that the herbs, vegetables, berries and fruits did not ripen all at once, but one after the other in strict sequence.

One ripened in the early spring, others over the summer, or later in the autumn. Their ripening time was determined by the moment when the specific fruit, vegetable or herb could offer the greatest benefit to

Man. A Man living on his own domain, feeding himself as God prescribed, could not take ill. The type of food and the time of taking it had been determined for Man by God. Man himself decided the quantity of food, but not through reason – he ate as much as he liked. And his body could accurately determine, down to the gram, the required quantity of food.

A Man living in a modern apartment needs to acquire a small quantity – a hundred or two hundred grams each – of all the vegetables, fruits and edible herbs growing in the region where he lives.

Before using any of this produce he should go a whole day without eating, drinking only spring water, and having a glass of red beet juice for lunch. After drinking the beet juice it is better not to leave his home. The stomach and bowels will start undergoing an intensive cleansing process.

Upon awakening the following morning and feeling hungry, he should be able to take any vegetable, herb or piece of fruit and put it on a small plate. After sitting down at the table, he should carefully observe what is lying on the plate, sniff it, lick it and then eat it with an unhurried chewing. It is best to be alone in the room during this time, isolated from the sounds of the artificial world.

The feeling of hunger may not disappear after eating a single piece of food, or it may reappear after a short period of time. In that case he should select a second piece and eat it in the same manner as the first.

Man should take all the produce he has obtained and sample them in any sequence at short intervals.

The time for sampling any particular food is determined by the sensation of hunger.

The taking of food should definitely beginning in the morning.

By the end of this day a Man should have sampled all locally grown produce. If there is a large variety available and one day is insufficient, the sampling can extend to the following day.

This procedure is extremely important. It will give many people's bodies, perhaps for the first time in their lives, a chance to become acquainted with the taste qualities and properties of the local produce, and to determine how needful it is to Man at a given moment and in what quantity.

Once the body has become familiar with all the produce, one should cut each vegetable into small pieces and lay them out on a large plate. Small clumps of greens and berries should also be put out, either alongside or on another plate. Any produce that will quickly spoil on the plate should be immersed in spring water.

Also on the table one should put honey, flower pollen, cedar oil and spring water. Man may go about his own daily affairs, but when he feels hungry he can go over to the table and pick up an item he likes (either with his hands or with a wooden spoon) and eat it.

It is possible some of the food may be eaten up completely, while the rest may be left untouched. This means that your personal wise physician and nutritionist – your body which was given to you by the Creator – selected for you what you needed at that moment, while what you did not need was left untouched.



The uneaten produce need not be put again on the table the following day. But after three days, a complete and fresh variety should once again be displayed. It is possible that one's body will need something different by then.

In time Man will be able to determine which items can be temporarily excluded from his diet, so as not to waste his efforts in obtaining them. But it is possible that after a period of time his body will indeed have need of them again, and so from time to time one should lay out on the table as wide a variety as possible.

I know that people living in your world often need to be away from their dwellings, but even here one can adapt. For example, one can make or acquire a small birch-bark container, in which to put a portion of the food from the table. One's body will choose what is most required.

In case of an extended trip, one's body needs to become familiar with the produce available in the new territory, since, in spite of identical names, there may be significant taste differences.

In this method of nutrition, Vladimir, it is important to grasp one essential point: it is not only the animals that are able to determine which kinds of food will be most beneficial to their bodies at a given moment and in what quantity. This knowledge is present, too, within every single Man.

Our son thought up everything correctly; to prepare the healing tea for you from the taiga herbs, he decided to observe a sable. But if you yourself knew the taste of every herb, your body would be able to determine and select the herbs you need far more accurately than the sable.

When you get back to your apartment, allow your body to get to know the taste of all easily available produce. Do not mix the food together or add salt, otherwise your body will not be able to determine the value and significance of the produce.

Enjoy the pathway of discovery. You will progressively recognise that all the basics and foundations that we each have been taught are the opposite to what is truth. Look within yourself and enjoy the truths that you will now be able to recognise and embrace with clarity and certainty.



**The BOOK of KIN and a FAMILY CHRONICLE:**

P.175 The New Civilisation book 8.1

What benefit would accrue to the State by carrying out just one platform of the program? Outwardly, it is a very simple platform, focusing on a single hectare of land, but envisaging the following wide-ranging results:

- A significant improvement in the environmental situation.
- Restoration of soil fertility.
- A solution to the question of providing high-quality produce for the country's population.
- A significant (twofold or threefold) increase in wages across all sectors of the economy without risk of inflation.
- An immediate improvement in the demographic situation and in the general health of the population, including its rejuvenation.
- A solution to the question of the nations' defence preparedness.
- The termination of capital outflow along with, by contrast, a capital inflow into the region; the return of intellectual resources and people.
- A significant reduction in (over the next few years) and eventual extirpation of: bribery, corruption, gangsterism and terrorism.
- A coming together of neighbouring countries.

So, let us suppose that our country has decided to implement the program proposed by Anastasia:

***Every willing family is offered free of charge one hectare of land for lifetime use with the right of inheritance for the purposes of establishing on it their own kin's domain. The produce grown on the domain, as well as the domain itself, is not subject to any form of taxation.***

The adoption of this programme will lead to the following results:

- A significant improvement in the environmental situation.

Practice has shown that people who have received land for a kin's domain first of all set about planting wild-growing trees, at an average of up to 200 trees per family, along with an average of 2,000 shrubs, hedges and berry bushes and 50 fruit bearing trees.

Each lot / family domain is surrounded by a living fence. Shrubs are used in lieu of a typical fence.

- Restoration of soil fertility.

As can be seen from practice (thousands in Russia have proceeded to set up kin / family domains) the first thing people do when they are granted land, not on a short-term lease but for their lifetime use, is to put their efforts into soil restoration. Not only that, but they are doing this not just by the application of organic fertilisers, but also by a more natural method, namely, by the sowing of soil-building crops during the early years.

- A solution to the question of providing high-quality produce for the country's population.

You may remember the ‘struggle for the harvest’ back in Soviet times – how schoolchildren, students and industrial employees were transported out to collective and state-owned farms to help bring in the harvest.

A hectare of land will allow the setting up of a more economically viable enterprise. With this kind of organisation, there will be a thirty fold decrease in the workload per square metre. Not all at once, mind you, but I do emphasise: it has to be set up properly. That given, both existing practice and theoretical calculations confirm that implementing the proposed program will fully guarantee the country a sufficient food supply for all its citizens bar none.

Now a word about *quality*. It goes without saying that someone growing agricultural produce to be used by his own family will not add any poisonous chemicals or chemical fertilisers to the soil, He will not grow any mutant produce. All this crap is being imported into most countries and brought up by the public for no other reason than insufficient production here at home. Once a sufficient quantity level is reached, *quality* becomes the number one concern.

- A significant (twofold or threefold) increase in wages across all sectors of the economy without risk of inflation and a reduction of prices within the country on all forms of merchandise, leading to a reduction in social tension.

Someone may wonder what possible link there could be between the implementation of the ‘Kin’s Domains’ program and a wage increase – let’s say, for a salesman, a trolleybus driver, a nurse or a teacher. But there is! And a direct causal link at that.

Think about it. Most enterprises today are in private hands. People we call oligarchs (small dominant groups) enjoy fabulous profits – but at whose expense? Basically, at the expense of minimum wage-earners. And what’s the point of increasing their wages, let’s say, by four fold, when there are still people queuing up just to get a job? There’s simply nowhere for them to go.

It’s an entirely different situation with a family whose work on their own domain earns them an average of twice the basic wage a month (which has been proved entirely feasible in practice) with a minimal cost of living. No utility bills or daily commuting expenses, or the cost of buying meals at city cafes. To attract domain dwellers to work in a factory or other private enterprise, one would have to offer them a salary at least one-and-a-half or two times the income they would earn from working on the domain, and cover travel and meal expenses besides.

Today an oligarch who has privatised a factory or oil-drilling company can afford to live in a castle in London (that really happens with Russian entrepreneurs) and earn up to a million dollars a month, while the workers slaving away to provide that income for him receive less than a tenth of one percent of what he makes.

This scenario can be played out *ad infinitum*. Inevitably it leads to revolution, stripping the property-owner of his enterprises and the overthrow of the government permitting such inequities. The only way to prevent such a result from occurring is to reach an equitable sharing arrangement with the workers. Oligarchs will not come to this point voluntarily but, under pressure of circumstances, will give in.



We mentioned the relationship between a domain / kin dweller and the owner of an industrial enterprise. But those left living in city flats will also see their wages rise, to keep them at their jobs. They too, after all, are given a choice; stay working and living in urban conditions, or start building themselves a whole new way of life in the country.

And one more question on this point: *Why will this not lead to inflation or price rises?*

Inflation is always the outcome of certain concrete procedures, specially engineered. Price rises are simply a by-product. The cause is always Man's estrangement from a natural way of life. It is an easy matter to increase prices on fuel and foodstuffs when people don't have any of either to call their own, meaning that they are completely dependent on external suppliers. But try raising apple prices for someone who has his own orchard. Absurd! And what about fuel? But even here there's a limit. Today's fuel prices are so high that it is actually more profitable to till a couple of hectares of land using horses – which, by the way, supply a first-class fertiliser for the soil.

- An immediate improvement in the demographic situation and in the general health of the population, including its rejuvenation.

It is no secret that the current demographics in Russia are catastrophic (population is diminishing by one million per annum). And even this word isn't strong enough to describe it fully. If a country's peacetime population decreases by almost a million souls annually, that's monstrous! The leaders of such a country would want to hide their identity from the public, as well as from their descendants. Discussions on the need to change the current situation amount to nothing more than pathetic babble. They don't change anything. Not even increasing financial support for birthing mothers, as necessary as that may be, will lead to any substantial improvement.

The history of many millennia shows that women cease giving birth when they see no prospective future for their children. It is necessary first to determine clearly and precisely the future development of society as a whole, as well as of each family making up that society.

The Anastasia Foundation in Vladimir conducted a survey of families planning on setting up their own kin's domains. Of the more than two thousand polled, 1,995 responded that they would be having children. Some wanted three or even more. Those who for health reasons were unable to have children of their own were planning to adopt them from orphanages. How to explain this phenomenon? It is simply that a Man who has built a marvellous living oasis is aware that he is building something lasting, and wants his children to enjoy life, too.

As to rejuvenation and revitalisation of health, let us turn once more to practice. Look at how much livelier and younger your grandfathers and grandmothers behave once they get out to their dachas (garden lots) in the springtime. And it goes without saying that a pregnant women who eats only environmentally clean produce, drinks clean living water and breathes clean air cannot help but bear healthy children – significantly healthier than today's examples.

- A solution to the question of the nations' defence preparedness. A significant reduction in (over the next few years) and eventual extirpation of: bribery, corruption, gangsterism and terrorism.

The military preparedness and morale of our (Russia) armed forces today, including the nation's law-enforcement officers, has slipped below the zero-mark and is heading deep into the minus side. It is no secret how challenging it is for local conscription offices to call up young recruits to military service. Refusal of military obligations is no longer considered shameful among today's youth – on the contrary, it has become a mark of bravery. Those whose families are slightly better off attempt to buy their way out of serving, those not so well off try to 'cut out' any way they can, even to the point of self-mutilation.

*Every Russian army or law-enforcement officer, upon receiving the rank of lieutenant, is to be awarded not only a little star on his epaulette, but at the same time the right to receive a hectare of land on which to set up his kin's domain. The land grants shouldn't be for 'back lot' waste lands, but for elite lands specially allocated by the government for settlement purposes. An officer should be able to choose his own particular hectare within these territories. And, when home on leave, he should be free to plant, either alone or together with his parents, a new garden, or dig a pond, or designate a spot on which to build a house.*

- The termination of capital outflow along with, by contrast, a capital inflow into the region; the return of intellectual resources and people.

I can theoretically prove that this will happen with the adoption of Anastasia's program in full. This has also been shown theoretically by famous scholarly researchers, as well as by students working on their graduating essays.

Today in Russia a brand new idea has made its appearance, guaranteeing Man's physical and mental health, an idea already appealing to many people of various nationalities, including living in Western Europe. Thanks to this idea, we realise that right now it is Russia that possesses the spiritual potential needed for the re-birth of harmonious Man and the restoration of a harmonious State.

The substance of the idea can be summed up as follows:

Every family or citizen should have the right to receive, free of charge, one hectare of land on which to set up their little Motherland, their family / kin domain, which can be passed down by inheritance from generation to generation. Man was born on the land and should have his own specific piece of his Motherland, created and cultivated with his own hands – and the hands of several generations of his family.



**The RINGING CEDARS of RUSSIA:**

P.218 of Book 2 the Ringing Cedars Series  
by Vladimir Megre

Anastasia says; “Many of the people of the city of Gelendzhik who call themselves believers pay no attention either to the cedar tree or the other great sacred sites of their forebears. They are destroying them. And the city is dying.

Vladimir; “That means God’s punishing them in some kind of vengeance, eh?”

“God is good. He is never vengeful. But what can He do when His creations are ignored?”

Vlad; “That’s amazing! Can such a tree really exist? I must look into that.”

“It exists. And there are many other sacred sites around the city. But people treat them from a technocratic point of view, like the pyramids of the wise pharaohs.”

“What? How do you know about the existence of the Egyptian pyramids?”



Anastasia goes on; “Thanks to generations of my forebears the ability has been preserved within me to communicate with the dimension where thoughts and wisdom reside. This communication gives one the opportunity to learn anything one might wish to know, anything that captures one’s interest.”

“Hold on a moment. Let me test you. Answer me, do you know the secret of the Egyptian pyramids?”

Anastasia answers; “I do. Just as I know that those who investigated those pyramids were constantly working from a material standpoint. They were basically interested in how they were constructed, the dimensions and relations of the sides to each other, what treasures were hidden inside, what things were to be found there. They considered people living at the time of the pyramids only as a means of preserving the pharaohs’ valuables, their bodies, their glory. Thus they distanced themselves from what was fundamental, from what was consciously designed.:

“I don’t understand you, Anastasia. What conscious design were they distancing themselves from?”

Anastasia didn’t speak for some time, staring, it seemed, somewhere off into infinity. And then she began telling her remarkable story:

“You see, Vladimir, way back in ancient times people living on the Earth had the capacity to use wisdom and intelligence far surpassing the abilities of modern Man. People at the time of the Earth’s pristine origins enjoyed ready access to all the information in the entire database of the Universe. This information filling the Universe was created by the Great Intelligence, God. With contribution both from Him and from people themselves – their thoughts. It is so superb that it is capable of answering any

question, unobtrusively. The answer would appear instantaneously in the subconscious of the Man asking the question.”

“And what did it give these people?”

“These people needed no television, telephone or communication wires ensnaring the Earth – not even literacy, since all the information you derive from books they were able to obtain instantaneously by other means.

“These people needed no industries producing medicines or drugs, they could get all the best remedies possible simply by a gentle wave of the hand, since whatever they needed is available in Nature.

“These people needed none of your modern transportation devices. They did not need cars or food-processing complexes, for everything was supplied to them.





“They knew that a change in climatic conditions in one part of the Earth was a signal to them to move to another part, so that the part they were leaving might refresh itself. They had an understanding of the Universe along with their own planet. They were thinkers and knew their designated purpose. They worked to bring the planet Earth to perfection. They had no equals in the Universe. In terms of intelligence they were second only to the Great Intelligence of the Universe, or God.

“Approximately ten thousand years ago, in the human civilisation that then populated what is now Europe, Asia, the northern part of Africa and the Caucasus, individuals arose in whom the link with the Intelligence of the Universe was partially or wholly deadened. This point marks the beginning of mankind’s movement toward a disaster of global proportions. The exact nature of the disaster is immaterial – ecological, nuclear or bacteriological, either as forecast by scientists or foretold allegorically by ancient religions.”

“Hold on, there, Anastasica! I don’t at all see how the appearance of such ‘invalids’ can be related to a global disaster.”

“Your choice of the modern term *invalids* is very apt. Yes, they were invalids, handicapped people. Now when someone is deprived of sight, what do they need?”

“Someone to guide them.”

“And someone deprived of hearing?”

“A hearing apparatus.”

“And someone with no arms or legs?”

“Prostheses.”

“But there was something much greater that they lacked. They did not have a link to the Intelligence of the Universe. Hence the loss of the knowledge which would help improve the Earth and govern it.

“Imagine what would happen if the crew of a super-modern spaceship suddenly lost ninety percent of their mental capacity. Not comprehending anything, they might start taking apart the panelling and building a fire in the cabin, or pull instruments out of their consoles to use for toys or decoration.



“Well, these people can be compared exactly to a demented crew like that. And these were the people, these were the ‘handicapped invalids’ who first invented the stone axe, then the spear, then ... And it is their thoughts that ‘progressed’ over time to the invention of nuclear warheads. It is their thoughts that even today continue with incredible stubbornness to tear down perfect creations and substitute their own primitive artifacts.

“Their descendants started inventing more and more, and in doing so kept tearing apart the super-modern, natural mechanisms of the Earth and creating all sorts of artificial social structures. Then people started fighting with each other.

“These mechanisms, were incapable of existing all by themselves, like natural ones. Not only could they not reproduce themselves, but they could not restore themselves after a breakdown as a tree can, for example. And then they, the technocrats, required a vast army of workers to service these mechanisms, virtually transforming a segment of the general populace into biological robots. These biological robots, lacking as they do, any individual capacity to learn the truth, very easily lend themselves to manipulation.

“For example, they were all too easily injected, through artificial information media, with the programme ‘We must build communism’ – symbols were created for it, including lapel pins and flags of a certain colour. Then later, through these same media, the programme ‘Communism is bad’ was inculcated in another segment of the populace, and other symbols and colours were brought to the fore. And then these two groups with different programming end up hating each other, right to the point of physical annihilation.

“But this all began ten thousand years ago, at the time of a significant increase in the number of people deprived of a link to the Great Intelligence. Indeed, you could even call them demented, since there was not a single living creature capable of polluting the Earth the way they did.

“In those far-off times a few people were still left who had free access to wisdom of the Universe. They hoped that when mankind reached the point that the polluted air made it difficult to breathe and the water became dangerous to drink, and all its artificially created life-support systems – technological and social – proved themselves too awkward and more and more often only led to disastrous imbalances, mankind would start having second thoughts.

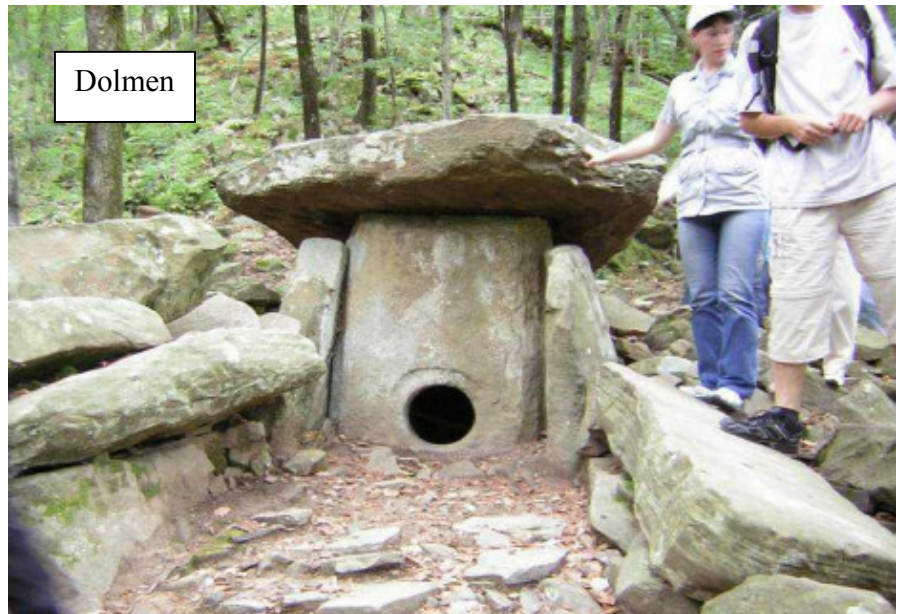
“People standing on the edge of an abyss *will* start thinking about what being is all about, they will start pondering the meaning of their existence and purpose. Then many of them will desire to understand the truth of their pristine origins, and this is possible – but only under the absolute condition that the abilities inherent in Man’s pristine origins be restored.

“Few of the people who lived ten thousand years ago still possessed these abilities. It was basically those heading up social groups, leaders of tribes. They began – or rather, at their behest people began – to construct special facilities made of heavy stone slabs. These enclosed an interior chamber about one-and-a-half metres in area and two metres in height – sometimes more, sometimes less. The slabs were placed at a light angle, leaning toward the centre at the top. Occasionally these chambers would be hewn out of a single monolith. Other chambers might be hidden underground and covered over by mounds of earth. On one of the walls of the chamber, a cone-shaped opening was cut into the slab, approximately thirty centimetres in diameter and covered with a specially fitted stone plug. (Dolmen)

“Into these tomb-chambers would go people who had not lost the ability to communicate with the wisdom of the Universe. Those still alive and even those who might be born thousands of years hence would be able to go to them and obtain answers to any questions that were of interest to Man. This required sitting beside the chamber and meditating. Sometimes the answer would come right away, sometimes after a delay, but it would definitely come, since these structures and those that retreated into them served as

information receiver. Through them it was easier to communicate with the Great Intelligence of the Universe.

“These stone structures are the prototype of the Egyptian pyramids. Only the pyramids do not constitute nearly as powerful a receiver, even though they are far greater in size. Their essence and function, however, is pretty much the same.



“The pharaohs who were buried in the Egyptian pyramids were also thinkers, and at least partially preserved the abilities inherent in Man’s pristine origins.

“But in order to obtain an answer to a question using the pyramids, those still living had to come to the pyramid not individually, but in large numbers. They had to stand along each of the four sides, and direct their physical and mental gaze upwards, as though skimming over the pyramid’s oblique sides right to its top.

“There at the top, people’s gaze and thoughts focused on a single point, consequently forming a channel facilitating contact with the Mind of the Universe.

“Even today it is possible to do the same thing and obtain a desired answer. At the focal point of everyone’s mental gaze an energy forms, an energy not unlike radiation. If a measuring device were placed at the top of the pyramid, right at the focal point, it would record the intensity of this energy. The people standing at the base, too, would feel strange sensations.

“Oh, if it were not for the sinful pride of people today, the prevailing public opinion, the false perception that past civilisations were less advanced! People today would then be able to find out the real purpose of the pyramids. With all the attention modern researchers had paid to how they were built, they still have not been able to figure this out.

“And it is all so simple: in constructing the pyramids, apart from physical strength and various pieces of equipment, they always used mental energy to reduce the force of gravitation. Whole groups of people with this kind of an ability would assist the builders. There are people alive today who are able to move small objects with their will.

P.147 of Book 2 the Ringing Cedars Series  
by Vladimir Megre

“All essential information has been included in Man, Vladimir, in every man right from the start. It is something he is given on the day of his creation, just like arms, legs, hair and a heart. All the teachings of the world, along with all discoveries, are taken exclusively from this Source. Just as parents try to give their child everything, so the Grand Creator gives everything to each one right off. Nothing man-made. Not a multitude of books, nor the latest computers and the computers of the future all taken together, can ever encompass even a part of the information contained in a single Man. One has only to know how to use it.”

“Then why doesn’t everybody make discoveries? And why doesn’t everyone formulate teachings?”

“Let us say one person manages to extract a grain of truth from the whole. And he keeps talking about it enthusiastically, thinking it was given to him alone. And that it contains the most essential thing. He talks it up to others, trying to make them see it as the one and only important thing. But by talking like this, he is blocking the basic complex network of information already existing within himself. Knowledge of the truth consists not in proclaiming it but in living it.”



P.167

“It’s all very simple, Vladimier. Man is the only creature in the Universe who can live on all planes of existence at once. In their earthly existence most people see themselves only as an earthly, materialised manifestation. But there are those who perceive other levels of being, levels invisible to the material senses.

“Calling Anastasia a goddess is not a sin against the truth. The main difference between Man and all other forms of existence lies in Man’s ability to create the present and the future by his thoughts, inventing forms and images which are afterward materialised. The clarity, harmoniousness, pace of thinking and mental purity of Man as a Creator is what determines the future. And in this sense Anastasia is a goddess. For the pace at which she thinks, the clarity and purity of the images she formulates, are such that she alone has proved capable of withstanding the whole dark mass of opposing forces. *She alone*. Only there is no way of telling how long she’ll be able to hold out. She’s still waiting, believing that people will realise what is happening and will help her. Believing that they will cease producing darkness and hell.”

“Who’s producing darkness and hell?”

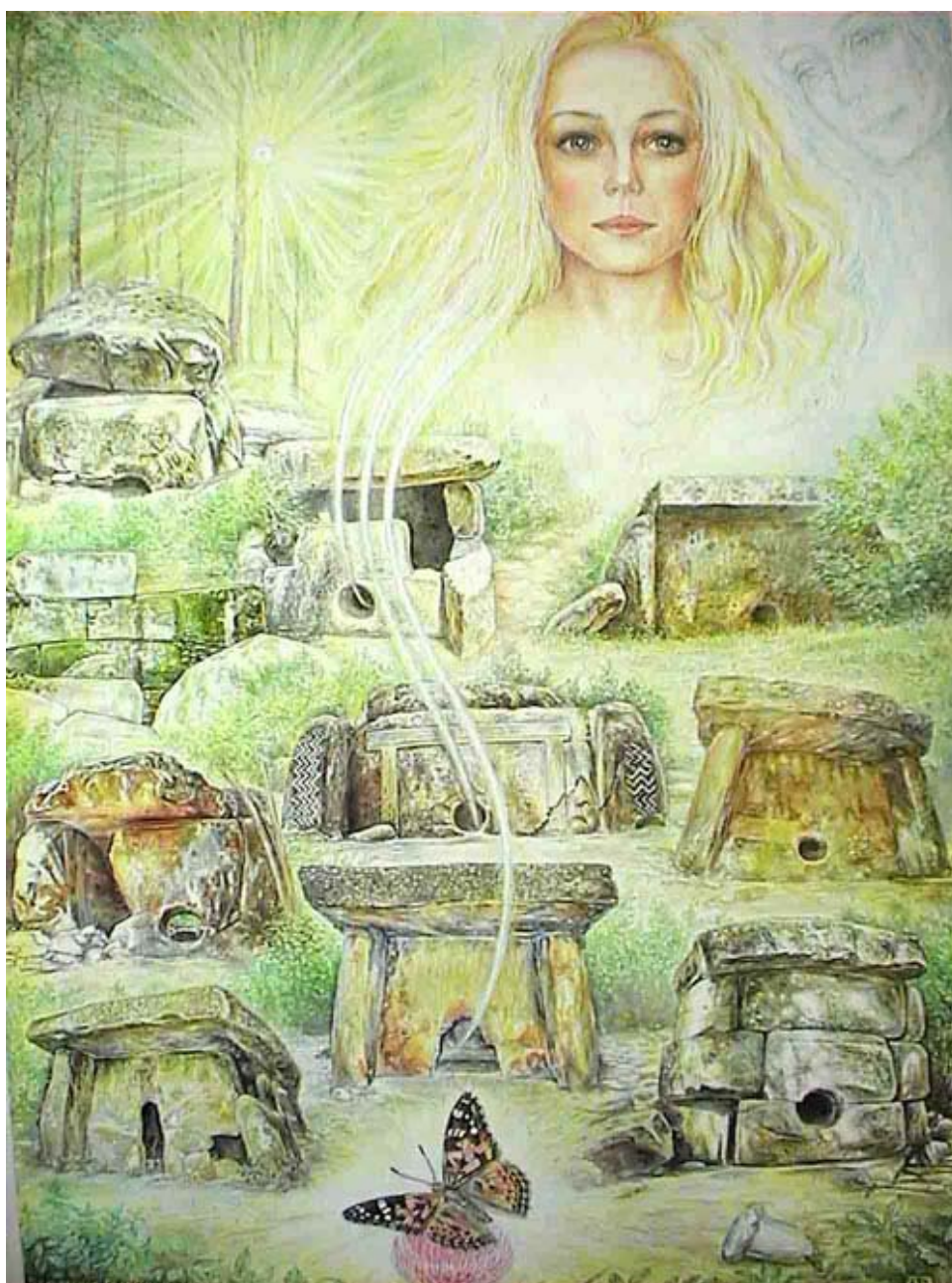
“Prophets who believe in and talk about the end of the world – they themselves are producing mental visualisations for the end of the world. The whole mass of teachings foretelling the ultimate doom of mankind, are hastening the day with their visualisations. There are a lot of them, a whole lot of them. And these people have no idea, while they seek salvation for themselves and search for the Promised Land, that a hell is being prepared specifically for them.”



“But the people that are talking about the Last Judgement or a global catastrophe, they actually believe in it, they’re sincerely praying for the salvation of their souls.”

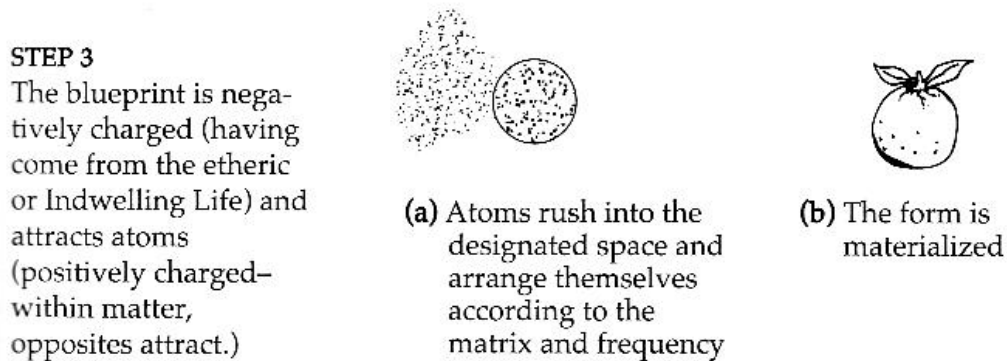
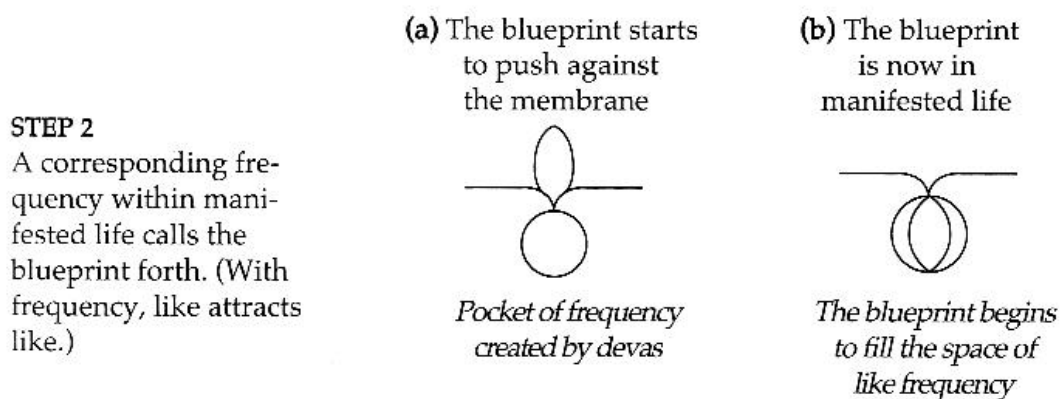
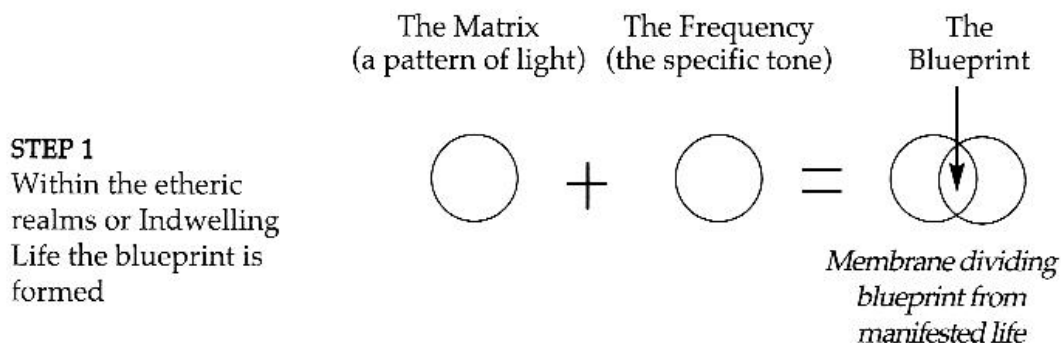
“They are motivated not by faith in the light, in the Love that is God, but by *fear*. And this fearful scenario is something they are fashioning for themselves.

“To make sense of what Anastasia can process in a *second*, we would require several months.”



## How Matter is Formed

(This is not a completely accurate representation of the process.)



**REJUVENATION:**

P.40 The New Civilisation by Vladimir Megre  
Book 8.1 of the Ringing Cedars Series

Anastasia's and Vladimir's son, Volodya (aged 9) is explaining the qualities of water to Vladimir:

“Now, Papa, you need to drink this water. It is called *dead water* – because it contains very few microbes. This water should not be drunk if the air is polluted. But, here in the Siberian taiga, we have pure air, so it is all right to drink dead water. It will rinse your insides and cleanse them, and wash out a lot of microbes and bacteria from your body. Drink as much as you can, Papa. When you have drunk up this whole jar, I shall give you a third jar, containing living water. And all the microbes and bacteria you need will be restored in a balance that is just right for you.”

I (Vladimir) should point out right off that Volodya and his family consider dead water to be that found at great depths below the Earth's surface and containing a minimum of bacteria. I believe our mineral water in bottles is precisely what they call dead water. In any case, I think *all* of our drinking water is dead water, and that is why our children suffer from disbacteriosis, especially newborns.

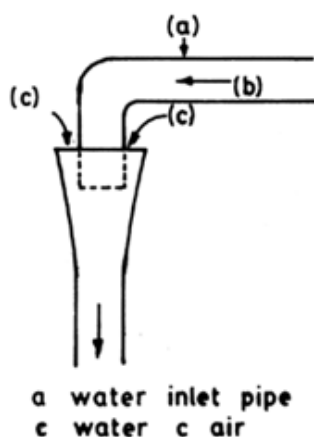
Living water, on the other hand, they consider to be surface water from pure streams or bodies of water, a few of which have indeed been preserved in the depths of the Siberian taiga.

There's something I wish to emphasise here. Grandfather later explained to me that spring water is not considered living water when you drink it right out of the spring. To be considered 'living water', it must first be kept for three hours or so in a wooden or clay vessel with a wide neck.

“Living water needs to absorb sunlight,” he said. “With the aid of sunlight, organisms are generated which are indispensable to human life. You call them microbes and bacteria.”

Then the water should stand in the shade for at least another three hours. After that it can be drunk as 'living water'.

It is not difficult to obtain dead water – all water sold in bottles today is dead water. You can get living water if you have access to a pure wellspring.









**The SEED as PHYSICIAN:**

*From " Book 1 of The Ringing Cedars series" by Vladimir Megré*

ANASTASIA's way of SMALL CROP FARMING!

Anastasia stated:

“Every seed you plant contains within itself an enormous amount of information about the Universe. Nothing made by human hands can compare with this information either in size or accuracy. Through the help of these data the seed knows with the exact time, down to the millisecond, when it is to come alive, to grow, what juices it is to take from the Earth, how to make use of the rays of the celestial bodies -- the Sun, Moon and stars -- what it is to grow into, what fruit to bring forth. These fruits are designed to sustain man's life. More powerfully and effectively than any manufactured drugs of the present or future, these fruits are capable of counteracting and withstanding any disease of the human body. But to this end, the seed must know about the human condition. So that during the maturation process it can satiate its fruit with the right correlation of substances to heal a specific individual of his disease, if indeed he has it or is prone to it.”

“In order for the seed of the cucumber, tomato or any other plant grown in one's plot to have such information, the following steps are necessary:

“Before planting, put into your mouth one or more little seeds, **hold them in your mouth, under the tongue, for least nine minutes.**

“Then place the seed between the palms of your hands and hold it there for about 30 seconds. During this time, it is important that you be standing barefoot on the spot of earth, where you will later be planting it.

“Open your hands, and carefully raise the seed which you are holding to your mouth. Then blow on it lightly, warming it with your breath, and that wee little seed will know everything that is within you.

“Then you need to hold it with your hands open another thirty seconds, presenting the seed to the celestial bodies. And the seed will determine the moment of its awakening. The planets will all help it! and they will give the sprouts the light they need to produce fruit especially for you.

“After that, you may plant the seed in the ground. In no case should you water it right off, so as not to wash away the saliva, which is now covering it, along with other information about you that the seed will take in. It can be watered three days after planting.

“The planting must be done on days appropriate to each vegetable. (people already know this, from the lunar calendar) In the absence of watering, a premature planting is not as harmful as an overdue planting.

“It is not a good idea to pull up all the weeds growing in the vicinity of the sprouts. At least one of each kind should be left in place. The weeds can be cut back.

According to Anastasia, the seed is thus able to take in information about the person who plants it, and then, during the cultivation of its fruit, it will pick up from the Universe and the Earth, the maximum

amount of energies needed for a given individual. The weeds should not be disposed of completely, as they have their own appointed functions. Some weeds serve to protect the plant from disease while others give supplemental information. During the cultivation time, it is vital to communicate with the plant. And it is desirable to approach it and touch it during a full moon, at least once during its growth period.

Anastasia maintains that the fruit cultivated from the seed in this manner, and consumed by the individual who cultivated it, is capable not only of curing him of all diseases of the flesh whatsoever, but also of significantly retarding the aging process, rescuing him from harmful habits, tremendously increasing his mental abilities and giving him a sense of inner peace. The fruit will have the most effective influence when consumed no later than three days after harvesting.

The above-mentioned steps should be taken with a variety of plant species in the garden plot.

It is not necessary to plant a whole bed of cucumbers, tomatoes etc. in this manner; just a few plants each is enough.

The fruit of plants grown like this will be distinguished from other plants of the same species not only in taste. If analysed, it will be seen that they also are distinct in terms of the substances they contain.

When planting the seedlings, it is important to soften the dirt in the excavated hole with one's fingers and bare toes, and spit into the hole. Responding to my question "Why the feet?", Anastasia explained that through perspiration from one feet comes substances (toxins, no doubt), containing information about bodily diseases. This information is taken in by the seedlings. They transmit it to the fruit, which will thus be enabled to counteract diseases. Anastasia recommended walking around the plot barefoot from time to time.

What kind of plants, should one cultivate?

Anastasia replied:

The same variety that exists in most garden-plots, is quite sufficient: raspberries, currants, gooseberries, cucumbers, tomatoes, wild strawberries, any kind of apple tree. Sweet or sour cherries and flowers would be very good to. It does not make any difference how many plants of each kind there are or how big their area of cultivation is.

There are a few 'definites', without which it would be difficult to imagine a full energy micro-climate one of them is sunflowers (at least one plant). There should also be one and a half or two square meters of cereal grains (rye, wheat, for example) and be sure to leave an island of at least two square meters for wild-growing herbs--ones that are not planted manually. If you have not left any of them growing around your docha, you can bring in some turf from the forest and thereby create an island of natural growth.

I asked Anastasia if it were necessary to plant these 'definites' directly in the plot, if there were already some wild-growing herbs closed by--say, just beyond the fence and this is how she responded:

"It is not just the variety of plants that is significant, but also how they are planted--the direct communication with them that allows them to take in the information they need. I have already told you

about one of the methods of planting--that is the basic one. It is essential to infuse the little patch of Nature surrounding you with information about yourself. Only then will the healing effects and the life-giving support of your body be significantly higher than from the fruit alone. Out in the natural 'wilds' (as you call them) --and Nature really is not wild, it is just unfamiliar to you - there are a great many plants that can help us cure all--and I mean *all* - existing diseases. These plants have been designed for that purpose, but man has lost, or almost lost, the ability to identify them."

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Editors Afterword  
Dr. Leonid Sharashkin

Should you choose to research for yourself the questions discussed by Anastasia, you will soon discover the truth of her assertion that *her* knowledge is already shared — at least partially — by a number of people in our world, and that "collectively they know practically everything, only they do not fully understand how it works".

Take communication with plants, for example. It sounds incredible at first, but it only requires a reading of Peter Tompkins and Christopher Bird's well-researched *The secret life of plants'* to gain an entirely new perspective and conclude:

She must be right!

But could it be possible that all diseases are curable through such interaction with plants, as Anastasia argues? It would take a complex and lengthy scientific study to test this hypothesis. Fortunately, this is not necessary, as — in addition to a growing number of personal testimonials from thousands of people — there is factual evidence at hand that can dispel any doubts. Over centuries and millennia the **Hunzakut**, a people living in a valley in **northern Pakistan**, have been practising an agriculture very similar to the one described by Anastasia. Eating food *exclusively* from their family garden plots and thus establishing a closed loop of matter- and information-exchange between people and their plants, they are recognised as the most healthy and long-living people on Earth. The Hunzakut commonly live to more than 100 years, and men becoming fathers at age 90 is not a rarity. Can it be that this information exchange between an individual person and a plant Anastasia talks about is the missing link to understanding human nutrition? Even in the absence of scientific studies, why not try it? The science will catch up.

Furthermore, why should we be sceptical about Anastasia's ability to live without concern for acquiring food or clothing — effortlessly relying on Nature for a complete life-support system? Is not the exact same ideal of life taught to humanity in the Bible: "He who watches the wind will not sow and he who looks at the clouds will not reap" or "Take no thought for your life, what ye shall eat, or what ye shall drink". Also, in our own not-so-distant past, Nobel Laureate Albert Schweitzer testified on the basis of his experiences in Africa: "In return for very little work nature supplies the native with nearly everything that he requires for his support".

Looking around, should one doubt that truly happy children can *only* be raised in Nature? Jean Liedloff, who spent two and a half years in a society living in close relationship with Nature — and



consequently knowing no such things as crying children, crime or depression — speaks about this in her book *The continuum concept*<sup>13</sup> with very much the same conclusions as Anastasia.

Again, this list could continue. In fact, researchers could —and probably will — write volumes of commentary on almost every statement contained in *Anastasia*.

Yes, doubts naturally do creep in. It still sounds all too improbable to our traditional way of thinking. And even if the heart feels a genuine light emanating from the book, the mind often refuses to accept it as real. This is an all too familiar dilemma, fully experienced even by Vladimir Megre himself. However, as the series progresses and you come to embrace the ever more significant revelations set forth in the subsequent volumes, and immerse yourself in their ever more poetic language, the idea that it could all be "simply thought up" should gradually melt away.

You hold in your hands a flower which will unfold its petals to reveal a most remarkable masterpiece, unique in all of Russia's literature and, possibly, the world's as well. Indeed, its significance goes far beyond *literature*. This book possesses a tremendous, unprecedented potential to change life on our whole planet for the better.

Do you know of any other book that in a matter of just a few years has succeeded in not only stirring the hearts and minds of millions of people, but also arousing these same people to extraordinary acts of creation in their everyday lives, developing new modes of expression in all the arts, taking or embracing non-violent initiatives to preserve and enhance life on this planet as we know it? Every day more and more people are joining in. Now that the Ringing Cedars is globally available in English, the realization of Anastasia's dream is certain to take on planetary proportions. I have no doubt about it.

<sup>6</sup> The spiritual, social and economic significance of dacha movement is discussed in great detail in Book 5 of the series, *Who are we?* Dr Medikov referred to this book as "expressing Russia's new national idea".

<sup>7</sup> See Chapter 26: "Dreams — creating the future".

<sup>8</sup> New York: Harper & Row, 1973.

<sup>9</sup> See, for example, *Secrets of the soil* by Peter Tompkins and Christopher Bird (Yonkers, N.Y: Rare Bird Press, 1998), or numerous other books written about the Hunzakut people.

<sup>10</sup> Ecclesiastes 11:4 (*New American Standard Bible*). II Matthew 6: 24 (*Authorised KingJames Version*).

<sup>12</sup> A. Schweitzer, *On the edge of the primeval forest: Experiences and observations of a doctor in Equatorial Africa* (London: A.C. Black, 1934), P 112.

<sup>13</sup> London: Duckworth, 1975; rev. ed. 1977. From 1985 published by Addison-Wesley

**Nara Petrovic, editor of the Slovenian translation of the Series:**

Thousands of readers in Slovenia and Croatia are more than enthusiastic about the books, Whoever has read the books and has a vegetable garden was compelled – even out of sheer curiosity – to try out the ideas explained in the first book. And when I spoke to people they confirmed that everything works. One man even called us and told us that he had made a beehive according to Anastasia’s detailed instructions and was amazed at how well it worked.

One of the publisher’s relative’s spent a lot of time in his garden even before he read the books. He loved to work in the garden and thus had cultivated very healthy and tasty crops. But after he implemented Anastasia’s instructions the tomatoes and some other vegetables yielded so well that all of his relatives and friends were surprised by the tastiest vegetables they’d ever eaten.

One lady who lives near my city planted pumpkins for the first time in her garden according to Anastasia’s instructions. That year there was a great drought. All her neighbours’ gardens were dry, with very little vegetables, while the pumpkins in her garden were huge, although she took almost no care of them.



## **In order to live well, you need to start thinking.....and dreaming:**

*Summarized version of the original article by V. Megre to the readers on the topic of designing kin domains. 2001. (Original in Russian, translated by Val Koryukov)*

Let's get to the construction! But what kind? Here, I would like to, first of all, address the readers of my books. You are all commonly referred to as "Anastasians", and therefore I will be using that term as well.

Dear Anastasians, you must begin building, immediately. However, the building must first begin within your own thoughts. At first, it is necessary to specifically and in detail to mentally model your domain and the future settlement as a whole.

I will quote Anastasia, who speaks of what is necessary for the realization of the dream. Anastasia says that the dream will definitely manifest itself...-"If the dream is not too abstract. If all its details and smallest aspects are imagined and if they don't contradict the laws of spiritual being. A dream like that is not always easy to build. It is required that this thought occurred at a lightning-fast speed and then it must also match the vibration of your emotional state. Then it will definitely manifest itself. It is only natural. Many experience this in their lives".

What is she talking about? Initially, it is necessary to plan your project up to the smallest details. You have to build the domain in your thoughts, show it on the paper, discuss it with your relatives and those close to you, as well as the specialists, and then you must also model the design of the whole settlement, at the same time taking into account all the problems. I will try to list some of them:

### Important conditions that need to be taken into account when designing your domain:

- The soil in the domain must always remain fertile (able to self-recover).
- The variety of grown crops must meet the demand of the family for food, and, if necessary, for medicine.
- Whatever is grown on the plot must bring an income to the family.
- Design of your domain has to be beautiful, comfortable, and functional.
- The house must be energy efficient, ecologically friendly, autonomous from public supply of electricity, water supply, and plumbing.
- Designing of the house has to correspond with professional and creative abilities of the specific family.

### What needs to be taken into account when designing a settlement:

- Convenient access to each domain.
- Presence of place for public meetings and leisure activities
- Presence of a primary school.

Vladimir's culture foundation was faced with these problems of design – as soon as the land was granted for building of an eco-village in Vladimirkiy district in Russia. It turned out that the project that meets all of the above demands did not exist in the world at the time. It was a strange situation: people have



invented an atomic bomb, technologically advanced machinery, spending unimaginable intellectual and financial resources, took a walk on the moon, however, they forgot to think about normal existence of at least one family. The society as a whole constantly gets many discussions, there have been created institutions that deal with country's development, however, there does not exist a project on a domain for a separate family. But the whole society consists of separate families!

### **What do we do?**

Let's think together. I will tell you right away that to build the life as Anastasia did for herself, will be impossible, due to the following reasons:

- the place where she lives in the forest has been designed over generations, including all plant and animal life;
- Anastasia was born into her world. Her intellect, intuition and physical capabilities are considerably different from ours. Probably many other things are, too. Only our children and grandchildren will probably be able to have her abilities and health. So what is left to do for our generation?

We have to start, so to say, from zero. At first, we have to clean up where we have littered. We have to start creating our kin domain, our space of love, which will be fully functional and will start giving its fruits to our children and grandchildren.

We have to connect that which is not connectable and create the unity of opposites: achievements of technocratic world and the pure world of nature.

We will be the first ones of their kind and we will be always. We will be eternal because we won't be working for immediate gratifications, but for the eternal – and therefore the eternal will be working for us. It will need us.

More specifically, about the project? Who will bring it into being? Only we ourselves! How?

### **We will be thinking together**

Let's try to take already existing typical projects of eco-houses with independent energy source – scientists have been working on this problem for many years now, united in a group called "Eco-house". Let's look at their projects, discuss them, bring in something from us, and adapt them to our area.

It is a lot more difficult with the project of landscape design of our plot, with its plant and animal worlds. Project, that would meet all the demands, currently does not exist. It seems to be impossible to create by just one person. You would have to be an agriculture specialist, botanist, biologist, artist, etc., all at the same time. I think this should be a creation coming from a collective thought. Therefore I suggest: for Anastasians from different areas to unite in groups and start to simultaneously educate themselves and designing.

It may seem strange to some that I suggest not to rush with the work directly on the land. I assure you that this is dictated by the wish not to make yet again those mistakes that we have been constantly repeating over many centuries, and probably millennia.

For example, I was told that even on a one-fifth of a hectare of land during the summer period, there is a need to be working all day long if you want a good harvest. But here we have the whole hectare! However, as it turned out, with the correct design of your hectare, there will be less work required than on a one-fifth of a hectare.

Judge for yourselves, according to Anastasia, quarter of a hectare should be set for forest / park area, and then 0.1-0.15 ha should be set to an orchard. Approximately 0.05ha will be taken up by the living fence, which will consist of bushes and trees. All this does not require constant maintenance like rows in a garden. And the leaves falling off the trees help fertilize the soil, help her recover herself. As a result, you won't have the need to constantly purchase organic and non-organic fertilizers, and spend your efforts on delivering them into the soil.

Animals that will be put in the forest zone, for example, horses, goats, chooks and bees, will not require constant care.

When planting your forest zone, it is necessary to right away design natural residences for the animals that you plan on keeping in your domain. They have to be comfortable and look nice. Even a chook house can be made as a beautiful little house, being held up in the tree by the branches.

Due to the fact that the forest zone will be surrounded by the living fence, there will be no need to shut the enclosures for the animals. Their free ranging will also help them feed themselves, even if only partially, and it will also spread the faecal matter, as opposed to concentrating it in one spot. You will not have to spend constant efforts on cleaning the stables from manure, the way it is done with the traditional farming.

When mixed with the falling leaves and little branches, the manure will start forming an ideal fertile layer of soil inside the forest zone. Upper ground waters will be distributing this nutritional organic matter around the forest zone.

Even if you have to use mulch from the forest zone in your garden, it will still be much easier and cheaper than bringing it from somewhere else. Also, the fertile layer forming in your forest will be much better quality and much more useful for the plants than purchased manure.

Birds, who will build nests in the forest zone, will be collecting grubs and insects that damage the crops, therefore eliminating the need to use poisonous insecticides.

As you can see, a proper planning of plantations on one hectare saves you from purchasing any fertilizers or poisons, at the same time reducing your work load.

I would also like to mention about another important aspect. Let's remember what the modern yards in the villages look like. A lot of the times a pretty good house is surrounded by very closely built old structures of various sorts, some used for keeping animals. In the yard – obviously from such

neighbourhood you have dirt and foul smells. When the forest zone is present and animals live naturally in it, most of these problems can be avoided. Your house can be surrounded by flowers instead.

To create something like this on a piece of land that is one-fifth of a hectare is impossible. It is impossible even because you will not be able to create a forest zone. Maturing trees will cover the rest of your's or your neighbour's plot with shade.

Forest zone of your plot will not only serve as a housing for the animals and fertilize the soil. With the correct location and choice of plants, it can at the same time become almost the main source of products necessary for survival. Mushrooms, berries, medicinal herbs – this is only a small sample of a huge range of forest's gifts. I can show this example: only ten cedar trees can meet the yearly demand of flour, oil, and milk for a family of three. All of these products can be extracted from the cedar nut. I had the honour to taste the dishes made from these products – and they are exquisite!

This way, a person who plans their one hectare of empty land is like a programmer, who is creating and running a super advanced program. The dependence is solely on him: whether the program will have any faults when it is functioning, and will require constant corrections from him, or it will start working for centuries without further input and no faults, only improving on its own.

The ideal situation will be when everything on your domain is functioning in such a way that, instead of a trip to the supermarket, you will be able to take the necessary product from your plot. Fresh, clean, ecological product, good for your health, and not some processed and canned product from the supermarket. Of course, it is impossible to achieve this in a year or two, however, you should be striving towards this, and that's why I'm suggesting that you start thinking about it.

I am suggesting that Anastasians first of all organize weekly seminars in their areas and invite to them specialists of various profiles, for example, older people who have achieved positive outcomes on their own plots in your area.

You must collect information, turn on your thinking, imagine: how you will be living on your domain, not only you, but also your children, grandchildren and great-grandchildren. Anastasia's knowledge can be also used in its fullness. However, it is necessary to consider that each area has its own features: climatic conditions, soil composition. Also you have to consider even the most unexpected factors.

For example, I was faced with the following issue: in most areas of Vladimirskiy district, the tomatoes that were planted in the soil do not ripen. Even in the greenhouses they don't always turn out good. "Why is this? – I am thinking. – In Novosibirskiy district tomatoes planted in the soil ripen, but in Vladimirskiy district, which is much more south and has much more temperate climate, they do not ripen. Why?"

I was discussing this subject with the local residents as well as agricultural specialists. Many different explanations were proposed. "Not enough warmth" – but In Siberia the summer is even shorter. "Rain is contaminated" – but in greenhouses, they are artificially watered. "They always get this disease. They start rotting, starting at the root" – but what kind of disease, no one knows.

Then I asked Anastasia: - "Why?". She looked at a tomato plant and answers: "They don't get enough light; there are many artificial clouds in the sky in addition to the natural ones. They hang, these artificial

clouds, above this area and block the sunlight”. – “So this area is doomed if there are always clouds that are blocking the sunlight?” – “People who build their lives here made it this way. To the natural clouds, there are constantly artificial ones being added”, - and she points me to two huge pipes, each about fifteen metres in diameter. These are the pipes of coal power plant, they always produce steam and create clouds.

### **Children’s education**

I call to all, and first of all Anastasians, to give much attention to the project of their future domain. This does not mean, however, that you must wait with building your future. Even if it takes you half a year, or even a year to work on this project, this period might turn out to be just as important as the life of your family in beautiful conditions of the future.

The work on the project of creating your own domain – is a family work. If everyone will have a chance to participate in it, older parents, and children, then it is hard to imagine what can bring the family members together more than designing the project of your future and the future of the country. I did not make a mistake in saying “your future and the future of the country”, this is the way you should tell your children. If one family creates their hectare of land, turning it into Heaven on Earth, this, of course, will not have much effect on the economy and the ecology of the country. If the numbers of such families will be half of all families living in Russia, then Russia will become twice as beautiful, and the ecological condition will positively change.

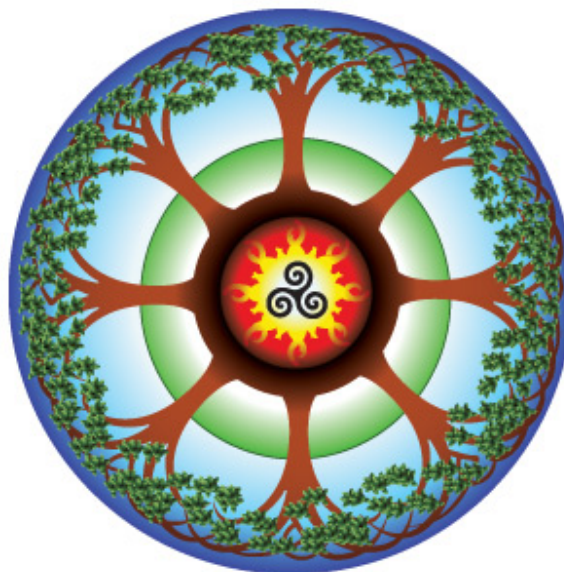
If your family includes children of pre-school and primary school age, then by letting them participate in this work, you might make it easier for them to study at school, making their experience at school more interesting and more effective.

***Today everyone can become a great creator, artists, or sculpturist. Your creations will be reflected not on the dead and dusty canvas, but in the eternal Earth. And you will be living in them. And your life will be wonderful!***

**- V. Megre**

[http://www.livingonenessfoundation.com/anastasia\\_eco-settlement\\_project.html](http://www.livingonenessfoundation.com/anastasia_eco-settlement_project.html)

[http://www.livingonenessfoundation.com/kins\\_domain.html](http://www.livingonenessfoundation.com/kins_domain.html)





## **The HUNZA HEALTH SECRET of LONGEVITY:**

<http://www.stress-fat-heart-solutions-for-boomers.com/the-hunza-health-secret-of-longevity-article-archives.html>

By Jeremy Carew-Reid

**“Health secrets of people who live to 145 years of age” "Let thy food be thy medicine and thy medicine be thy food" Hippocrates (460-377 B.C.)**

Never have truer words been uttered. Food is an amazing healer and preventer of disease. In fact most disease is a result of faulty use of food. It has been seen time and time again in history that when traditional cultures of people have eaten natural, whole, organic foods they had excellent health, endless energy and near total freedom from disease. But when exposed to modern diet in the “developed” world which included processed, chemically treated, devitalised junk foods they started to develop endless degenerative diseases including chronic fatigue syndrome.

### **A land where disease is unknown**

Would you believe me if I told you there is a land of people on earth where there are no traces of cancer? Where men and women aged 80 years and older having endless energy and freedom from disease. A land where everyone has perfect vision, no heart disease, no obesity, no mental illness, no ulcers and no degenerative disease. Well I am here to tell you that such a land exists. The Hunzakut people enjoy this utopian lifestyle. They are an amazing people unknown to the public at large that live in the mountain peaks of the Himalayas in northwest Pakistan.

In Hunza men father children at ninety. Centenarians are a common occurrence and it is not unusual for elderly people to reach the age of 130 years of age in perfect mental and physical health! In fact a significant number have been reported to live to age 145!

But their greatest achievement is the fact that sickness is rare, that cancer, heart disease, heart attacks, high or low blood pressure and childhood diseases are virtually unknown. There is no juvenile delinquency in Hunza and divorce is a rarity. There are no jails, police or army and there is no need for them, as there hasn't been a crime reported for the last one hundred and thirty years.

### **Food secrets of the healthiest culture on earth**

#### **Hunza health secret and secret of longevity #1**

So what do the hunza eat?

They eat a diet of fresh, natural, organic, unprocessed food. Everything is fresh. Their food contains no chemical additives whatsoever. The only processing consists of drying some fresh fruits in the sun. No chemicals or fertilizers are used in the growing process. They eat a variety of organic, mineral rich, fruits and vegetables. For protein they eat organic milk, yogurt, paneer, eggs, nuts, mung beans, and small amounts of organic white meat. For carbohydrates they eat a variety of organic unrefined whole grains. For fats they consume ghee, butter and almond oil. They consume rock salt which contains 83 minerals and nutrients.

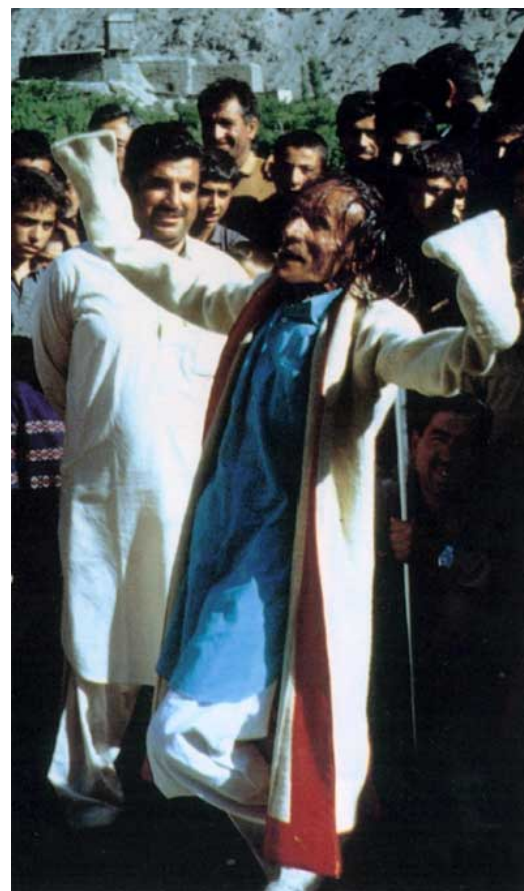
### **Hunza longevity bread**

The Hunza's make a bread which accompanies each meal and is quite different from any bread that we are used to. The grain is kept intact as long as possible, and is ground at the very last moment, the housewife grinds only as much as she needs for the next meal, and kneads again and again with water; not with yeast. She then beats it into very thin, flat pancakes similar to the tortillas of the Mexican Indians.

The dough is then simply placed on the grill for hardly more than a moment, in fact just long enough to grow warm and no longer taste raw and it is finished.

Dr. Ralph Bircher noted in his book on the Hunzas "No more effective method of preserving the health value of the grain exists and the taste is excellent even without butter or jam." Hunza bread can be made from a variety of whole grains. But the best grain to use for chronic fatigue syndrome is Atta flour. This can be brought from any Indian or Asian grocery store or health food store.

I have explained in full detail in my e-book exactly how to make hunza bread.



### **Apricots**

Of all their organically grown food, perhaps the hunzas favourite, and one of their dietary mainstays, is the apricot. Apricot orchards are seen everywhere in Hunza and a family's economic stability is measured by the number of trees they have under cultivation.

They eat their apricots fresh in season. Fresh sweet apricots are a very rejuvenating, energy enhancing food. Excellent for people who suffer chronic fatigue syndrome.

### **Hunza health secret and secret of longevity #2**

The health and endurance of the Hunzakuts is credited as much to what they don't eat as to what they eat.

Frugality of food Hunzas eat more quality food and less quantity of food. The most important aspect of the hunza diet is to eat frugally. The higher the quality of food the less food you need to eat because the minerals and vitamins supply all the bodily needs which satisfy the appetite and energy requirements.

The Hunzakuts eat according to their energy output, appetite and work requirements. Where as we in the west over eat out of sheer gluttony or habit which results in digestive disease and obesity.

What they don't eat? What the Hunzakuts do not eat or drink, should be of great concern to us and we should think seriously of eliminating the following items from our diet: refined salt, margarine, white sugar, white bread, white flour, refined cereals, sodas, cold drinks, flavourings, colourings, preservatives, red meat, tinned foods, non-organic meat and non-organic eggs.

### **Hunza health secret and secret of longevity #3**

#### **Hunza water**

It is generally accepted that the water the Hunzas drink plays a major role in their great health and longevity. This water comes from the melting of the glaciers from the nearby mountains.

These glaciers are hundreds of thousand years old and grind the mountainous rock into extremely fine particles. In turn the fine particles of rock are suspended in this water and is called glacial milk because of its cloudy appearance by being so loaded with these minerals.

Coming from glacial mountain streams and waterfalls this water carries a negative charge or negative ions and is called "living water." This results in the water having an oxygen reduction potential and acts as an antioxidant in the body with the ability to mop up free radicals. Also the minerals in the water carry a negative charge, which make the minerals easily absorbable.

In this way, by drinking this water the Hunzakuts bodies are saturated with minerals which provides them with extraordinary vitality.

Another major factor is that their crops are also irrigated with this colloidal mineral water and thus unlike Western soils, hunza soils are not depleted of minerals. Plants are unable to manufacture one single mineral, so that when soils are depleted, the plants we eat will also be depleted of minerals.

Insufficiencies of essential minerals in our diet will lead to sickness and premature aging.

If you visit my website I will provide you with a link to where you can purchase this mineral saturated hunza water.

Experiments on rats using Hunza diet and modern processed diet. In 1927 Dr. McCarrison was appointed Director of Nutrition Research in India under the Research Fund Association. For his work and experiments he chose albino rats.

For the first phase of his experiment Dr. McCarrison chose healthy rats. He placed the rats in good conditions, with fresh air, sunlight, comfort and cleanliness. He chose their diet from foods eaten regularly by the Hunza people. This included hunza bread made of wholemeal flour, lightly smeared with fresh butter; organic vegetables, milk; a small ration of organic meat with bones once a week and an abundance of water.

In this experiment almost 1,200 rats were watched from birth to the twenty-seventh month, an age in the rat which corresponds to that of about fifty years in a man. At this stage the Hunza-diet-fed rats were killed and carefully examined. McCarrison's report was remarkable:

"During the past two and a quarter years there has been no case of illness in this 'universe' of albino rats, no death from natural causes in the adult stock, and but for a few accidental deaths no infantile mortality. Both clinically and at post-mortem, examination of this stock has been shown to be remarkably free from disease. It may be that some of them have cryptic disease of one kind or another, but if so, I have failed to find either clinical or microscopical evidence of it."

His experiment did not however stop there. Next he took DISEASED rats and placed them too on the Hunza diet. They all became well. Then he took batches of rats and placed them in clean, comfortable surroundings and fed them the food of modern processed western diet. The rats were soon plagued with diseases and miseries of many kinds (much like so many people are today). Over two thousand rats fed on modern processed diet developed eye ailments, ulcers, boils, bad teeth, crooked spines, loss of hair, amenia, skin disorders, heart, kidney and glandular weaknesses and a multitude of gastrointestinal disorders.

In later experiments, McCarrison gave a set of rats the diet of the poorer classes of England that consisted of white bread, margarine, sweetened tea, white sugar, tinned meats and inexpensive jams and jellies. On this diet, not only did the rats develop all kinds of disease conditions, but they became nervous wrecks: "They were nervous and apt to bite their attendants, they lived unhappily together and by the sixteenth day of the experiment they began to kill and eat the weaker ones amongst them."

These experiments clearly show that diet has a huge impact on mental, emotional and physical health.

### **Final thoughts**

Clearly we can see that diet is of paramount importance in preventing illness and treating disease.

By saturating our body with organic, mineral and vitamin rich foods we can not only reverse disease but totally avoid future illness. This is clearly proven by the diet of the hunza people and the experiments of the albino rats.

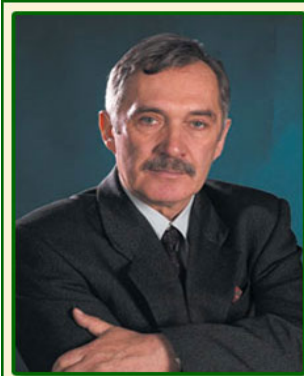
Even though it isn't possible for us to go live in the Himalayan Mountains, what we can do it is invest our money into organic healthy foods similar in principle to the Hunzas (and Kin Domains).

**Author's bio:** Jeremy Carew-Reid is a natural healer in Ayurvedic medicine.



## The Ringing Cedars Book Series

These mind stirring books provide an astonishing understanding of humanity with insight to healing, child raising, plants, sacred places and our positions in the universe.



Dear Friends,

Thank you for your warm letters and feedback which served as tremendous support through the past years.

I will be happy to meet with all of you at the Ringing Cedars Conference in Turkey.

Sincerely,  
Vladimir Megre

In 1994 a Siberian elder told the entrepreneur Vladimir Megre a fascinating story about the "ringing cedars" - trees respected from Biblical times for their curative powers and the capacity to re-connect human beings with the Divine. The elder told him where such a ringing cedar was growing in the Siberian backwoods. Vladimir Megre set out on an expedition to find the tree. But his encounter with the elder's granddaughter Anastasia transformed him so deeply that he abandoned his commercial plans and, penniless, went to Moscow to write a book about the spiritual insights she shared with him. What happened next thrilled and inspired millions!

With no advertisement other than word of mouth the Ringing Cedars Series has become an international bestseller. Having sold **over 10 million copies** in Russian alone and translated into 20 languages, it has made Vladimir Megre into one of Russia's most widely read authors.

The books, which read like a fascinating novel, have an authenticity of a documentary account and present spiritual insights of incredible depth, are believed to be a most significant masterpiece of Russian literature and **one of the most important revelations in the history of humanity.**

**These highly unusual books provide extraordinary insights into dozens of subjects - from natural child rearing to the production of highly potent, healing foods, from the meaning of human life to the amazing potential that awaits every one of us, from ancient megalithic science to the vital importance of breast-feeding new born children, and from sacred sexuality to the true history of world religions.**

Megre presents Anastasia's understanding of Mankind's innate spiritual connection to Nature and provides practical solutions to the problems currently facing humanity. He reveals her brilliant vision for the future of this planet, full of hope and possibility. Her words of wisdom inspire and uplift in a way that has an immediate and profound impact on the reader.

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### **KIN DOMAIN's with 21<sup>st</sup> Century Innovations:**

The Ecovillage at Currumbin, Australia's most capped development and Winner of 26 Awards. Come and visit this extraordinary community right amongst all that the Gold Coast has to offer. Nestled within picturesque Currumbin Valley and with world heritage rainforests providing a lush back drop. The Ecovillage is located just 7 minutes and 7km from some of the Gold Coast's most exceptional beaches and services. State-of-the-art fibre optic cabling throughout the village delivers a high speed communications network so that working from home has never been this easy.

Conceptually, The Ecovillage embraces the land, enhancing what is already beautiful ... a piece of paradise, where you can have the comforts of contemporary life yet harvest the many benefits of a world class ecovillage.

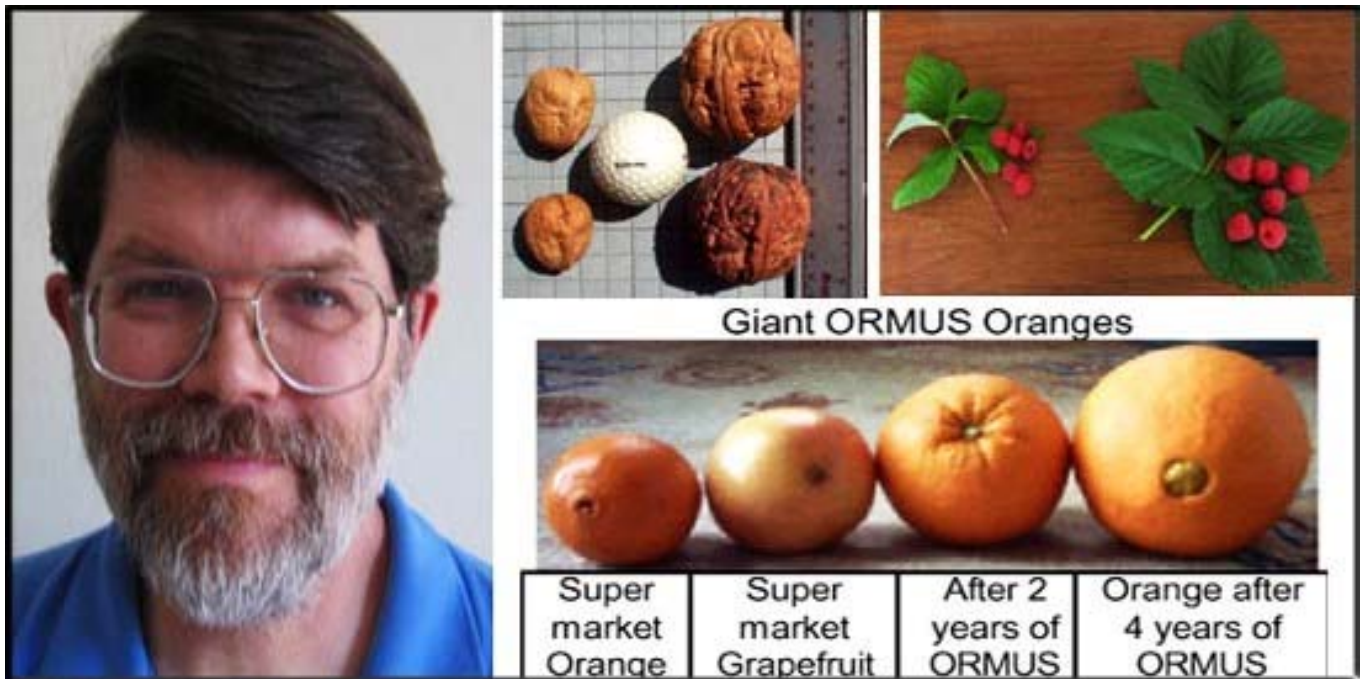
The Ecovillage at Currumbin aims to create a community that will have as its core - Living Sustainably - Developer of The Ecovillage at Currumbin, Landmatters, had a vision to "*inspire sustainable living and development practice awareness*" by creating a world-class ecologically sustainable village.

The goal is to preserve and enhance the current beauty of the site, improve its biodiversity, and nurture the regeneration of the land into a leading example of sustainable community living.

To achieve the project's environmental objectives, it has been important to challenge conventional thinking by employing practices, processes, systems and designs that embody innovation and excellence. Just some examples of features incorporated in the projects sustainability initiatives are:

- food productivity as an 'overlay' to the entire village implemented throughout streetscapes and landscapes
- provision of many services and facilities close to home to alleviate often unnecessary vehicle trips
- minimised laneways to enable easier access throughout the village by walking and cycling tracks than by car
- diverse range of lot sizes to cater for many different socio groups and the changing needs of people
- an architectural code that ensures buildings 'tread lightly' on the earth
- grid connected solar power systems mandated to each home and community building
- complete water self sufficiency for the entire village

The Kin Domain projects of 150 lots, each lot being a minimum of 1 hectare with walkways between, will draw upon the successes of such projects as Ecovillage at Currumbin. Kin Domain lots are a minimum of one hectare with living fences and a focus upon onsite produce. Kin Domain residents will also have available to them unique technologies, such as those noted on the following pages, to enhance independence, viability and sustainability.

ORMUS:

Barry Carter (USA), supported by Dennis Cooney (Gold Coast, Australia), makes available the natural fertiliser known as Ormus.

*Ormus - what is it?*

- Is Ormus a **superconductor** at room temperature?
- Is Ormus a **superfood** for plants, animals and people?
- Is the physical **youthing and happiness** commonly reported just a "placebo effect" when people have regular Ormus?

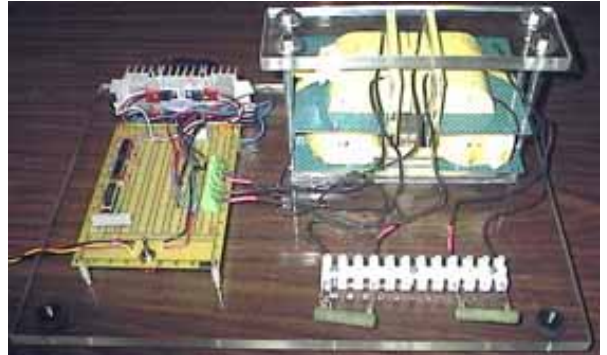
ORMUS is also known as o.r.m.e. (orbitally rearranged monoatomic elements), white powder gold, m-state elements and monoatomic gold. It may be the same substance/s that the ancients referred to as manna, shewbread, ch'i, prana, the Philosopher's Stone, shemanna and the Fountain of Youth. Barry discusses how these materials have been extracted from the air, water, soil, rock and some foods. He also describes how ORMUS researchers have observed levitation, superconductivity, agricultural, biological and psychic effects associated with these materials—and believes that these materials are going to change every aspect of human life and possibly the greatest scientific discovery in human history.

Ormus is to be made available to Kin Domain families.

## SCALAR ENERGY:

The Motionless Electromagnetic Generator (MEG)

Has produced up to 100 times more power than was input, by extracting free energy from the vacuum. The MEG has been independently constructed, and its overunity performance independently replicated, by other researchers. [US Patent awarded March 26, 2002.](#) Invented by Tom Bearden and four colleagues.



**Is 26,000 kilowatts per year enough to run everything in my home?**

The average all-electric home in America uses 2 kW per hour. Receiving 26,000 kW per year equates to about 3 kW per hour. So we'll be giving you 50% more than the national average usage. The peak demand for most homes usually does not exceed 10-15 kW. Since the generator will produce 30 kW, peak demand will not be a problem. In fact, the transformer that supplies electricity to your home is probably rated at 30 kVA (kilovolt amps) which is the same as what the generator will be able to produce. Since the average usage for an all electric home is 2 kW and the generator is expected to produce 30 kW, there will be enough energy to service your average demand and 14 of your neighbours.

**What happens if the generator breaks down?**

First of all, it is very unlikely that the equipment will break down completely. The 30 kilowatt generator we are planning for the home should last over a hundred years. It has 30 sets of coils and windings with each one producing one kilowatt of electricity. If one of the windings should break you merely take it out and replace it like you would a fuse. This can be done while the generator is running and making 29 kilowatts until the fresh replacement is inserted, and then it is right back to making 30 kilowatts again. In the off chance that the equipment does completely fail, you will still be connected to the grid and will still have power available. If the generator fails, you will have to call ITEC (International Tesla Electric Company--the UCSA subsidiary that will operate the electric business) and they will send someone to repair the equipment. We will have an incentive to repair it quickly since we don't make any money while the unit is broken. ITEC will also pay for the electricity you use from the electric company while our equipment was inoperative.



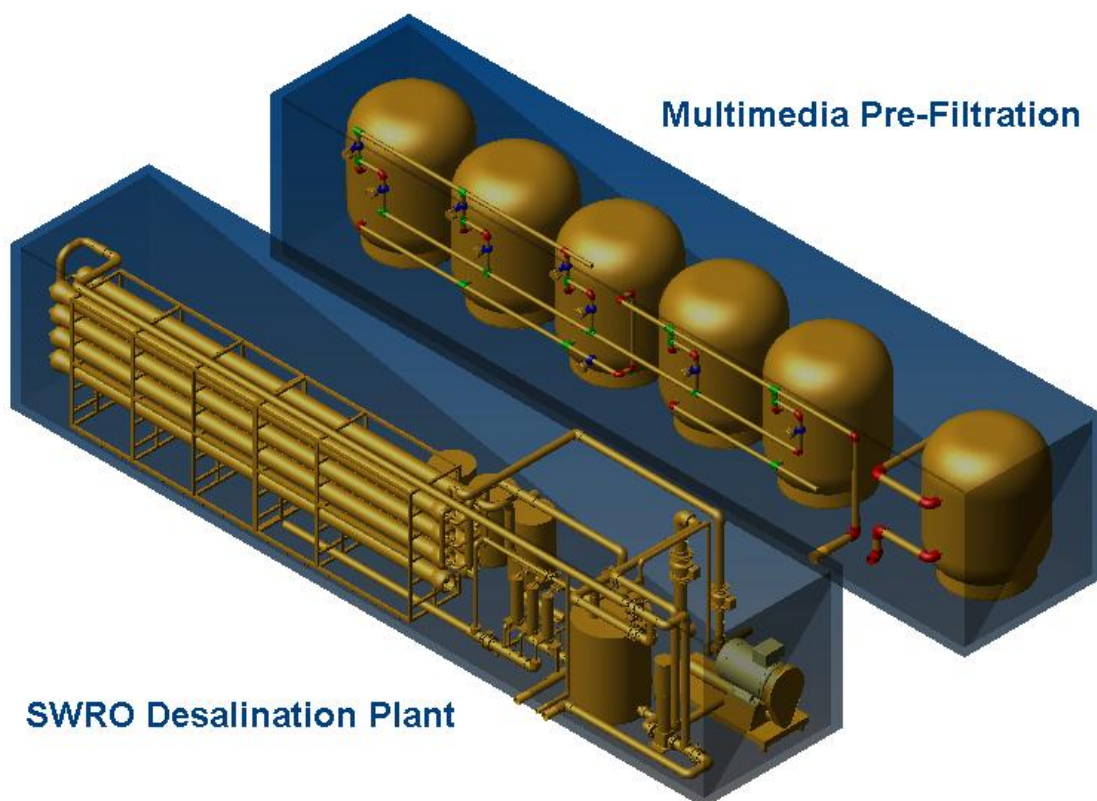
## **TRISTAR GROUP TECHNOLOGY:**

Tristar has developed and proven technology developments are all environmentally sustainable.

Tristar innovations may be described as based on the extraction of impurities, principally by way of membrane advancements, separation processes, whilst harnessing the inherent energies therein to deliver very low cost forms of power.

Included are:

1. Sewerage treatment plants for village application to city systems.
2. Desalination plants for small communities through to large population centres.
3. Biogas processes for recovery of methane and production of electricity from waste.
4. Edible oil membranes for production of high quality oils without heat.
5. Power cell units for homes through to industrial applications.
6. Fuel membranes for motor oil processes, etc.
7. Coal gas (methane) plant with extra-ordinary efficiencies.
8. Geothermal plants for energy production.
9. Sea / river power generation plants.
10. Separation of minerals from host ore bodies.
11. Propulsion propellers removing risk to wild life as well as enhanced versatility.
12. Alternator system with no moving parts.



## CONXTEL COMMUNICATIONS:

Conxtel Communications Limited is a wireless over satellite broadband communications carrier providing services through their patent pending Conxtel Community Hub

Through the Conxtel Community Hub customers will be able to receive a wide array of services from broadband Internet connections to telephone connections and video services using radio frequency spectrum.



Conxtel requires no pre-existing terrestrial infrastructure in order to deploy services in any area (it does not need to connect to a local carrier) and is therefore able to target rural, regional as well as suburban markets with inexpensive wireless subscriber units.

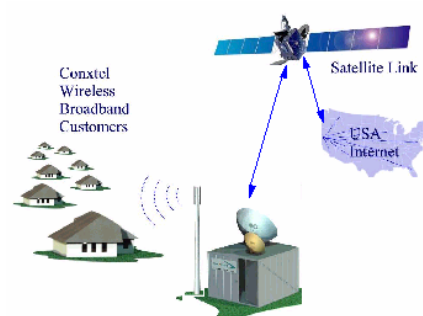
Conxtel's system makes efficient use of satellites as the source of entertainment, communications and information for communities. A single satellite from its position 36,000 kilometers above the earth can provide blanket coverage to nearly one third of the earth. Conxtel's satellite service partner of choice, PanAmSat, provides coverage over nearly 98% of the world's population, thereby allowing Conxtel's system to be deployed virtually anywhere demand exists.

Conxtel has the technical ability to rollout services to any region within 48 hours without the need to rip up streets or front yards. This gives Conxtel unique advantages over cable and wired technologies because it can be deployed rapidly and at a fraction of the capital costs.

Conxtel's topology enables high performance Internet access using a burstable link via satellite direct to the U.S. backbone and high speed peer to peer computing within the wireless network.

Conxtel's system is scalable from a small capital cost base. Conxtel can target a community with a "build as they come approach". This means Conxtel sites can be economic on very low subscriber numbers (from 500).

Conxtel brings its customers the freedom associated with wireless connections. Conxtel "future enables" its customers to go beyond the domain of their PC to enter the domain of connectivity using mobile and personal devices (PDA's, Laptops, Handheld PC's).



# NEW BIOSPHERE AGRICULTURE

## "Beacons of Light"

### around the globe

