

GLOBAL NEWS
BRICS changing the world order

REVIEWS
Books & Film

SCIENCE
Harnessing scalar waves

NEXUS

THE ALTERNATIVE NEWS MAGAZINE

**Seeing double:
doppelgängers or
bilocation?**

**Julian Assange on dangers
of a powerful state**

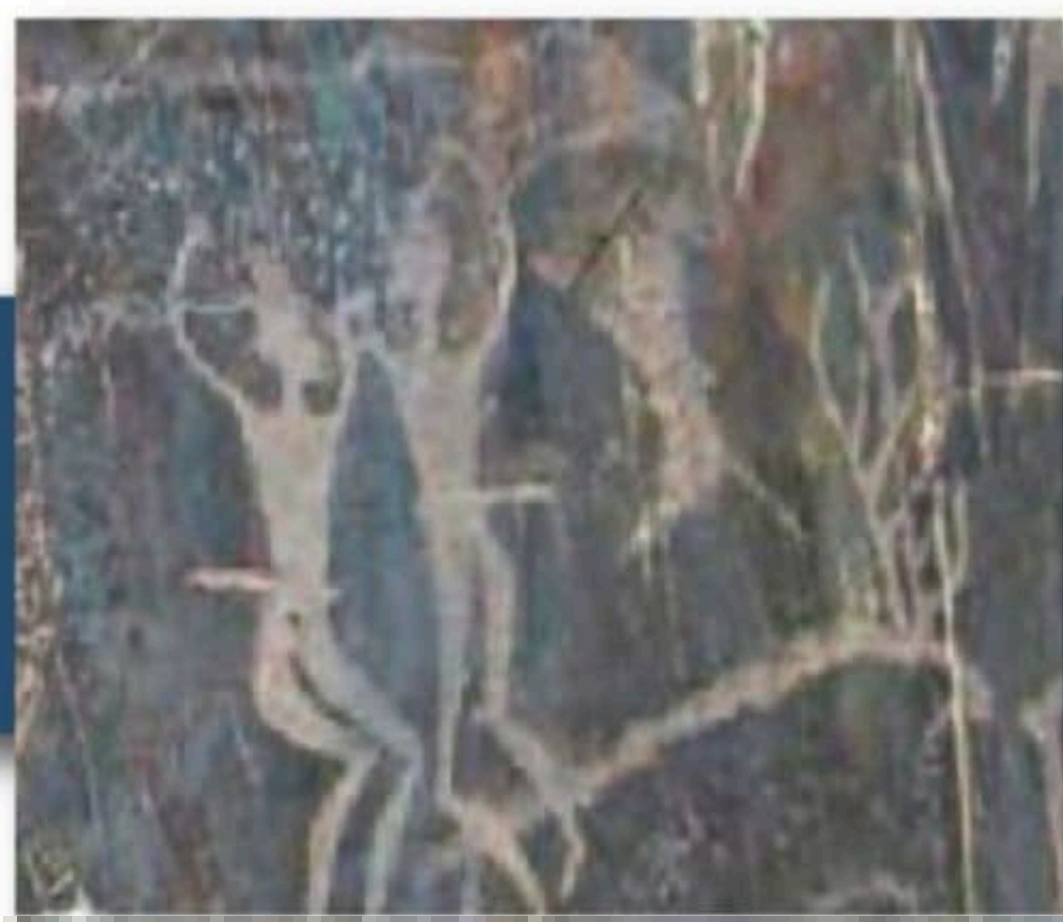
**Animal mutilations
in Australia**

**Vitamin C uptake:
glucose no longer
a villain**

**Giza Plateau's
incredible solar
alignments**

**Healing properties
of urine therapy**

December 2024–January 2025
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**Aliens source free quantum
mechanical energy in Uzbekistan**



NEW SECRETS OF ANCIENT EGYPT – GROUNDBREAKING DISCOVERIES

A ROYAL EVENING

WITH

DR. ZAHİ HAWASS

THE WORLD'S MOST FAMOUS ARCHAEOLOGIST

USA & CANADA GRAND LECTURE TOUR
MAY – AUGUST 2025

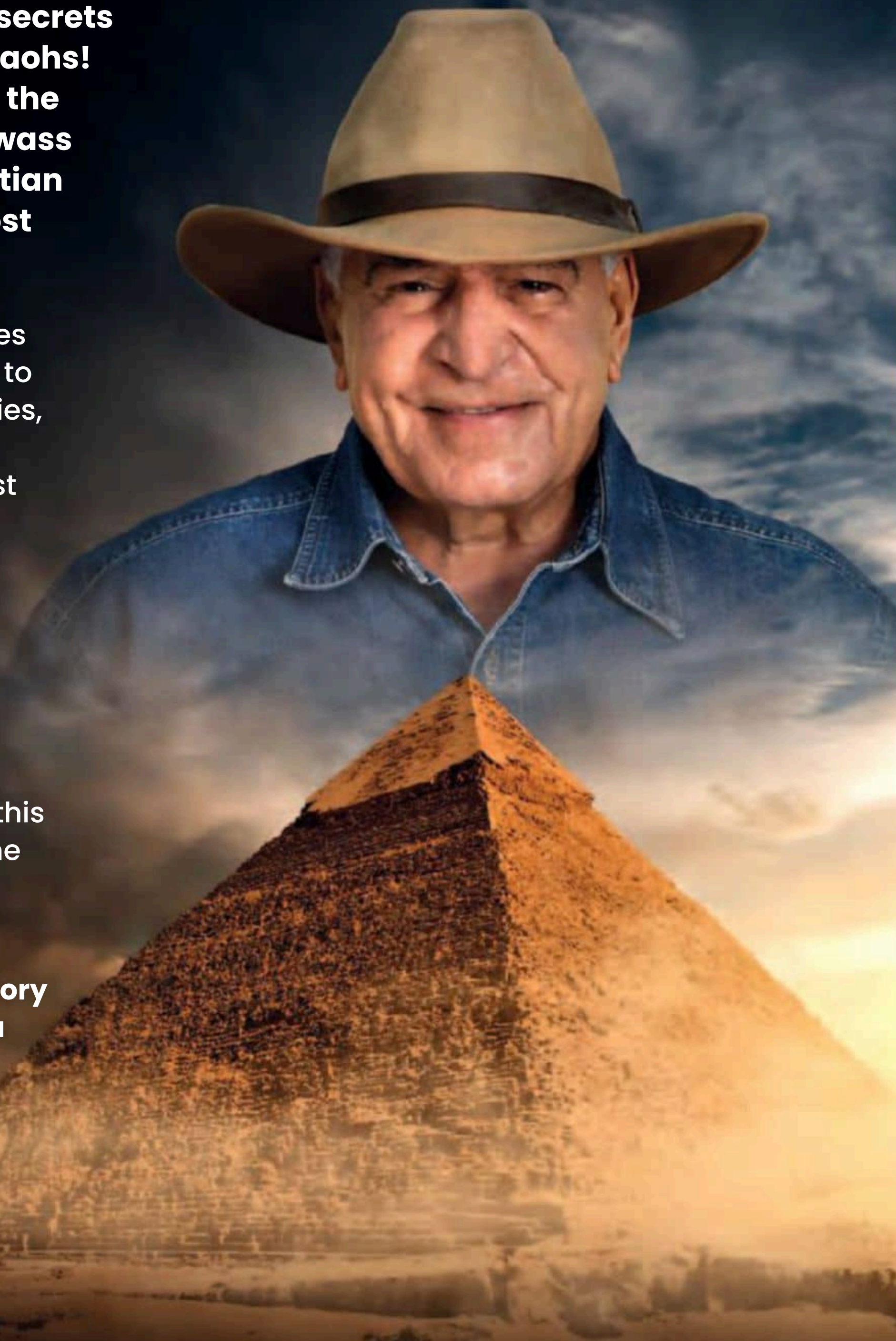
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Cover graphics: Lee Brogan

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EDITOR
Duncan M. Roads
Email: editor@nexusmagazine.com

MANAGING EDITOR
Jenny Hawke

DESIGNER
PRODUCTION MANAGER
Lee Brogan

NEWSFEED EDITOR
Lynelle Roads

ADVERTISING MANAGER
Alexander Allen
Email: advertising@nexusmagazine.com

CONTRIBUTORS THIS ISSUE
Owen R. Fonorow, PhD, ND
Julian Assange
Martha M. Christy
Sanja Korlaet BSc (Hons), BLitt
Mireille Thibault
Sheryl Gottschall
Paul Stonehill
GreenMedInfo Research Group
University of Ottawa

PRINTING
Spotpress, NSW, Australia

HEAD OFFICE – All Correspondence
PO Box 307, Maleny, Qld 4552
AUSTRALIA
Tel: +61 (0)7 5442 9280
Website: www.nexusmagazine.com

NZ OFFICE – 88C Hansen Rd
RD 1, Kerikeri 0294
NEW ZEALAND
Tel: +64 (0)9 4051963
Email: lee@nexusmagazine.com

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EDITORIAL

Consider Everything; Believe Nothing

This editorial is being written on the morning of 14 November 2024, and the events on the stage of international geopolitics show no sign of easing off. On the contrary, I think the action is only just beginning. But how to interpret it?

This planet has a history of powerful people grouping together for periods of time in order to achieve certain goals. These goals historically are not just physical control of land and resources—they include control of narratives. If your team can get everyone in a certain area to believe in your version of reality, then people will perpetuate that narrative down through the generations—until of course, a new narrative is needed and imposed.

The first and primary narratives that are installed, relate to what we would call the religious or the spiritual narratives. Ideally you would keep a few of these running and set them against each other in the form of conflicts in order to keep the population occupied and motivated. Speaking of which, I note that conspiracy thinkers are very divided on which of the three Abrahamic religions are at the "top" of the control pyramid: You have plenty that claim the Roman Catholic Church controls and owns everything via the Pope and Jesuits; then there are narratives that claim the Jews control everything as outlined in the infamous *Protocols of the Elders of Zion*; and finally we have claims that Islam is at the top, via its control of the very top of the secret societies of the world.

In the past couple of centuries however, a whole new control narrative was inserted. We generally refer to this one as "science". Evolution challenged creationism, germ and contagion theory led to vaccinations, and studying matter led to the removal of any scientific investigation of things spiritual. Today we are being repeatedly told that our human existence is a threat to the entire planet.

For better compliance and control it was decided to reduce the intelligence (IQ) of the general population. This was done via low dose poisoning of the food, the water and the air with agricultural chemicals, vaccines, water fluoridation, EMF and media. Our IQ is now so low that we don't even know we've been dumbed down—not to mention that a growing number of educated people now believe the Earth is flat.

We recently saw millions of humans being punished for non-compliance with the COVID-19 narrative, and we are seeing millions of humans in the West being punished for non-compliance with the "climate change" narrative. Non-compliance of the new narrative is what the powers that be are currently focusing on. Laws are being put in place that make it a punishable crime to write, speak or even read non-approved information. This is in place in parts of Australia, New Zealand, Canada, the USA and Europe. The situation is dire. In more and more of these countries, child rapists no longer automatically end up in prison, whereas the wrong social media post can land you in jail for years.

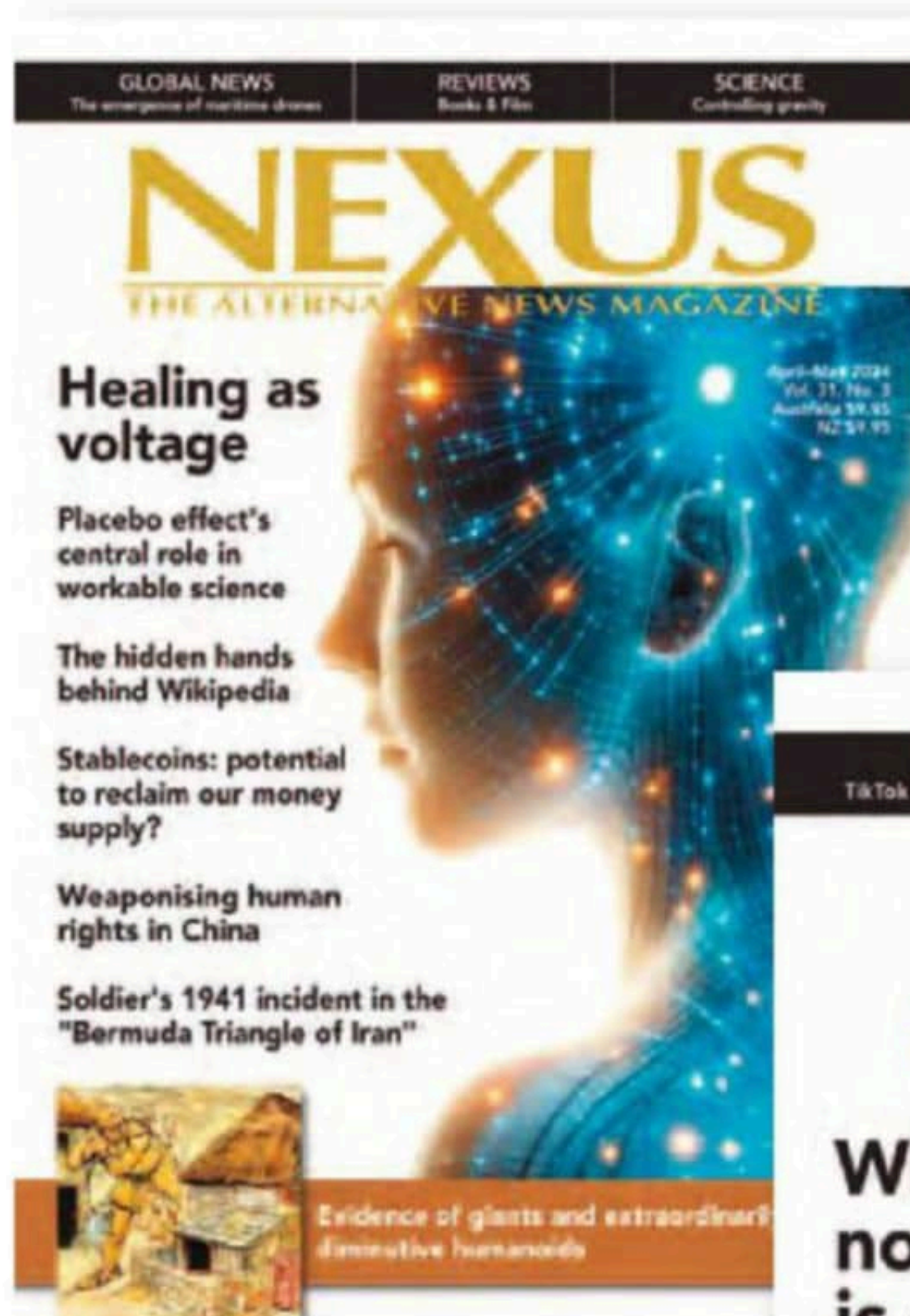
And amidst all of this, the next control narrative has already started—it is the narrative that we are not alone in the Universe, and that we are being visited by beings that are a threat to humankind.

In these times, it is important to consider everything, but believe nothing. For it is your beliefs that they want to harness and use to stay in power.

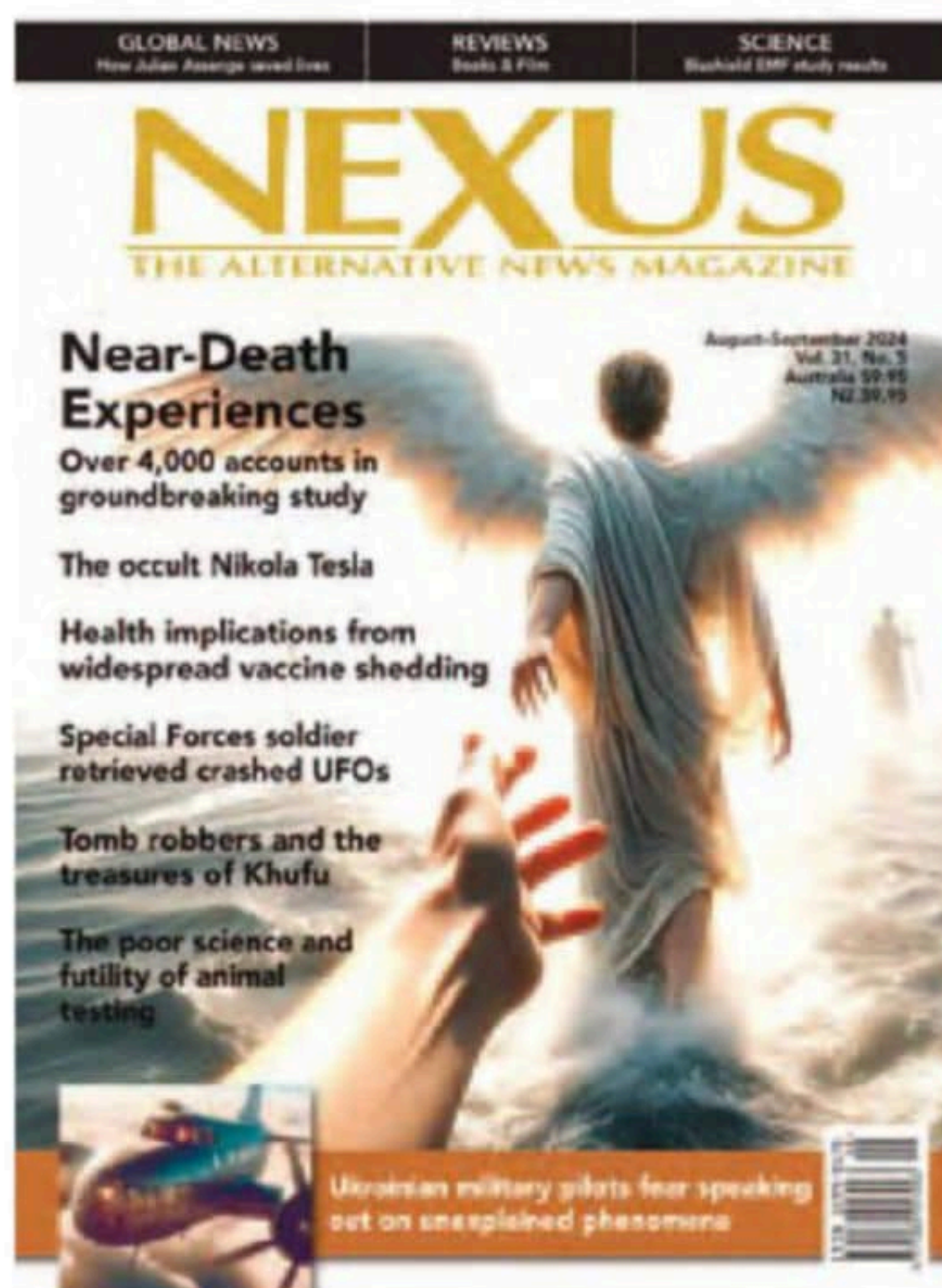
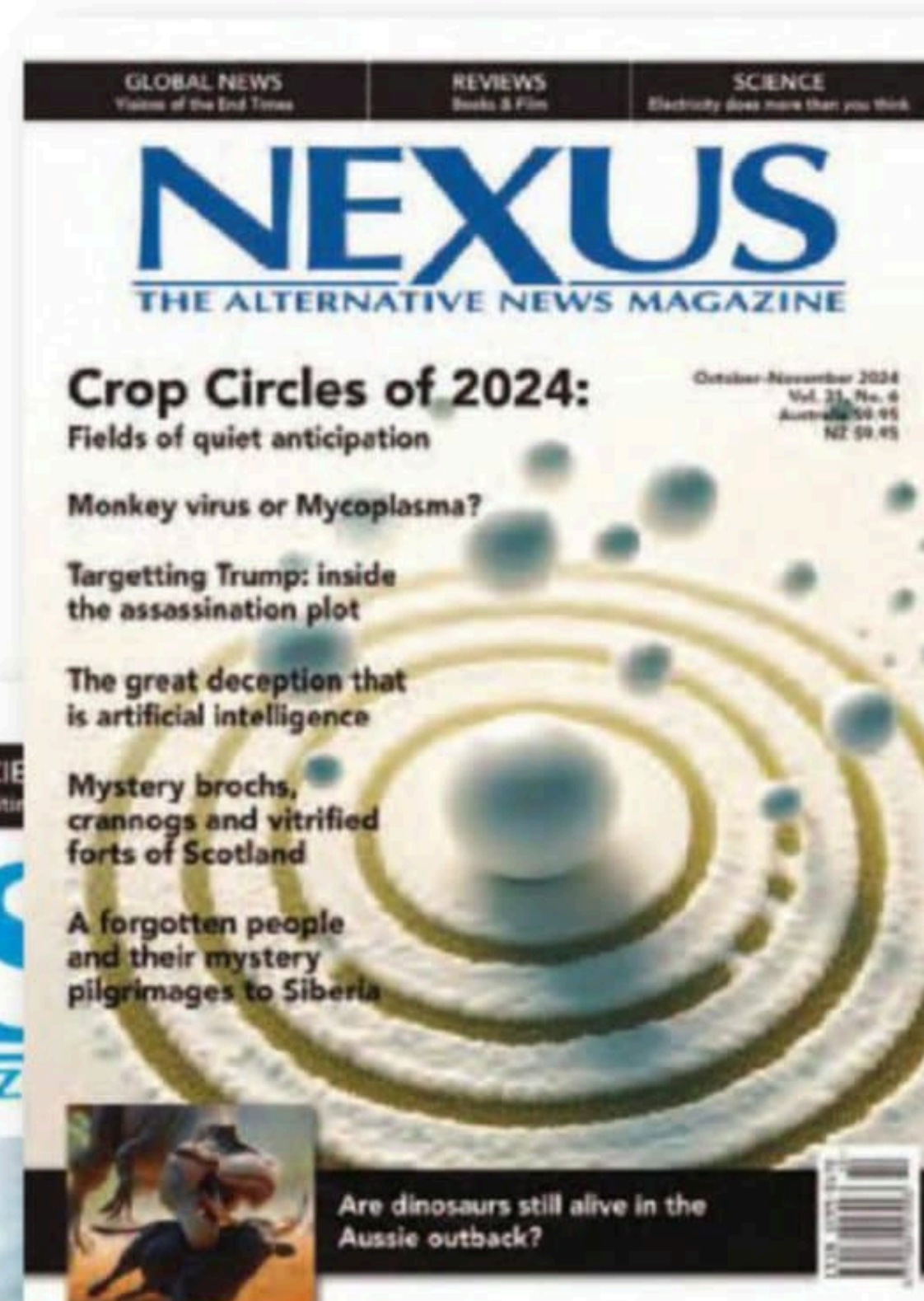
– Duncan

If your team can get everyone in a certain area to believe in your version of reality, then people will perpetuate that narrative...

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LETTERS

Latest Issue Love

Hello again, Duncan: I received my copy of NEXUS yesterday and couldn't put it down! Ditto my friend Barry! We both feel that it has been the best this year.

Most impressed by Brandon's visions and wonder if you can update readers with his latest vision in the context of anybody else coming up with something similar or global developments being precipitated by the ungodly swine!

What a super collection of articles!

With all good wishes to the team and yourself.

Harry A, Earth

Lithium Battery Fire Dangers

Dear Editor: A truck carrying lithium batteries erupts in flames and blows up! Sign of things to come? But no, it's already happening on a daily basis! Houses catching on fire, cars in garages catching on fire! In Taiwan underground car parks will ban electric vehicles due to the danger of lithium batteries. What happens when an electric car is involved in a collision or simply rear ended? These serious questions need to be investigated. I don't want to risk my family's life in such an accident just waiting to happen!

Ziggy K., Australia

Crop Circles of 2024

Hi Duncan: I loved the crop circle photos of 2024. I thought it was the most comprehensive assembly yet and pertinent to current events, but was surprised the text made no mention of a relevant subject.

I just happened to be reading a book containing a massive amount of symbols, and upon looking at the crop formations, thought some looked familiar and checked back to the book. Yes, several are depicting the oscillation symbol. Already I recognised many were of gates and portals. One looks like a stylised topographical wormhole structure.

Even the front cover is the gate symbol with optional planets of origin. Recently I saw some information that said the way the ships accelerate so fast is by changing frequency to a pocket universe frequency. Maybe that is detailed too here—my science is not up to recognising, but I can recognise that many circles are of technical information.

Thanks and love always,

Virginia

[Thanks Virginia, what was the name of the book? Ed.]

Ocean Temperatures Plunge

Dear Duncan: I'm reading the latest issue of NEXUS, and in the Global News section, one of the items is titled "Party Over for Alarmists as Ocean Temperatures Around the World Plunge".

The little article didn't mention that this was predicted some years ago by Professor Valentina Zharkova who discovered that the Sun has two magnetic fields, not one, and the interaction or lack thereof between these two fields either amplifies or dampens solar activity.

And for the first time in many decades the two fields have separated from each other for what will be the next three 11-year solar cycles, meaning almost no magnetic field disruptions on the Sun and thus minimal sunspot counts from 2019 or 2020 until 2053.

This phenomena will create what will very likely be another Maunder Minimum such as the Earth experienced from 1645–1715 or at the very least like the Dalton Minimum from 1780–1830.

During these two periods global temperatures dropped and large ocean areas froze. You could walk to Sweden from Denmark, walk to Manhattan Island from Staten Island and the Thames river froze so regularly that ice "fairs" were held on it, within sight of London Bridge often during the winters from the

1680s to the last one in 1814.

I've noticed locally the increased instances of snow. We used to get snow about once every two or three years. Now we are getting it two or three times a year and winter has lasted longer for a few years now.

Hope this is fun stuff for you.

Rick Pilotte, USA



Erich von Däniken

Dear Duncan: I'm watching for the second time Erich von Däniken's *Ancient Aliens at War: Disguised as God's Servants* video, which unfortunately was not longer, and was a breath of fresh air after watching the second of the Graham Hancock interviews.

Hancock's theories appear to be more influenced by his psychedelic and other drug experiences, compared to Erich von Däniken's greater historical research, coupled with his creative imagination and natural intelligence. If I were to bet upon the historical accuracy of the two, I would put 100 per cent on von Däniken. He has my alchemist's gold!

Kind regards,
Philip D., UK

ETs Living on Earth

Dear Editor: In 2009 I met an American tourist who had been solo touring through Rajasthan in India. He had some interesting things to say, as follows:

"Once, on a local bus I sat next to a middle-aged man who introduced himself as a village schoolteacher. We had to spend many hours of our daytime journey together, so I befriended him and soon the teacher started talking about his incredible life story.

"Eventually, the teacher said that he had been teaching in a government school in a village somewhere near Jaisalmer. He claimed he had taught many special hybrid children with ET fathers.

"It seems 1–2 years after the first nuke test of 1974, India was considered a major Earth power, and the government of India was contacted by an advanced alien group who claimed to have originated from planet Venus.

"A team from the Indian Army and DRDO was chosen for first contact in the Thar desert. The ETs were seven-feet-tall, well-built humanoid giants, who looked like the warriors from the Mahābhārata era. Their saucer once transported an entire hill to another location in seconds.

"The Venusians claimed to be Kumaras, the descendants of Ra group who had interacted with humans in the ancient past. They entered into an alliance with India and wanted to contribute to Indian growth. After further deliberation with government, a hybridisation program was to be established around 1980.

"Few villagers were chosen for the project. Some of the villagers were requested to volunteer their 18+ unwed daughters to the "devatas" from Venus. Surprisingly, upon meeting these ET devatas, the conservative villagers and the young women seemed to agree with little hesitation!

"The girls spent a night with the ET men in rooms constructed at the place where the hill was earlier present. Post delivery months later, they handed the babies to their parents for upbringing and were later married off normally. To the rest of the village, these special kids who looked human were the child of the woman's parent to avoid any social stigma for her, due to the pre-marital nature of the ET encounter. These kids had a very high IQ and were physically very strong. They were regularly monitored by teams

from the military intelligence.

"Once a special kid with some relatives was travelling in a tractor trailer for a social function and got hit by a train at an unmanned crossing. While most passengers died, this kid who flew many dozen feet and dropped to the ground had only minor injuries! Once grown up, these special kids were taken into military and various R&D roles with defence PSUs and are currently playing a stellar role in various top-secret projects."

At least 57 different ET races are currently visiting Earth—some friendly, some hostile or neutral—and they have numerous deep underground bases from where they operate and collaborate with different militaries.

Many IAF MiG-21s were lost in the 1980s and 90s while attempting to intercept the uncloaked unidentified flying saucers over Indian airspace and other suspected extraterrestrial spacecraft who could jam the fighter planes and disable them effortlessly.

Name withheld

WHO and the One Per Cent

Hi Duncan: If there is one sure thing that gets my attention, it is mention of the World Health Organization (WHO). Richard Giles's October–November letter is a case in point. His comments that we either conform or shut up in regard to this health quango are so relevant during these times of the ongoing populist ideas among the one per cent.

Along with the UK, and some other countries who have now approved the amendment to Article 18 of the WHO's International Health Regulations (forcibly dragging their respective populations into a mire of restrictive health policies), they have, without proper due care and oversight, given one of the most dangerous organisations ever to exist the power it has always craved—to be able to control and dominate health

care worldwide. And what is worse, millions of taxpayers will be funding the devious activities of the WHO with millions of pounds/dollars every year. It will be this organisation that promotes and introduces yet more vaccination programs which will be mandatory (if not mandatory, promoted as something we all need to do to save ourselves from some future imaginary health-type abyss, like COVID-19).

As I read about Pastor Brandon Biggs and his visions—I had a question. Perhaps he could let all of us NEXUS fans know if our favourite mag will be around to educate and entertain us far into the future? I hope so... :)

Ray Howes, UK

The AI Pipe Dream

Dear Editor: In response to the article, "The Great AI Deception", I agree that the beliefs of those creating these AI bots are nothing but science fiction and pipe dreams created by those who cannot think too far ahead. If the bots are collecting data from the posts and other material people post, it is up to those with the ability to think critically to be feeding them some truthful information for the record.

The bot creators are in fact lazy creators and have set their bots to collect data from the population of the world no matter what the source. This is done so that the creator does not have the hard task of programming the bots. The result of this is going to be that the bots will be full of junk information written by 70–90 per cent of the world slaves and will be of the same level of quality as the slave mentality. By the time the AI creators realise what they have done they will be unable to control their AI Frankenmonster and it will become useless to them.

Such a pity they choose to live in their pipe dream world that can never actually come into reality.

Debbie G., France



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– Martin L. Pall, PhD

See Science News, NEXUS Magazine, volume 25, number 6
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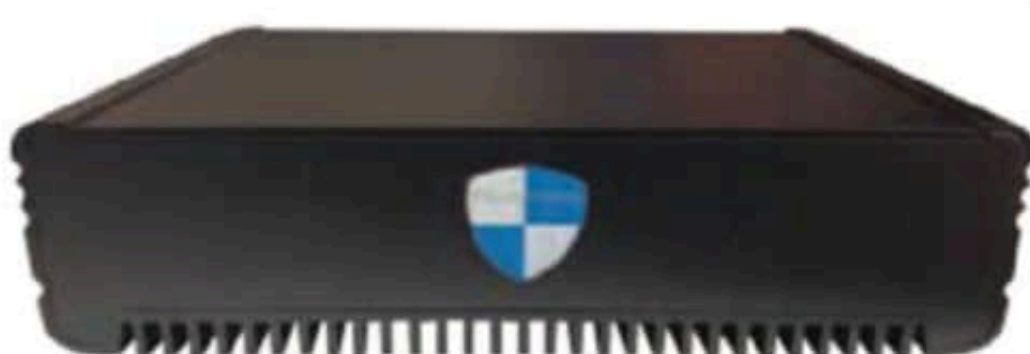
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Area Coverage	1 Person Coverage	1 Person Coverage	Medium to Large Area Coverage	Large Area Coverage	Large Area Coverage
Battery Size	400 mAH	500 mAH	12V Power Supply	12V Power Supply	12V Power Supply
1 x Charge	3+ days	4+ days	Mains Powered	Mains Powered	Mains Powered
Charge Time	1+ hours	2+ hours	No battery	No battery	No battery
Output Type	Dual Band Scalar	Dual Band Scalar	Dual Band Scalar	Dual Band Scalar	Dual Band Scalar
Working Voltage	3.7V	3.7V	12V DC	12V DC	12V DC
Power Consumption	2 mA	2 mA	12 Watts	12 Watts	12 Watts
Safety Certified	Compliant	Compliant	Compliant	Compliant	Compliant
Size mm	85 x 35 x 11	95 x 45 x 9	100 x 100 x 115	140 x 100 x 40	100 x 100 x 100
Weight g	100 g	100 g	650 g	390 g	750 g
Protection Strength	Level 5	Level 5	Level 8	Level 9	Level 10

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KUWAIT SUSPENDS SERVICES TO THOUSANDS FOR FAILING TO SUBMIT TO DIGITAL ID

Kuwait has forced over one million citizens to hand over their biometric data in one of the most extreme pushes for digital ID.

Kuwait introduced a national electronic ID (eID) that they say will assist with identification verification, digital signatures, E-government access, and the secure exchange of data. The deadline to file for this mandatory program was September 30, 2024, and the consequences for failing to comply were swift.

On October 1, the Ministry of Interior announced that those who failed to submit their data would be prohibited from all electronic services such as withdrawals, transfers, and account transfers.

One cannot even withdraw cash. Around 35,000 people have been blocked out of their bank accounts and are unable to even view the balance.

A few weeks later, those in noncompliance had their electronic bank cards deactivated. Visa, Mastercard, and KNET all abided by the government's rule.

Beginning on November 1, The Kuwait Banking Association stated it will implement a "complete block" on all accounts, which means one cannot even withdraw funds if they go to the bank in person.

The government has reported an uptick of 6,000 new registrants per day compared to 600 since they began blocking citizens from accessing their own bank accounts. (Source: *Armstrong Economics*, 28 October 2024, <https://tinyurl.com/2a3eg68r>)

UK REQUIRES RESIDENTS TO REGISTER CHICKENS AS PART OF ITS WAR ON FARMING

Beginning in the fall of 2024, anyone in the UK who owns a single chicken in England, Scotland and Wales was required to register their bird before October 1, 2024. The previous law required anyone with 50 or more birds to register, but the government now wants to know who may have access to eggs and meat. Poultry keepers must renew their registration every 12 months.



The Department for Environment, Food and Rural Affairs (Defra) claims that they are simply attempting to prevent diseases from spreading. Are the people who own a handful of chickens really contributing to the spread of the bird flu? Why should people who own a single bird be required to maintain a permit with the federal government? This is government overreach at its finest.

Make no mistake about it, these measures are intended to control the food supply. Will the people of the UK protest or fail to adhere to this asinine law? Germany already requires citizens to register their chickens, and other nations will follow the WEF agenda.

(Source: *Armstrong Economics*, 14 June 2024, <https://tinyurl.com/2ce6lloa>)

HEALTH MINISTER ADMITS INTEL SERVICES CONTROLLED COVID-19 RESPONSE

The Dutch Health Minister, Fleur Agema has admitted during a debate on "resilience", that her country's COVID-19 response was dictated by its intelligence service (NCTV) and the Ministry of Defence—and that it followed NATO obligations.

The information has shocked the general public as the realisation that the military intelligence deep state was effectively running media campaigns against the public, while using its resources to identify and criminalise dissenting voices.

The NCTV has been accused of committing a "coup d'état" and that it is now a "shadow government", awaiting the next "emergency" to be declared.

Critics from the medical world have reacted to Agema's revelation, including medical ethicist Wendy Mittemeijer: "For the first time in four years, I hear a public admission that the NCTV was in charge during the corona crisis... It was a military operation. This was not allowed to be said for four years. That was a conspiracy theory."

In the USA, Robert F. Kennedy Jr has repeatedly stated that the production of the COVID-19 vaccines in the US was a military operation.

(Source: *Outraged.substack.com*, 6 November 2024, <https://tinyurl.com/4wu74whx>)

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EXPERTS WARN OF RNA CROPS AND PESTICIDES THAT CAN REWRITE OUR GENES

Imagine a technology that could genetically rewire organisms in real-time, silencing critical genes across entire ecosystems with unknown effects. It's the reality of a new class of pesticides harnessing RNA interference—or RNAi—and they're already being deployed in our fields and food supply with minimal testing or oversight. According to experts, the risks could be catastrophic.

In 2020, a groundbreaking report from Friends of the Earth (FoEI) rang the alarm on the dangers posed by gene-silencing RNAi pesticides. According to the report, these products can genetically modify organisms in the open environment, with risks of unintended effects on non-target species, human health, and the integrity of organic and non-GMO agriculture.

Despite these risks, RNAi pesticides face little to no regulatory scrutiny in most countries, and some have already been approved for use.

RNAi works by using small RNA molecules to interfere with and "silence" the activity of specific genes. While that may sound precise, the FoEI report emphasises that RNAi technology is prone to "off-target effects," meaning it can unintentionally silence genes in non-target organisms.

Since many genes are conserved across species, a pesticide designed for one insect can end up harming beneficial pollinators, soil microbes, or even humans.

What's more, the alteration caused by RNAi can be passed down to future generations, meaning that a single application could spark uncontrollable ripple effects.

The Friends of the Earth report dubs RNAi pesticides "a vast, open-air genetic experiment," with entire ecosystems at risk.

Because they're sprayed directly



into the environment, controlling exposure is nearly impossible. Any organism that takes up the interfering RNAs could have its genome tinkered with. Some evidence suggests that ingesting RNAs from our diet may even influence human gene expression.

There's also a risk that RNAi sprays could alter the genetic makeup of the very crops they're meant to protect, changing nutritional content or toxicity in unpredictable ways.

What's particularly concerning is that the off-target effects of RNAi pesticides may extend beyond the farm and into the bodies of consumers. A 2008 study funded by Monsanto revealed that numerous small RNAs from corn, soybeans, and rice had perfect sequence complementarity to human genes. While Monsanto pointed to this finding as evidence of safety, the reality is far more complex and troubling.

As the study showed, there are numerous plant RNAs with sequences identical to human genes. If these dietary RNAs are indeed able to influence human gene expression, as mounting evidence suggests, then the genetic rewiring of our food crops with novel RNAi molecules could have far-reaching and entirely unpredictable effects on our health. (Source: *GreenMedInfo.com*, 7 November 2024, <https://tinyurl.com/2cnvqdgx>)

ALUMINIUM FOIL IS A MAJOR SOURCE OF ALUMINIUM EXPOSURE

Research published in *Environment International* revealed aluminium foil and containers used in food preparation contribute to your body's aluminium burden.

Aluminium has been linked to various health issues, including neurological problems and bone disorders.

What's more, your body may struggle to eliminate excess aluminium, especially if you have impaired kidney function.

The research, a first-of-its-kind human intervention study, explored whether consuming food prepared with aluminium foil and containers leads to increased aluminium levels in the body.

This increase was reversible in healthy adults with normal kidney function—once the exposure to aluminium cookware ceased, aluminium levels returned to baseline within days.

The findings were clear: consuming food prepared with aluminium foil and containers led to a measurable increase in aluminium levels in the body.

A study published in the *International Journal of Environmental Research and Public Health* also found aluminium leaches into your food when you cook with aluminium foil. (Source: *Mercola.com*, 6 November 2024, <https://tinyurl.com/29f3qcwb>)

UNNOTICEABLE ELECTRIC "ZAPPING" COULD REDUCE SKIN INFECTIONS

Using a few zaps of electricity to the skin, researchers can stop bacterial infections without using any drugs. For the first time, researchers designed a skin patch that uses imperceptible electric currents to control microbes. The results appeared on October 24 in the Cell Press journal *Device*.

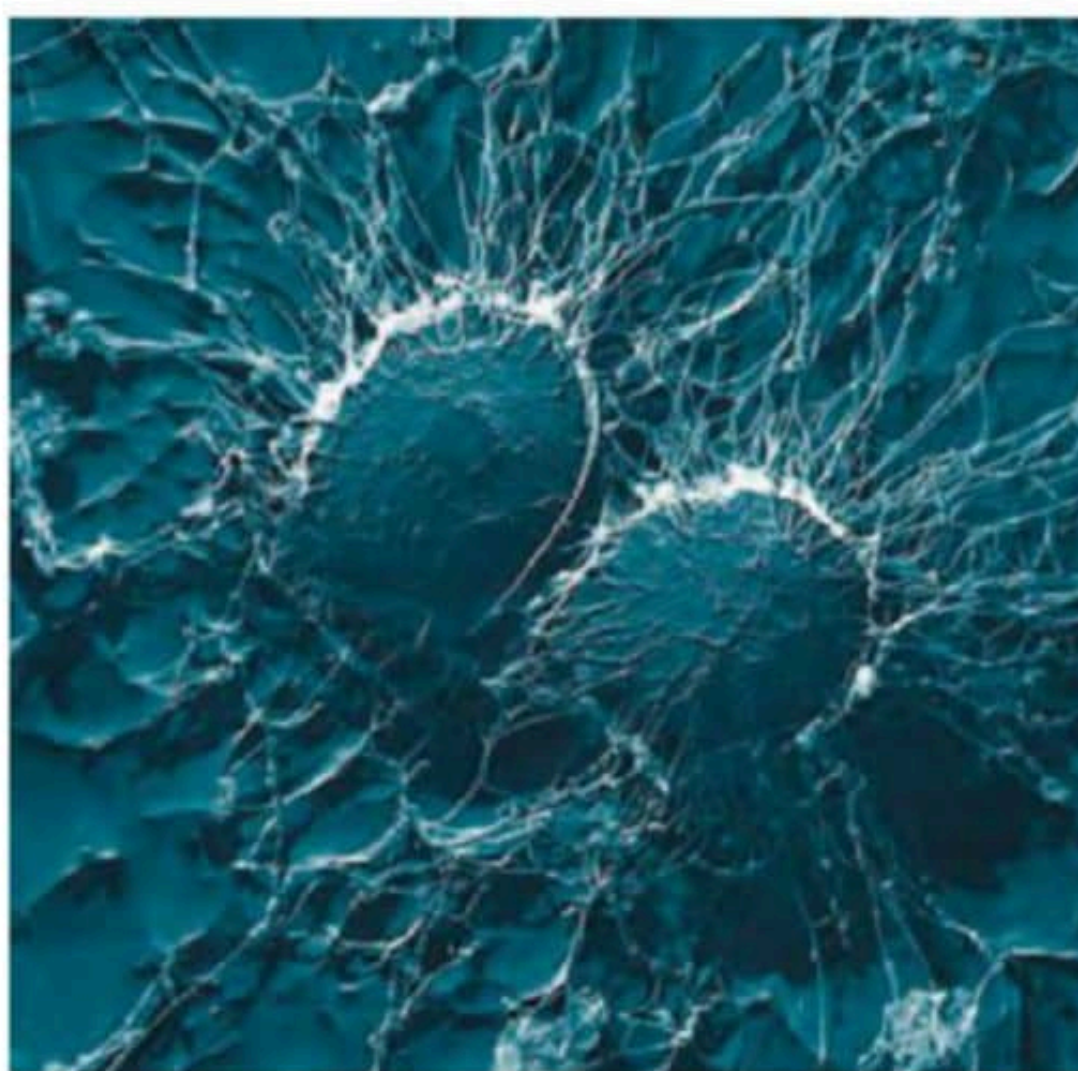
"This opens up exciting possibilities for drug-free treatments, especially for skin infections and wound healing, where antibiotic-resistant bacteria pose a serious challenge," says University of Chicago's Bozhi Tian, one of the paper's co-senior authors.

Scientists have already been using electricity to manipulate mammalian cells, including those of humans, and to treat diseases without using medicine.

Tian and his team wondered if they could manipulate bacteria using electricity instead of antibiotics, a traditional approach that gave rise to the global antibiotic resistance crisis. Due to antibiotic overuse in humans and livestock, many microbes have evolved and become resistant to current drugs, rendering them less effective over time.

The team set out to test if *Staphylococcus epidermidis*, a common bacterium on human skin, would respond to electrical stimulations. *S. epidermidis* is generally harmless and can even protect the skin from pathogens. But when it enters the human body through a cut or medical procedure, such as a catheter, it can cause serious infections. Recently, three strains of *S. epidermidis* resistant to all classes of antibiotics have emerged.

"Because *Staphylococcus* is part of the microbial ecosystem that naturally exists on our skin, we prefer not to eradicate it, since their complete absence on our skin could



cause other problems", says the paper's other co-senior author Gürol Süel of the University of California, San Diego.

The team found that small electric currents can elicit responses from *S. epidermidis*, but only in an acidic environment. The researchers call this characteristic selective excitability. Healthy human skin is mildly acidic, but chronic wounds tend to be neutral to basic.

"Bacteria's response to electricity isn't well explored, partially because we don't know the specific conditions under which bacteria will be excited," says first author Saehyun Kim, also of the University of Chicago. "Discovering this selective excitability will help us discover how to control other bacteria species by looking at different conditions."

(Source: *ScienceDaily.com*, 24 October 2024, <https://tinyurl.com/2b93y5ye>)

JAPAN WARNS COVID-19 REPLICON VACCINES ARE "THIRD ATOMIC BOMB"

Some of Japan's most prominent scientists, doctors, immunologists, and academics are issuing unprecedented warnings about the new COVID self-amplifying "replicon" mRNA "vaccines".

They are warning that the "self-replicating RNA vaccines" are the "third atomic bomb."

The "replicon vaccines," named ARCT-154, were recently approved for public use by the Japanese

government and will be deployed later this month.

Dr Robert Malone, the inventor of mRNA technology, has just returned from Japan where he met with experts to discuss the new injections. Malone reported that there is an uprising emerging among the people of Japan.

Citizens had already been taking to the streets in protest over the previous COVID-19 mRNA "vaccine" campaign. Japanese protesters are also pushing back against interference in the nation's public health from outside globalist forces such as the United Nations' World Health Organization (WHO) and the World Economic Forum (WEF).

"I just came back from Tokyo where they had a 30,000-person rally because they're about to deploy self-replicating RNA vaccines," Malone said.

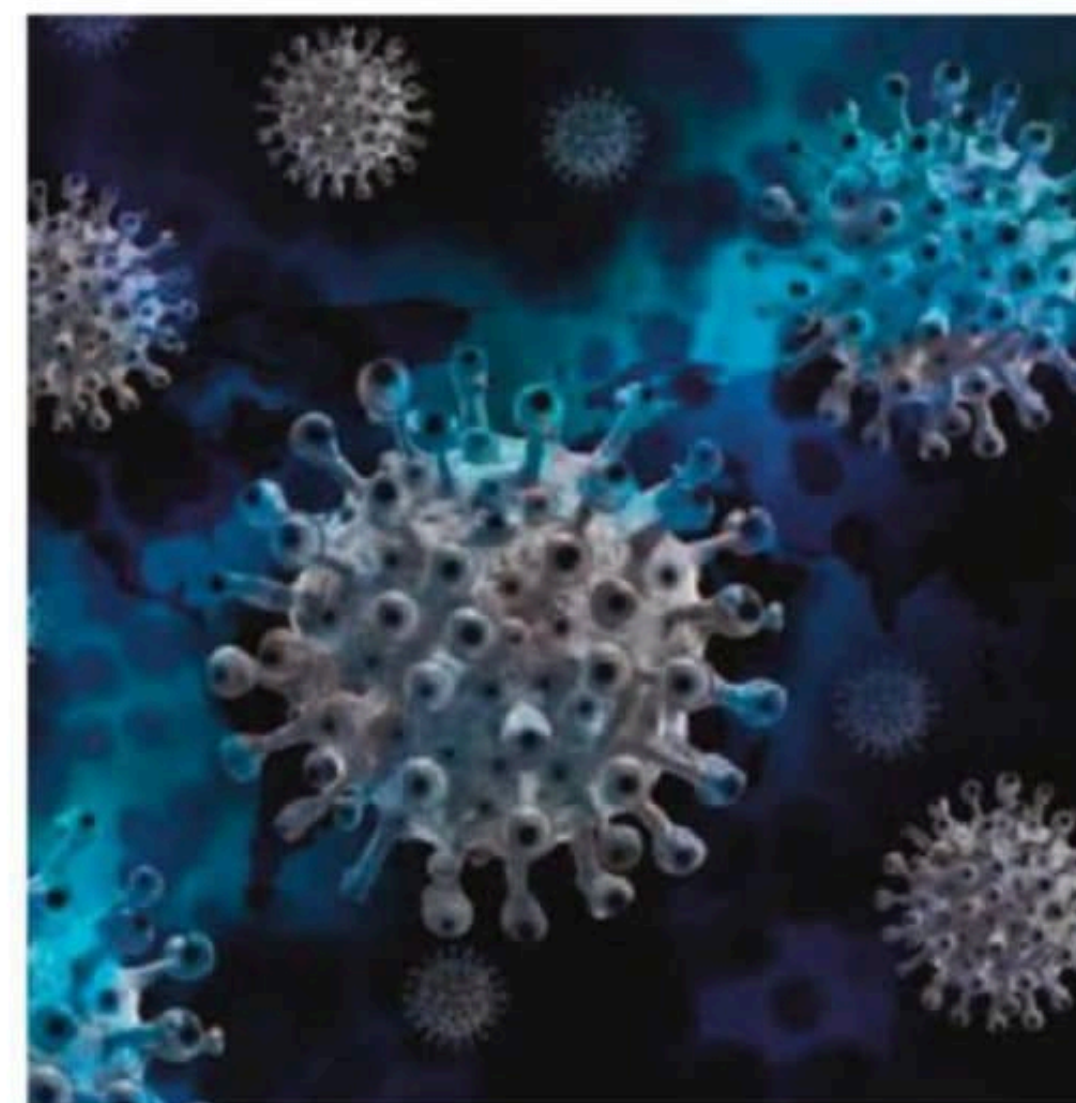
"The Japanese people are calling this the third atomic bomb."

Malone said the replicon "vaccine" was the product of the collaboration between three shadowy companies.

San Diego-based Arcturus Therapeutics, Melbourne-based CSL, and Tokyo-based Meiji Seika Pharma (MSP) joined forces to produce the new "vaccine."

Malone noted that the CEO of MSP threatened to "go after" critics of the experimental "replicon vaccine."

(Source: *SlayNews.com*, 8 October 2024, <https://tinyurl.com/n4c74awb>)



BABY MONITORS AFFECT SLEEP OF ADULTS

Does radiofrequency radiation impact sleep? A double-blind, randomised, placebo-controlled, crossover pilot study says yes.

In the study published in late October 2024, Dr Nicole Bijlsma and colleagues reported on the effects of radiation from a baby monitor on sleep—not the sleep of babies, but the sleep of adults.

The researchers, from RMIT University and the Australian College of Environmental Studies, exposed 12 healthy adults to baby monitor radiation of 2.45 GHz over a four-week period.

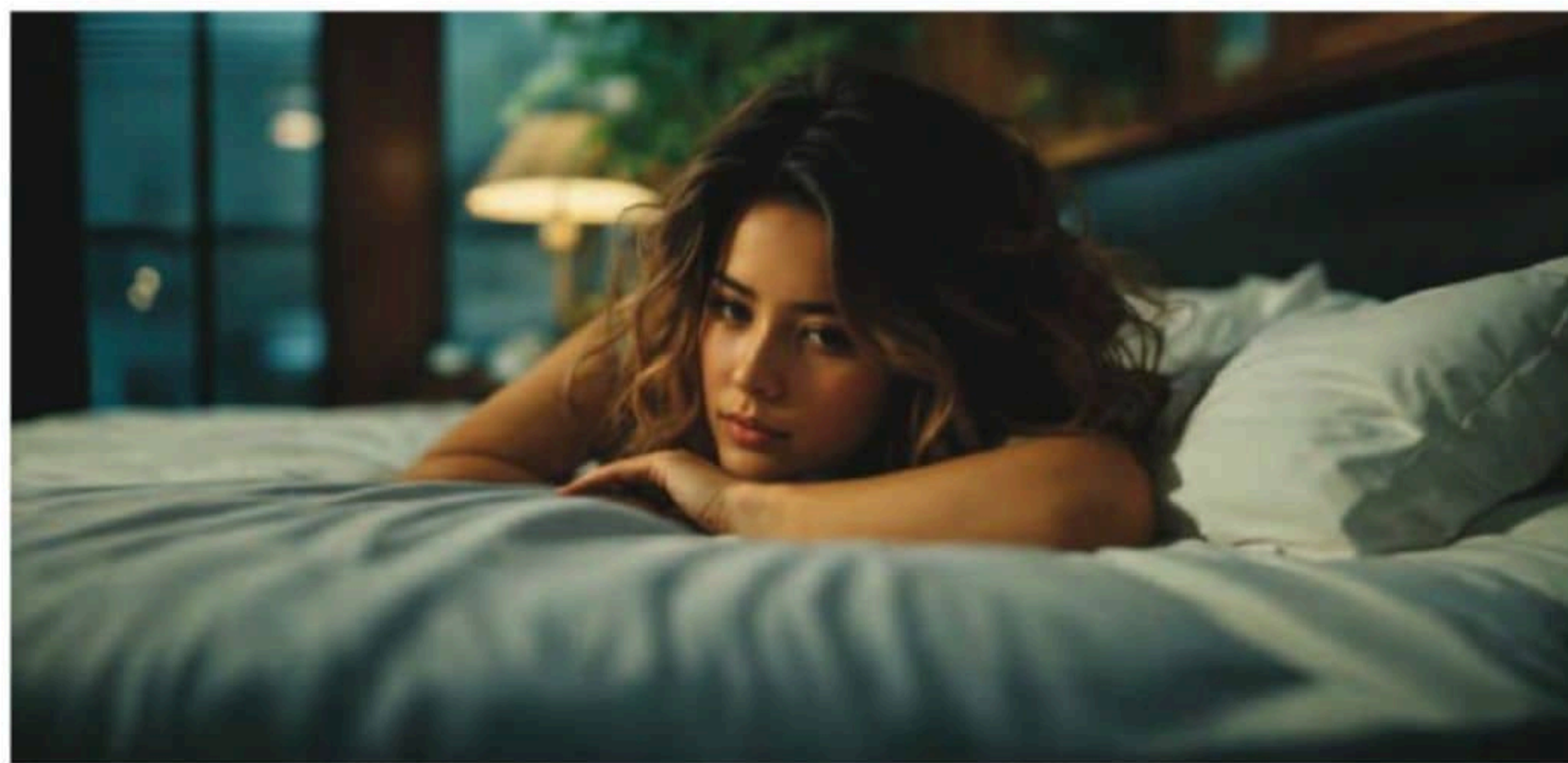
The results revealed some interesting effects on sleep.

- Participants reported poorer sleep when exposed to radiation from the baby monitor than when sham exposed.
- Some 27 per cent of participants had insomnia during the exposure.
- During exposure, participants showed changes in brain wave patterns in the theta, beta, and gamma frequencies.
- Some people reported more effects of exposure on sleep than others, particularly older women.
- Repeated nightly exposure may have cumulative effects on sleep quality.

"This is the first study to examine the impact of repeated exposure to 2.45 GHz radiation on sleep in real-world conditions," said Dr Bijlsma. "Our findings suggest that exposure to common radiofrequency devices may disrupt sleep for some people." The researchers recommended future studies to explore and elaborate the findings.

This study addressed the effects of radiation from a baby monitor on adults. We wonder what the effects would be on babies, given that their skulls are much thinner, they absorb more radiation and their brains are still developing.

(Source: *Frontiers in Public Health*, October 2024, *ResearchGate.net*, <https://tinyurl.com/26nnr3su>)



DRUG REGULATORS: THE REVOLVING DOOR KEEPS REVOLVING

Eight months after leaving his position as head of Australia's Therapeutic Goods Administration (TGA), John Skeritt has been appointed to the board of Medicines Australia, the peak body that represents the nation's pharmaceutical industry.

In an interview with *Medical Republic*, Skeritt said he was "doing an awful lot of stuff on building the messenger RNA framework in Australia, both therapeutics and vaccines," the very industry he was charged with regulating during the pandemic.

This has reignited concerns about the "revolving door" of drug regulators, whereby agency officials end up working for (or advising) the same industries they once regulated.

The TGA was approached for comment. In a statement, the agency said it "has no restrictions applied to what employment employees can take when they leave the department."

Medicines Australia did not respond to a request for Skeritt's disclosure statement (which board members are usually required to submit), and it is not a matter of public record if Skeritt has a financial interest in mRNA technology.

(Source: *Maryanne Demasi Reports*, 23 January 2024, <https://tinyurl.com/2ce3qvwu>)

MEMORIES ARE NOT ONLY IN THE BRAIN

It's common knowledge that our brains—and, specifically, our brain cells—store memories. But now, a team of scientists from NYU's Center for Neural Science has discovered that cells from other parts of the body also perform a memory function, opening new pathways for understanding how memory works and creating the potential to enhance learning and to treat memory-related afflictions.

"Learning and memory are generally associated with brains and brain cells alone, but our study shows that other cells in the body can learn and form memories, too," explains New York University's Nikolay V. Kukushkin, the lead author of the study, which appears in the journal *Nature Communications*.

The researchers add that the findings not only offer new ways to study memory, but also point to potential health-related gains.

"This discovery opens new doors for understanding how memory works and suggests that in the future, we will need to treat our body more like the brain—for example, consider what our pancreas remembers about the pattern of our past meals to maintain healthy levels of blood glucose or consider what a cancer cell remembers about the pattern of chemotherapy", says Kukushkin. (Source: *NYU.edu*, 7 November 2024, <https://tinyurl.com/28lc8mqb>)

MAJORITY STILL APPROVE OF THE UN BUT SUPPORT IS DROPPING GLOBALLY

In 2024 people around the world generally see the UN in a positive light. A median of 58 per cent across 35 countries have a favourable view of the organisation, while 31 per cent have a negative view, according to a recent Pew Research Center survey.

In 22 of the 35 countries surveyed, a slight majority sees the UN positively. This includes three-quarters or more in Kenya, the Philippines, Poland, South Korea, Sweden and Thailand. But people's views of the UN are less positive in some places with most people in Greece, Israel, Japan, Tunisia and Turkey having a negative opinion.

Israelis have long had more negative than positive views of the UN. This year, their views are the most negative of the countries polled: 76 per cent there view the organisation unfavourably. Jewish Israelis (82 per cent) have more negative views of the UN than do Arab Israelis (53 per cent).

Favourable views of the UN have fallen in many places over the past year including Australia, France, Germany, Mexico, Nigeria, South Africa, South Korea and Sweden.

Americans' views of the UN have turned more negative over the past year as well. Today, 52 per cent of US adults see the UN in a positive light, down five percentage points from 2023. Additionally, only 31 per cent see strengthening the UN as a top foreign policy priority.

In other countries, opinions of the UN have declined over a longer period. For example, the share of people in Malaysia who have a favourable opinion of the UN has dropped 10 points since 2022.

As has been the case in a handful of countries in past years, people on the ideological left are more likely than those on the right to express a positive opinion of the UN.

The ideological divide is largest in the US and Israel, where those on



the left are at least 40 points more favourable toward the UN than those on the right. Adults on the ideological left also have more favourable views than those on the right in Australia, Canada, Germany, Netherlands, Sweden, Turkey and the UK.

In some countries views of the UN have shifted over time. French adults on the right have grown much less positive toward the UN since 2023 than those on the left.

In 24 of the 35 countries surveyed, younger adults are more likely than older adults to have a positive opinion of the UN.

Favourable views of the UN have dropped in many places, including the UK, Israel, Nigeria, Mexico, France, South Africa, Germany, Sweden, South Korea, Australia, USA, Argentina, Hungary, Malaysia, and Chile.

(Source: Pew Research Center, 5 September 2024, <https://tinyurl.com/28ualtmc>)

SCIENTISTS CLAIM TWO PEOPLE COMMUNICATED IN DREAMS IN WORLD FIRST

Scientists have brought science fiction one step closer to reality by achieving the first two-way communication between individuals during lucid dreaming.

In an experiment that sounds like a scene out of the movie *Inception*, REMspace—a California-based startup that designs technology to enhance sleep and lucid

dreaming—reportedly exchanged a message between two people who were asleep.

The study participants were asleep in separate homes when REMspace researchers beamed a word created through a unique language between them.

REMspace CEO and founder Michael Raduga said: "Yesterday, communicating in dreams seemed like science fiction. Tomorrow, it will be so common we won't be able to imagine our lives without this technology."

"This opens the door to countless commercial applications, reshaping how we think about communication and interaction in the dream world."

The technology has yet to be reviewed or replicated by scientists. But if validated, it would be a major milestone for sleep research and could provide applications for mental health treatment, skills training and more, REMspace said.

REMspace used "specially designed equipment" to allow two individuals to successfully exchange a simple message while lucid dreaming, the company claimed.

Lucid dreaming is when a person is aware they are dreaming while still in the dream state. This allows them to perform self-directed actions in their dreams, rather than randomly interacting with the "dream world" without any sense of control.

(Source: *DailyMail.com*, 12 October 2024, <https://tinyurl.com/frpe9h5k>)

NEW RESEARCH SUGGESTS MANY MAJOR MAYAN CITIES STILL TO BE FOUND

Using laser-guided imaging to peer through dense jungle forests, Tulane University researchers have uncovered vast unexplored Maya settlements in Mexico and a better understanding of the ancient civilisation's extent and complexity.

The new research, published in the journal *Antiquity*, was led by Tulane University anthropology doctoral student Luke Auld-Thomas and his advisor, Professor Marcello A. Canuto.

The team used LiDAR, a laser-based detection system, to survey 50 square miles of land in Campeche, Mexico, an area largely overlooked by archaeologists. Their findings included evidence of more than 6,500 pre-Hispanic structures, including a previously unknown large city complete with iconic stone pyramids.

"Our analysis not only revealed a picture of a region that was dense with settlements, but it also revealed a lot of variability," said Auld-Thomas.

"We didn't just find rural areas and smaller settlements. We also found a large city with pyramids right next to the area's only highway, near a town where people have been actively farming among the ruins for years. The government never knew about it; the scientific community never knew about it. That really puts an exclamation point behind the statement that, no, we have not found everything, and yes, there's a lot more to be discovered."

"LiDAR is teaching us that, like many other ancient civilisations, the lowland Maya built a diverse tapestry of towns and communities over their tropical landscape", says Marcello Canuto, of Tulane's Middle American Research Institute.

LiDAR technology uses laser pulses to measure distances and create three-dimensional models of specific areas. It has allowed



Ancient buildings clustered on a hilltop are revealed by a narrow transect of LiDAR survey data. LiDAR technology uses laser pulses to measure distances and create 3D models of specific areas. (Photo courtesy Luke Auld-Thomas)

Their findings included evidence of more than 6,500 pre-Hispanic structures, including a previously unknown large city complete with iconic stone pyramids.

scientists to scan large swaths of land from the comfort of a computer lab, uncovering anomalies in the landscape that often prove to be pyramids, family houses and other examples of Maya infrastructure.

"Thanks to generous funding from the Hitz Foundation, MARI has been at the forefront of the use of LiDAR technology in archaeological research over the past decade," said Canuto, director of MARI. "Now our efforts are expanding from data analysis to data collection and acquisition. The work conducted on these data from Campeche represent how MARI's 'LiDAR footprint' is expanding."

This research may also help

resolve ongoing debates about the true extent of Maya settlements.

"Because LiDAR allows us to map large areas very quickly, and at really high precision and levels of detail, that made us react, 'Oh wow, there are so many buildings out there we didn't know about, the population must have been huge'," Auld-Thomas said.

The study highlights the transformative power of LiDAR technology in unveiling the secrets of ancient civilisations. It also provides compelling evidence of a more complex and varied Maya landscape than previously thought.

"LiDAR is teaching us that, like many other ancient civilisations, the lowland Maya built a diverse tapestry of towns and communities over their tropical landscape," Canuto said. "While some areas are replete with vast agricultural patches and dense populations, others have only small communities. Nonetheless, we can now see how much the ancient Maya changed their environment to support a long-lived complex society."

(Source: Tulane University, 29 October 2024, <https://tinyurl.com/2xkws33>)

BRICS HAS PASSED THE TIPPING POINT—THE WORLD ORDER HAS NOW CHANGED

by Thierry Meyssan

The BRICS summit in Kazan marked the end of the domination of the G7 over the world. The Anglo-Saxon rules that organise international relations will be gradually replaced by the commitments made by everyone who will now have to be respected. This revolution brings us back to the attempts of Russia and France, in 1899, to found international law, undermined by the Atlantic conference and the duopoly United States/United Kingdom.

The 16th (enlarged) BRICS summit was held in Kazan, Russia from October 22 to 24, 2024. In addition to the nine heads of state and government already members of this organisation, eleven others attended it, and around twenty additional states have applied for membership.

This event is the culmination of the strategy initiated in 2009 by the Brazilian President, Luiz Inácio Lula da Silva, the President of the Russian government, Vladimir Putin, the Indian Prime Minister, Manmohan Singh, and the Chinese President, Hu Jintao. These four men had imagined international relations, based on the Charter of the United Nations, allowing each country to develop. It was not a question for them to stand up against the Western imperialism of the G8 (of which Russia was a member until the Western coup of the Maidan), but of exploring another way, without the Anglo-Saxons.

Vladimir Putin played a central role in the creation of this organ of economic cooperation, like Tsar Nicholas II had played in the invention of international law in 1899. In an interview on the occasion of the Kazan summit, Vladimir Putin, citing the words of the Indian Prime Minister, Narendra



Modi, reaffirmed that "BRICS is not an anti-Western group, it is just a non-Western group".

Multilateralism

After observing that, regardless of Western power centres, new centres are emerging, they reaffirm their attachment to the Charter of the United Nations in the drafting of which all participated, except the United Arab Emirates who were not yet independent. Then they pled for a reform of the UN and its agencies so that its institutions adapt to the world today and integrate new powers. If they do not give any date for a reform of the Security Council and the IMF, they fix the horizon of 2025 to obtain that of the World Trade Organization (WTO) and that of the Board of Directors of the International Bank for the Reconstruction and Development (IBRD).

They describe the "unilateral coercive measures", that is to say the "sanctions" taken outside the Security Council, as "illegal", whether political or economic.

They support the work of the intergovernmental group of experts on climate evolution (IPCC), but do not pronounce on the conclusions that Westerners draw from it. They say they are deeply concerned about attempts aimed at linking security to the program relating to

BRICS represents 37 per cent of world GDP and 45 per cent of humanity, while the G7 only represents 29 per cent of GDP and 10 per cent of the world's population...

climate change.

Further in the text, they condemn the use of the climate pretext to impose unilateral, punitive and discriminatory protection measures.

In addition, they support cooperation in the fight against greenhouse gases, in accordance with article 6 of the Paris Accords. Let us recall that the Russian Academy of Sciences rejects the Western anthropocentric interpretation of climate change.

They undertake to promote and protect human rights, including the right to development, and fundamental freedoms within the framework of the principles of equality and mutual respect.

Identically, they undertake to intensify the fight against racism, racial discrimination, xenophobia and the intolerance which are associated with it, as well as discrimination based on religion, faith or conviction, and all their

contemporary forms in the world.

Economic Cooperation

BRICS first study the need to have a compensation chamber to exchange liquidity between them (without having to go through the Swift system created by the NATO Stay-Behind network) and a reinsurance system for Secure goods transport (without having to go through Anglo-Saxon companies or those indirectly controlled by them).

They do not approach trade from the angle of free trade or customs duties, but under that of security, resilience, stability and efficiency of supply chains. They have been setting up a program for a year to harmonise and coordinate their use of computer science (PartNIR) in economics and trade.

Regarding the fight against diseases, BRICS, while welcoming the work of the World Health Organization (WHO), develops its own alert and aid system.

Regarding intellectual property, BRICS, being aware that the rights of authors and other patents are today the main source of income of the Anglo-Saxons (and not their real or financial production), BRICs intends to put this system right by targeting the fight against counterfeits and no longer by valuing their income. They intend to multiply cooperation in research, development and innovation programs in biomedical sectors, renewable energies, space and astronomical sciences, ocean and polar sciences.

Summary of the Summit

This summit was held as the world witnesses a direct Israeli ethnic cleaning, first in Gaza, then in the south of Lebanon. Simultaneously, the Russian special military operation aimed at applying resolution 2202 of the Security Council in Ukraine (the Minsk agreements) runs for the benefit of Moscow. The Ukrainian army will not survive the winter and Western

"unilateral coercive measures" have all failed. From a "war of civilisations" perspective, the Arabs in Gaza and the Russians in Ukraine are a threat to the West and must be eliminated.

Participation in BRICS therefore appears as a revolt against the Anglo-Saxon World Order. We can only be disappointed by the retreat of the Brazilian President, Luiz Inácio Lula da Silva, who did not dare to come to Kazan and was represented by his Minister of Foreign Affairs, Mauro Vieira. Brazil is nevertheless a founding member of BRICS. However, it is true that Brazil is involved since it holds the presidency of the New Development Bank. This is chaired by the former President Dilma Youssef who was overthrown in an operation remote-controlled by the United States and Israel.

The world has changed. It is no longer dominated by Washington and London.

The same point must be made about the last-minute refusal of Saudi Arabia's Prince Mohammed bin Salman to take sides with either camp and travel to Kazan, even though his preferred ally, the United Arab Emirates, is now a member of BRICS and their president, Sheikh Mohamed bin Zayed Al Nahyan, was present.

Economically, the summit has advanced in the dedollarisation of international trade. A BRICS digital monetary token, paths to a common tax authority, a court for arbitration of economic disputes between member countries, or the idea of a grain stock exchange are being examined. Also the possibility of establishing an independent regulation and cross-border deposit infrastructure, "BRICS Clear" was discussed. Finally, BRICS advances

in the development of a payment card system called "BRICS PAY", presented at the Kazan summit. Its operation seems relatively classic: the "BRICS PAY" card should make it possible to set payments in national currency via the use of a QR code by debit from an electronic wallet powered via an eponymous application, by attaching a Visa, Mastercard or MIR bank card. The problem is maintaining complete sovereignty while participating in a collective currency.

The summit has above all shown, at the political level, in the presence of António Guterres, the Secretary-General of the UN, that BRICS rejects the changing Western rules, imposed by the G7 at the head of the customer, and prefers respect for the given word, that is to say international law. The countries of the "Global South" (as opposed to the "collective West") have an acute conscience of the commitments and treaties signed by the Anglo-Saxons and shamelessly violated by them.

Westerners consider that in the name of democracy, an elected head of state or government may not feel obliged by the signature of those who preceded him, while other states, whether they are illiberal or dictatorial in their eyes, have an obligation to do so.

The IMF has just reviewed its calculation methods and placed Russian GDP in purchasing power parity in fourth position behind China, the United States and India. However, beyond economic realities (BRICS represents 37 per cent of world GDP and 45 per cent of humanity, while the G7 only represents 29 per cent of GDP and 10 per cent of the world's population), this summit opened the eyes of many sightless persons.

The world has changed. It is no longer dominated by Washington and London.

(*VoltaireNet.org*, 29 October 2024, <https://tinyurl.com/2a2attx4>)

Bio-Light Stem Cell Technology with X39

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LifeWave patches are made from organic crystals that reflect back your own light to signal your body to make changes. This process is called **photobiomodulation**. Light works fast to support the natural flow of energy in your body, restoring optimal health in a non-transdermal, non-invasive and safe way.

WHAT ARE STEM CELLS?

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They also serve as an internal repair system...everywhere.

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LifeWave patented patch technology sends a signal to the body to elevate GHK which in turn activates stem cell production. This signal works immediately - like turning on a light switch. This signal is only turned on when the patch is put on the human body or on clothing.

Wearing X39 activates your OWN stem cells, which are 100% bioavailable, with no chance of rejection which can occur 30% of the time with expensive stem cell injection therapy.

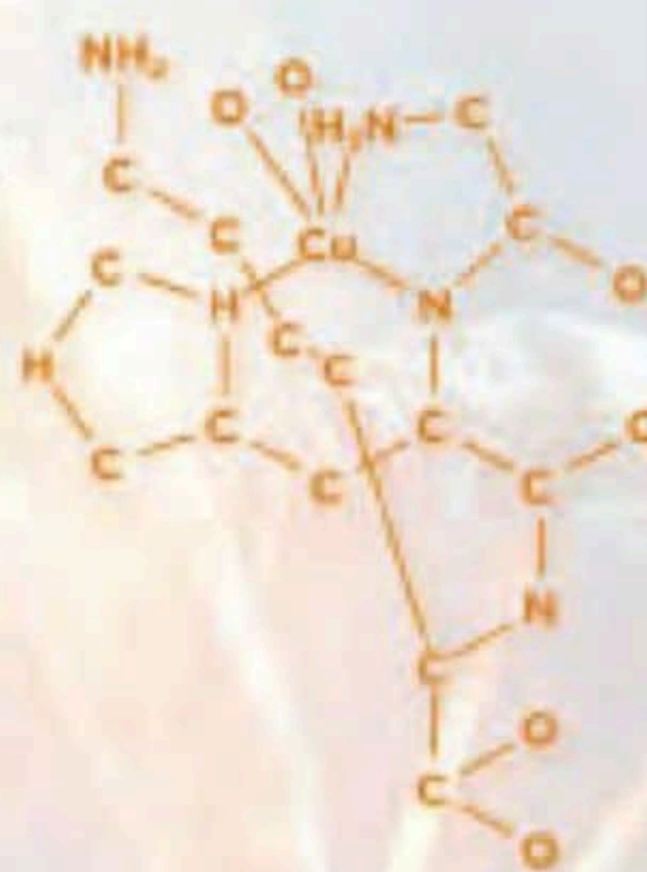
2. X39 INCREASES GHK-CU BY 40% WITHIN 24 HOURS - 7 DAYS

The X39 stem cell patch instructs the body to assemble GHK-cu molecules from raw materials already present in the body. No injections, supplements or drugs required. The X39 patch is the only tech in the world that raises GHK-cu with only a SIGNAL and does not put any substance into the bloodstream. GHK-cu is made from Glycine, Lysine, Histidine and Copper.

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- Reduce anxiety
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- Produce anti-aging effects at a cellular level
- Promote organ regeneration
- Supports cardiovascular health
- Supports neurological health
- Supports nerve regeneration
- Improve blood flow in tissues
- Tighten loose skin and increases the thickness of aged skin
- Stimulates the production of collagen, improves skin firmness, elasticity, and clarity
- Reduces appearance of fine lines, depth of wrinkles, and improve the structure of aged skin
- Improve overall skin appearance, reduces photodamage, mottled hyperpigmentation, and skin spots
- Stimulates wound healing and scar recovery
- Suppress the production of fibrinogen which reduces the tendency of forming blood clots in the circulatory system
- Protects skin cells from UV radiation
- Reduces inflammation and free radical damage
- Promotes hair growth and thickness, enlarges hair follicle size



50%

By age 35, you have lost **HALF** of your stem cell activity

99%

By age 60, you will lose **ALMOST ALL** of your stem cell activity



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X49 coming in January - Pre-order now

X49 INCREASES THE PEPTIDE AHK-CU

AHK-cu is a performance enhancing tri-peptide, a sister molecule of GHK-cu (stimulated by X39).

3. WHAT ELSE CAN AHK-CU PEPTIDE DO FOR YOU?

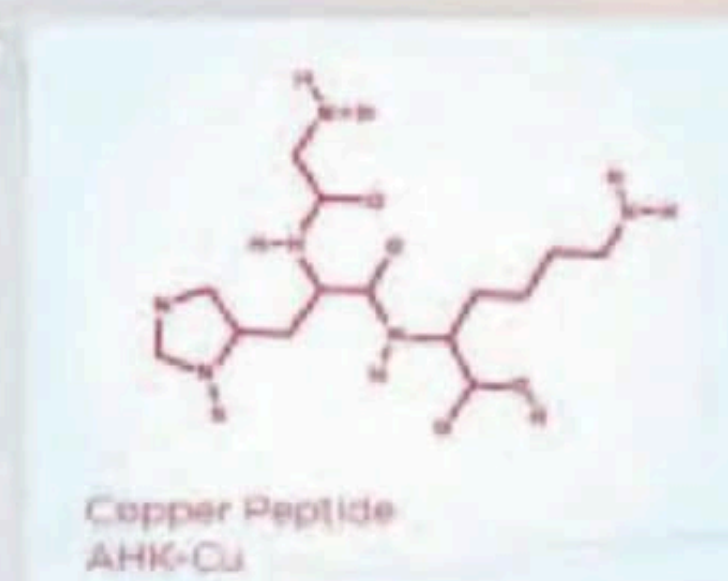
AHK-Cu has been proven to:

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X49 WORKS BEST IN SYNERGY WITH X39

EMF PROTECTION WITH COPPER PEPTIDES

Use X39 and X49 together to create a biological faraday cage by increasing copper peptides GHK-cu and AHK-cu to mitigate the effects of EMF and reduce radiation in our bodies. Come in store to see a live demonstration with X39 and X49.



Each pack of X39 or X49 comes with a 30 day supply of 30 patches, to be worn for 12 hours at a time. Patches are only activated when you put them on.

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*Disclaimer : LifeWave phototherapy patches do not treat or diagnose any medical conditions. The discussions in this article are for educational purposes only and should not be considered medical advice.



**"The heart is a muscle that needs glucose for survival."
– Medical Medium**

Owen R. Fonorow, PhD, ND

Introduction

The advanced Medical Medium knowledge has changed my thinking. Rather than avoiding sugar with your daily vitamin C and lysine, these nutrients should be taken with glucose. Yes, we still have the amazing mountain of Pauling-therapy testimonials from the old paradigm (see <https://tinyurl.com/289fomt9>). Thanks to the Medical Medium, we predict even better overall success using lower dosages in the future. The problem with our old (pre-Medical Medium) thinking was the glucose-ascorbate antagonism (GAA) theory proposed by the late emeritus professor John Ely, PhD,

a giant in the vitamin C world. The GAA theory held that because glucose and ascorbate share the same GLUT (insulin) receptors, that glucose (sugars) compete with vitamin C for uptake into cells; thus these two nutrients should be taken separately.

Linus Pauling did not subscribe to the GAA theory, but Pauling did warn us about the danger from too much of the sugar, fructose, in his 1986 book.

The Medical Medium explains that glucose not only powers all cells and is required for healing, but that cellular uptake of all nutrients requires insulin. There is no competition among nutrients and glucose because

nutrients bind to glucose so both the nutrient and glucose travel into the cell together through the GLUT receptor.

The Vitamin C Foundation's new Cardio-C™ (XM) Pauling-therapy product implements the new paradigm: The key ingredient in Cardio-C™ XM is glucose! See <https://vitaminc.foundation/wp/cardio-c-xm-w-glucose>.

Errors in Owen Fonorow's Book *Practicing Medicine Without a License?* (The Pauling Therapy Handbook)

After reading all eight Medical Medium books, most of them several times, it is my conclusion that if I had known ten years ago what I know now, my brother and co-founder of the Vitamin C Foundation, Mike Till Sr, might still be alive, and even enjoying the prospect of renewed youth from using Lifewave's age-reversal technology. Like our dad, Mike had a very, very low vitamin C bowel tolerance. Diagnosed with a heart condition, and knowing how important vitamin C was to his heart health, Mike spent a lot of time on the pot from taking much more ascorbic acid than his body and cells could absorb.

The Medical Medium books identified the problem.

We don't require as much vitamin C as Pauling recommended, so long as we take our vitamin C with glucose.

Medical Medium explains that "fats" cause insulin resistance and create a "lipid-ascorbate antagonism" mechanism.

"Trying to get life-sustaining glucose into organs, muscles and the nervous system while meeting resistance from excess fat is the true, unknown meaning of the term insulin resistance."

– Anthony William, Medical Medium

The Medical Medium's revelations create two major errors in our book *Practicing Medicine Without a License?*

First, the GAA theory is wrong and rather than avoiding sugar (glucose), the vitamin C and lysine therapy should be taken with glucose. Ideally, the heart patient should add vitamin C and lysine to a fruit smoothie after fasting,

The Medical Medium and Linus Pauling's Heart Theory and Therapy

Glucose (really insulin) is required for all nutrients, including vitamin C, to be absorbed and utilised by the human body. So the small amounts of vitamin C that my brother (and father) could take would probably have been enough, had the vitamin been taken along with glucose.

I have the utmost respect for the late Dr Ely, but his idea and theory that glucose blocked vitamin C uptake was flat out wrong. However, it was a theory I believed in and followed at the time. To Linus Pauling's credit, he identified elevated fructose as a "problem" in his book *How To Live Longer and Feel Better* (1986), but Pauling refused to recommend the glucose ascorbate antagonism theory, even at the urging of Dr Ely.

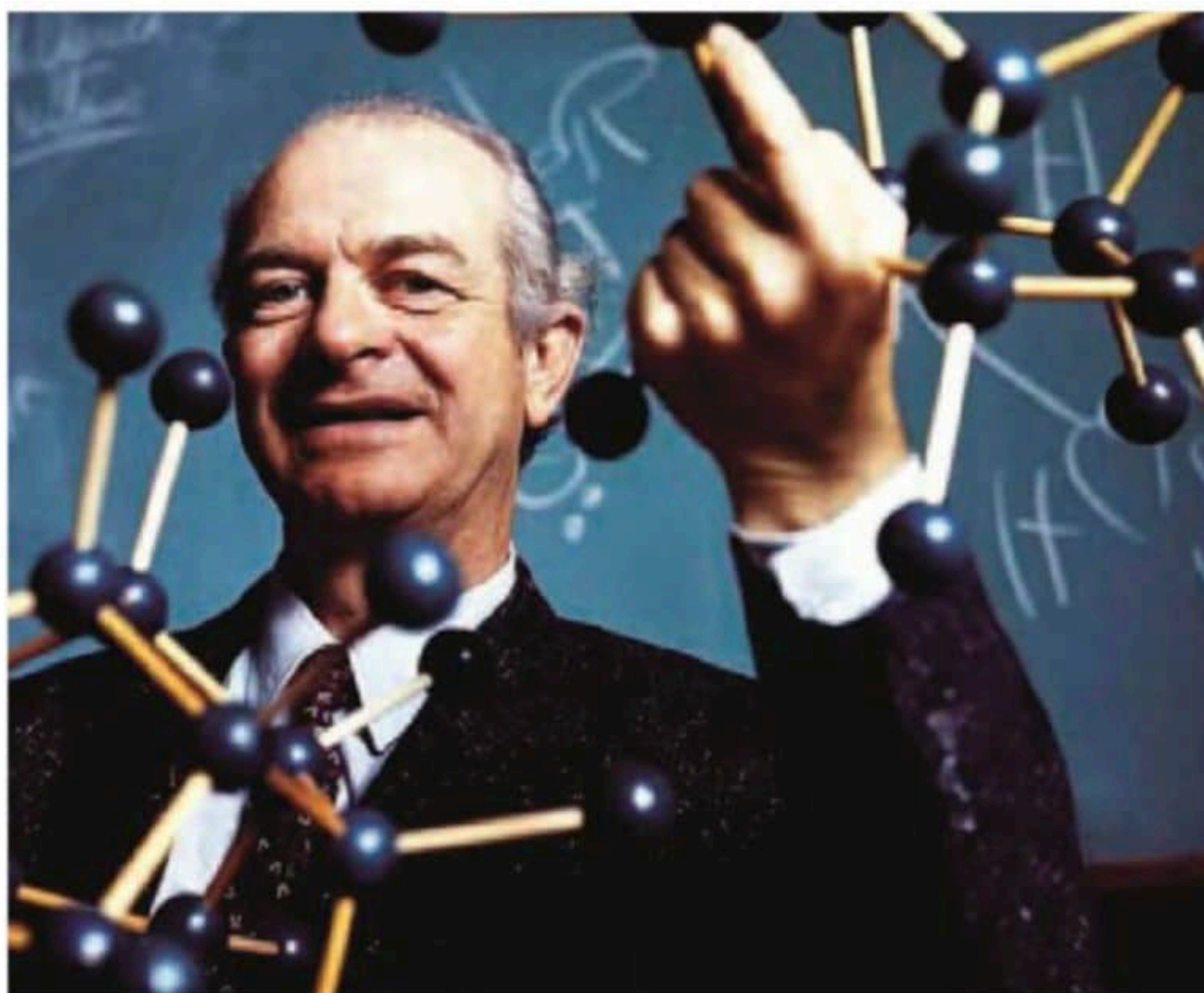
Ascorbate (vitamin C) is a molecule analogous to glucose. Restricting glucose creates a requirement that much more vitamin C be taken to stimulate the necessary insulin release. With glucose in the bloodstream, much less vitamin C should do the trick. Perhaps this is why the Medical Medium avoided the topic of Pauling and heart disease altogether? We don't require as much vitamin C as Pauling recommended, so long as we take our vitamin C with glucose.

Perhaps even more importantly, we learn that nutrients are absorbed better by restricting fat in the diet. The

e.g. in the morning before breakfast, when fat in the blood stream is guaranteed to be low.

Second, the late author and CoQ10 expert Stephen Sinatra, MD, was also wrong. He advised (and we





Linus Pauling

recommend in our book) taking oral CoQ10 supplements with fat. Dr Sinatra's heart was in the right place—he always ran lab tests to measure the effectiveness of CoQ10 supplements, but he misinterpreted his clinical observations. The problem is that without lipids in the bloodstream, CoQ10 is quickly absorbed into cells; so fast that a blood test taken after ingestion won't detect any CoQ10. Sinatra thought this "lack of CoQ10 blood measurement" meant the CoQ10 wasn't being absorbed into the bloodstream from the intestinal tract. When CoQ10 is taken with fats, CoQ10 labs can detect ubiquinone, but the Medical Medium source says this is because of the "insulin resistance" created by lipids blocking CoQ10 uptake through the insulin receptors. All nutrients, including CoQ10, bind with glucose and utilise the GLUT receptor for transport into cells in the liver.

Furthermore, Pauling's theory is based upon the finding that lipoprotein(a) or Lp(a) initiates atherosclerosis. It is true that the Medical Medium writings ignore the Pauling therapy, however the source does recommend high daily doses of vitamin C and lysine. We learn that both vitamin C and lysine are strongly antiviral and their mechanism working together may have additional benefits for cardiovascular disease that we don't yet fully comprehend.

Note: Dr Thomas E Levy, MD, JD, subscribes to the idea that pathogens have been detected in all arteries with atherosclerotic plaques, but not in healthy arteries.

The Best Form of "Sugar" is D-Glucose (Dextrose)

The Medical Medium's most often recommended source of "clean" glucose is from organic fruit, raw honey or pure maple syrup. The Vitamin C Foundation's solution is to add D-glucose (dextrose) to our vitamin C and lysine Cardio-C™ drink mix product line. (Cardio-C™ is a trademark of Intelligent*Vitamin*C Inc.) Our new

CardioC™ XM product is our first attempt marrying vitamin C with glucose. We are confident that customers will experience even more miraculous results because many people avoid "sugar." The human body requires glucose for energy, healing and overall brain function.

The Medical Medium explains:

"The fundamental fuel for your body is glucose, a simple sugar that provides all your cells with the energy they need to function, heal, grow, and thrive.

"Glucose keeps us going—and keeps us alive. The central nervous system runs on it, as does every organ in the body, including the heart.

"Glucose is what we use to build and sustain muscle, and it performs vital functions such as repairing damaged tissue and cells.

"When you eat food, your body breaks it down into glucose and places it in your bloodstream so it can travel to all your cells. However, your cells can't access the glucose directly. They need some help from your pancreas, which is a large endocrine gland located behind your stomach.

"Your pancreas is constantly monitoring your bloodstream. When it detects a rise in glucose levels, it responds by producing a hormone called insulin. Insulin attaches to your cells and signals them to open up and absorb the glucose from your blood. Insulin therefore both allows your cells to get the energy they need and ensures your blood glucose levels remain stable."

– Anthony William, *Medical Medium*

Dr Levy has shared studies with the Vitamin C Foundation that show vitamin C acts like glucose and can stimulate the release of insulin. This may explain the success of the Pauling therapy—on a low sugar diet—but only with very high dosages of vitamin C.

The High Medical Medium Vitamin C and Lysine Dosage Recommendations

The recommended amount of vitamin C in the various Medical Medium protocols varies between a low of 2,000 mg (2 grams) to a high of 8,000 mg (8 grams), with an average around 4,000 mg (4 grams daily) usually in two doses.

The recommendations for L-lysine ranges from 1,500 mg (1.5 gram) to 4,000 mg (4 grams).

Vitamin C, along with zinc, B12 and folate, is recommended in virtually every Medical Medium protocol.

L-Lysine is recommended almost as often (i.e., in every anti-viral protocol).

Note: It is interesting that the Medical Medium's vitamin C dosage advice more closely matches Linus Pauling's than the out-of-step recommendations from the Linus Pauling Institute which operates and derives

funding in his name.

The dosages recommended by Medical Medium's book *Liver Rescue* begin on page 310.

- **Everyday Liver and Health Maintenance**

L-Lysine: 3 x 500-mg capsules daily (1,500 mg)

Vitamin C: 4 x 500-milligram capsules twice a day or 1 tablespoon of liquid liposomal daily (4,000 mg)

- **High Blood Pressure**

Vitamin C: 6 x 500-milligram capsules or 1 tablespoon liquid liposomal daily (3,000 mg)

- **Inflammation**

Vitamin C: 6 x 500-milligram capsules or 1 tablespoon liquid liposomal twice a day (6,000 mg)

- **Liver Cancer**

Vitamin C: 8 x 500-milligram capsules or 1.5 tablespoons of liquid liposomal twice a day (8,000 mg)

- **Autoimmune (viral caused liver disorders)**

L-Lysine: 4 x 500-milligram capsules twice a day (4,000 mg)

Vitamin C: 3,000 milligrams or 1 tablespoon of liquid liposomal twice per day (6,000 mg)

- **Cirrhosis**

Vitamin C: 2,500 mg or 1 tablespoon liquid liposomal twice per day (5,000 mg)

- **Eczema and Psoriasis**

L-Lysine: 4 x 500-milligram capsules twice a day (4,000 mg)

Vitamin C: 6 x 500-milligram capsules or 1 tablespoon liquid liposomal twice per day (6,000 mg)

And it turns out that we were right about one thing by warning against statins. According to the Medical Medium the statin cholesterol drugs are counterproductive to heart patients.

"Statins: Commonly taken for high cholesterol, when the irony is that cholesterol problems derive from the liver and statins worsen the liver condition, elevating cholesterol even more, although the medication hides this."

– Anthony William, *Cleanse to Heal*

The ancient knowledge is moot on Pauling's theory; there is no extensive discussion or answer for heart disease, cancers, and other acute illness. This may be

because our own science, e.g. Pauling, is on the right track, or maybe if we followed the ancient dietary advice, there would be little heart disease and cancer or other disease, e.g. diabetes.

Interestingly, both vitamin C and lysine are discussed in the texts. For example, the lysine in potatoes is said to kill the Epstein–Barr virus that harms the thyroid.

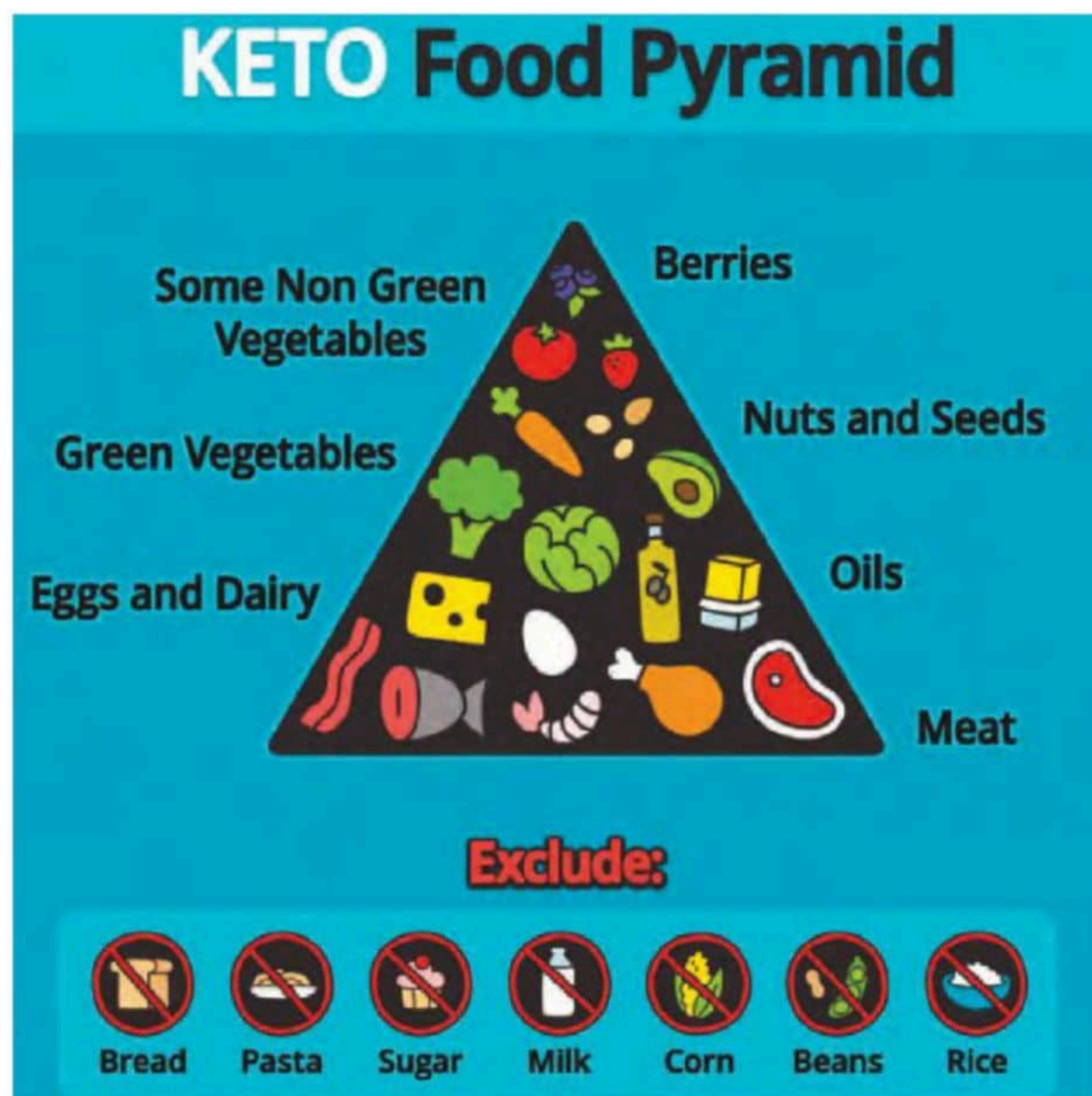
The Importance of Glucose According to the Medical Medium

"...blood sugar. It's what sustains us and keeps us alive: glucose. Beyond that, storage bins of glycogen keep your brain from atrophying, keep your liver strong, and keep other vital parts of your body going to keep you alive. On a high-fat, low carb diet the heart slowly becomes weary. It yearns for the person to eat... [the small amount of fruit now in most hybrid diets] because it desperately needs and wants even the very little sugar they contain. While it won't really be adequate, it will be just enough to keep the heart going—because the heart is a muscle that needs glucose for survival."

– Anthony William, *Liver Rescue*

More of what seems like advice against a Keto-like diet:

"...when a diet goes high-fat (what many call 'high protein', not realising it automatically means high-fat), it goes no-carb or low-carb, too. You'll hear that it's because the sugar that carbohydrates break down into and sugar itself cause problems, in part by





turning into fat. When low quality carbs in a diet go up, doctors observe that patients' health declines and they don't know why, though it's easy to blame carbs. What no one realises is that the problem is the combination of sugar with fat. Together, they clash."

– Anthony William, *Liver Rescue*

The newfound knowledge teaches that excess fat is the "root of all evil" and that we can't eat proteins without also eating fat.

"Here's the catch with protein... If you were to take out fat from protein sources, people on high-protein, no-carb diets would literally starve to death."

– Anthony William, *Liver Rescue*

Refined Carbohydrates and Table Sugar Are Still "Bad"

Our previous advice denigrating "carbs" should instead read "avoid highly processed and refined carbohydrates, especially large amounts of ordinary table sugar or products with high fructose corn syrup. Make sure that you eat lots of fruits and leafy green vegetables." Refined carbs are still bad, as are refined table sugars, but not carbs in general. And fat is only evil (hard on the liver) when you eat it more than 15 per cent of your calories—and especially when eaten with sugar. Fats and sugars clash because fats block glucose from entering cells.

There are caveats. The source keeps telling us that while sugar (glucose) is our body's primary nutrient, it is more effective or best when already bound to other nutrients, as occurs naturally in fruits.

What About Stevia?

My conversion to the ancient science has reached a new level. The more I read, and then reread, the more astonished I am. While stevia may be an excellent

"sweetener" in our current Pauling-therapy drinks, the better choice for a sweet taste is dextrose (D-glucose). It's not that the medicinal herb, stevia in the original Cardio-C™ products is bad; 20 years of testimony verifies that it isn't. It's just that the new knowledge informs us that heart patients absolutely require glucose. Many are on high-fat diets that restrict carbs. Why not encourage people to eat their most important nutrient—glucose—by putting some into our products? A major reason is the fear of sugar, especially for diabetics.

Type 2 Diabetes

Elevated blood sugar is not the cause of type 2 diabetes, it is a symptom caused by fat-induced insulin resistance. When the divine knowledge becomes more understood and accepted, it turns out that glucose is necessary and does not harm type 2 diabetics, at least after their insulin resistance is corrected. Type 2 diabetics will come to understand that the best way to treat their disease is to limit fat intake to 15 per cent of calories and eat their fruits (glucose) when fat is not present in the blood stream.

The Vitamin C Foundation has known for many years, thanks to the writings of Thomas Smith, that early science identified fats, especially artificial trans fats, as the main culprit in type 2. Smith demonstrated that it is possible to reverse type 2 by first eliminating all fat (fatty acids), then slowly introducing healthy fatty acids. Absolutely no trans fats are allowed in Smith's protocols. See "Our Deadly Diabetes Deception" in NEXUS vol. 13, no. 1 (December 2005–January 2006) or at <https://rense.com/general58/diabetes.htm>.

The Methylation Puzzle

According to *Medical Medium*:

"Virtually everyone in the US is dealing with a B12 deficiency and/or a methylation issue. These issues show up in a few different forms. First, when

methylation goes wrong, it can prevent true bio-absorption of critical micronutrients and trace minerals. Second, a methylation issue can interrupt the conversion process of non-active, bulky vitamins and other nutrients into smaller, bioactive versions that can be absorbed by the body."

It came as a surprise to the Vitamin C Foundation that vitamin C can be methylated. Furthermore, all nutrients are methylated (either at the end of small intestine via B12 or by the liver) before they become useful to the human body.

The herb celery provides a small amount of "methylated" vitamin C—meaning the vitamin from celery doesn't have to be preprocessed. So, if the liver is in methylation trouble, there are still vitamin C benefits for the entire body from fresh celery juice.

This makes us wonder how exactly intravenous "unmethylated" vitamin C really works?

"[W]hat does methylation really mean? It's the body's ability to receive, absorb, and assimilate key, critical nutrients that we get through healthy foods as well as from water we drink, water that touches our skin, sun exposure, and fresh, clean air.

"Mainly, methylation is a miraculous role that your liver plays—day in and day out, during both your waking and sleeping hours. When we take in a phytochemical, vitamin, mineral, or other nutrient, our body alters its chemical structure to fit perfectly to what we need most. It's a process that breaks down, alters, and makes nutrients more bioactive so they can benefit us in a more profound way."

"How does a methylation problem occur, and what happens when it does? As we touched on, one of your liver's over 2,000 functions is the ability to change and convert nutrients to more usable, available bioidentical forms so you can get the most out of what you're eating to survive."

"While medical research and science know about the basic existence of methylation, no one knows that in the methylation process, your liver takes 'superfoods' to a whole new level, with your ileum playing a great role much of the time, creating supervitamins and other supernutrients from regular nutrients. This incredible chemical process that's accomplished by your body, not a science lab, makes nutrition so much more viable and easier for the rest of your body to use than it would be otherwise."

"One vitamin that's critical to your body's ability to methylate many other nutrients is vitamin B12. In truth, the body relies on B12 for tens of thousands of daily functions."

"The liver relies on this B vitamin and stores large quantities of it, delving into it continually as part of regular organ function. It also relies on B12 for a

function the liver can perform when it's out of stock of essentials: the ability to produce trace amounts of certain nutrients and chemical compounds on its own. ...[T]he liver can only do this when it has the key ingredient, B12, in enough supply to send it...

"B12 [is] the precious glue that holds it all together..."

"Thus B12 is the liver's number-one most important mortar to hold together all the bricks that build the castle of your health.

"That medical science has discovered [B12] is a triumph. That's where the progress stopped... There is so much more for the medical world to uncover about B12."

– Anthony William, *Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, (Hay House, Kindle Edition)

Final Thoughts

While the idea of "infallible" medical knowledge is hard to accept, we now know that at some point we will have to go back and edit our book, old articles, and all our Vitamin C forum posts that warn against "carbs" or taking vitamin C with sugar.

About the Author:

Owen R. Fonorow, PhD, ND is a US Air Force Academy graduate. His interests include orthomolecular nutrition and computer science. His primary research interest in the field of nutrition has been the therapeutic properties of vitamin C. In 1996, Fonorow founded the nonprofit Vitamin C Foundation, along with his brother Michael S. Till, Sr. Owen has since written more than thirty articles and these papers have been published in assorted alternative medical journals, including the *Townsend Letter*, *Life Extension Magazine*, *American Naturopathic Medical Association Monitor*, *Florida ECO Report*, *International Council for Health Freedom Newsletter*, *Media By-Pass* and *NEXUS Magazine*—see "Chronic Scurvy: Vitamin C Deficiency as a Cause of Heart Disease", vol. 13, no. 1, (December 2005–January 2006). Many of the themes in his articles have been incorporated in his book, *Practicing Medicine Without a License? The Story of the Linus Pauling Therapy for Heart Disease* (2008). Visit <https://heartcure.info> and <https://VitaminCFoundation.org> for more. For a description of Cardio-C™ XM, see the website <https://vitaminc.foundation/wp/cardio-c-xm-w-glucose> and to order, visit <https://intelligentvitaminc.com/cart>.

Editor's Note:

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Julian Assange speaks to the world

Address to the Parliamentary Assembly of the Council of Europe

Julian Assange, 2024

Mr Chairman, esteemed members of the Parliamentary Assembly of the Council of Europe (PACE), ladies and gentlemen.

The transition from years of confinement in a maximum-security prison to being here before the representatives of 46 nations and 700 million people is a profound and surreal shift.

The experience of isolation for years in a small cell is difficult to convey; it strips away one's sense of self, leaving only the raw essence of existence.

I am yet not fully equipped to speak about what I have

endured—the relentless struggle to stay alive, both physically and mentally, nor can I speak yet about the deaths by hanging, murder, and medical neglect of my fellow prisoners.

I apologise in advance if my words falter or if my presentation lacks the polish you might expect in such a distinguished forum.

Isolation has taken its toll, which I am trying to unwind, and expressing myself in this setting is a challenge.

However, the gravity of this occasion and the weight of the issues at hand compel me to set aside my

reservations and speak to you directly. I have travelled a long way, literally and figuratively, to be before you today.

Before our discussion or answering any questions you might have, I wish to thank PACE for its 2020 resolution [2317], which stated that my imprisonment set a dangerous precedent for journalists and noted that the UN Special Rapporteur on Torture called for my release.

I'm also grateful for PACE's 2021 statement expressing concern over credible reports that US officials discussed my assassination—again calling for my prompt release.

And I commend the Legal Affairs and Human Rights Committee for commissioning a renowned rapporteur, Sunna Ævarsdóttir, to investigate the circumstances surrounding my detention and conviction and the consequent implications for human rights.

However, like so many of the efforts made in my case—whether they were from parliamentarians, presidents, prime ministers, the Pope, UN officials and diplomats, unions, legal and medical professionals, academics, activists, or citizens—none of them should have been necessary.

None of the statements, resolutions, reports, films, articles, events, fundraisers, protests, and letters over the last 14 years should have been necessary. But all of them were necessary because without them I never would have seen the light of day.

This unprecedented global effort was needed because of the legal protections that did exist, many existed only on paper or were not effective in any remotely reasonable time.

I eventually chose freedom over unrealisable justice, after being detained for years and facing a 175-year sentence with no effective remedy. Justice for me is now precluded, as the US government insisted in writing into its plea agreement that I cannot file a case at the European Court of Human Rights, or even a Freedom of Information Act request over what it did to me as a result of its extradition request.

I want to be totally clear. I am not free today because the system worked. I am free today after years of incarceration because I plead guilty to journalism. I plead guilty to seeking information from a source. I plead guilty to obtaining information from a source. And I plead guilty to informing the public what that information was. I did not plead guilty to anything else. I hope my testimony today can serve to highlight the weaknesses of the existing safeguards and to help those whose cases are less visible but who are equally vulnerable.

As I emerge from the dungeon of Belmarsh, the truth now seems less discernible, and I regret how much ground has been lost during that time period—how expressing the truth has been undermined, attacked, weakened, and diminished.

I see more impunity, more secrecy, more retaliation for telling the truth and more self-censorship. It is hard not to draw a line from the US government's prosecution of

I am not free today because the system worked. I am free today after years of incarceration because I plead guilty to journalism.



me—its crossing the Rubicon by internationally criminalising journalism—to the chilled climate for freedom of expression that exists now.

When I founded WikiLeaks, it was driven by a simple dream: to educate people about how the world works so that, through understanding, we might bring about something better. Having a map of where we are lets us understand where we might go. Knowledge empowers us to hold power to account and to demand justice where there is none.

We obtained and published truths about tens of thousands of hidden casualties of war and other unseen horrors, about programs of assassination, rendition, torture, and mass surveillance. We revealed not just when and where these things happened but frequently the policies, the agreements, and the structures behind them.

When we published *Collateral Murder*, the infamous

gun camera footage of a US Apache helicopter crew eagerly blowing to pieces Iraqi journalists and their rescuers, the visual reality of modern warfare shocked the world. But we also used interest in this video to direct people to the classified policies for when the US military could deploy lethal force in Iraq and how many civilians could be killed before gaining higher approval.

In fact, 40 years of my potential 175-year sentence was for obtaining and releasing those policies.

The practical political vision I was left with after being immersed in the world's dirty wars and secret operations is simple: Let us stop gagging, torturing, and killing each other for a change. Get these fundamentals right and other political, economic, and scientific processes will have space to take care of the rest.

WikiLeaks' work was deeply rooted in the principles that this Assembly stands for. Our journalism elevated freedom of information and the public's right to know. It found its natural operational home in Europe. I lived in Paris, and we had formal corporate registrations in France and in Iceland. Our journalistic and technical staff were spread throughout Europe. We published to the world from servers based in France, in Germany, and in Norway.

But 14 years ago the United States military arrested one of our alleged whistleblowers, Private First Class Manning, a US intelligence analyst based in Iraq. The US government concurrently launched an investigation against me and my colleagues.

The US government illicitly sent planes of agents to Iceland, paid bribes to an informer to steal our legal and journalistic work product, and without formal process pressured banks and financial services to block our subscriptions and to freeze our accounts.

The UK government took part in some of this retribution. It admitted at the European Court of Human Rights that it had unlawfully spied on my UK lawyers during this time.

Ultimately this harassment was legally groundless. President Obama's Justice Department chose not to indict me, recognising that no crime had been committed.

The United States had never before prosecuted a publisher for publishing or obtaining government information. To do so would require a radical and ominous reinterpretation of the US Constitution.

In January 2017, Obama also commuted the sentence of Manning, who had been convicted of being one of my sources.

However, in February 2017, the landscape changed dramatically. President Trump had been elected. He appointed two wolves in MAGA ["Make America Great Again"] hats: Mike Pompeo, a Kansas congressman and former arms industry executive, as CIA Director, and William Barr, a former CIA officer, as US Attorney General.

By March 2017, WikiLeaks had exposed the CIA's infiltration of French political parties, its spying on French



Top: Mike Pompeo; Bottom: William Barr

and German leaders, its spying on the European Central Bank, European economics ministries, and its standing orders to spy on French industry as a whole. We revealed the CIA's vast production of malware and viruses, its subversion of supply chains, its subversion of antivirus software, cars, smart TVs and iPhones. CIA Director Pompeo launched a campaign of retribution.

It is now a matter of public record that under Pompeo's explicit direction, the CIA drew up plans to kidnap and to assassinate me within the Ecuadorian Embassy in London, and authorised going after my European colleagues, subjecting us to theft, hacking attacks, and the planting of false information.

My wife and my infant son were also targeted. A CIA asset was permanently assigned to track my wife, and instructions were given to obtain DNA from my six month old son's nappy.

This is the testimony of more than 30 current and



Julian Assange speaking at the balcony of the Ecuador embassy, in London, 19 August 2012 (Photo: wl dreamer)

former US intelligence officials speaking to the US press, which has been additionally corroborated by records seized in a prosecution brought against some of the CIA agents involved.

The CIA's targeting of myself, my family and my associates through aggressive extrajudicial and extraterritorial means provides a rare insight into how powerful intelligence organisations engage in transnational repression. Such repressions are not unique. What is unique is that we know so much about this one due to numerous whistleblowers and to judicial investigations in Spain.

This Assembly is no stranger to extraterritorial abuses by the CIA. PACE's groundbreaking report on CIA renditions in Europe exposed how the CIA operated secret detention centres and conducted unlawful renditions on European soil, violating human rights and international law.

In February this year, the alleged source of some of our CIA revelations, former CIA officer Joshua Schulte, was sentenced to forty years in prison under conditions of extreme isolation. His windows are blacked out, and a white noise machine plays 24 hours a day over his door so that he cannot even shout through it. These conditions are more severe than those found in Guantanamo Bay.

The transnational repression is also conducted by abusing legal processes. The lack of effective safeguards against this means that Europe is vulnerable to having its mutual legal assistance and extradition treaties hijacked by foreign powers to go after dissenting voices in Europe.

In Michael Pompeo's memoirs, which I read in my prison cell, the former CIA Director bragged about how he pressured the US Attorney General to bring an

extradition case against me in response to our publications about the CIA. Indeed, acceding to Pompeo's requests, the US Attorney General reopened the investigation against me that Obama had closed and re-arrested Manning, this time as a witness.

Manning was held in a prison for over a year and fined a thousand dollars a day in a formal attempt to coerce her into providing secret testimony against me. She ended up attempting to take her own life. We usually think of attempts to force journalists to testify against their sources, but Manning was now a source being forced to testify against their journalist.

By December 2017, CIA Director Pompeo had got his way, and the US government issued a warrant to the UK for my extradition. The UK government kept the warrant secret from the public for two more years, while it, the US government, and the new president of Ecuador moved to shape the political, the legal, and the diplomatic grounds for my arrest.

When powerful nations feel entitled to target individuals beyond their borders, those individuals do not stand a chance unless there are strong safeguards in place and a state willing to enforce them. Without this, no individual has a hope of defending themselves against the vast resources that a state aggressor can deploy.

If the situation were not already bad enough in my case, the US government asserted a dangerous new global legal position. Only US citizens have free speech rights. Europeans and other nationalities do not have free speech rights. But the US claims its Espionage Act still applies to them regardless of where they are. So Europeans in Europe must obey US secrecy law with no defences at all, as far as the US government is concerned. An American in Paris can talk about what the US government is up to—perhaps. But for a Frenchman in Paris, to do so is a crime with no defence and he may be extradited, just like me.

Now that one foreign government has formally asserted that Europeans have no free speech rights, a dangerous precedent has been set. Other powerful states will inevitably follow suit.

The war in Ukraine has already seen the criminalisation of journalists in Russia, but based on the precedent set in my extradition, there is nothing to stop Russia, or indeed any other state, from targeting European journalists, publishers, or even social media users, by claiming that their domestic secrecy laws have been violated. The rights of journalists and publishers within the European space are seriously threatened. Transnational repression cannot become the norm here.

As one of the world's two great norm-setting institutions, PACE must act. The criminalisation of newsgathering activities is a threat to investigative journalism everywhere.

I was formally convicted, by a foreign power, for asking for, receiving, and publishing truthful information about

that power, while I was in Europe.

The fundamental issue is simple: Journalists should not be prosecuted for doing their jobs. Journalism is not a crime; it is a pillar of a free and informed society.

Mr Chairman, distinguished delegates, if Europe is to have a future where the freedom to speak and the freedom to publish the truth are not privileges enjoyed by a few, but rights guaranteed to all, then it must act so that what has happened in my case never happens to anyone else.

I wish to express my deepest gratitude to this assembly, to the conservatives, social democrats, liberals, leftists, greens, and independents who have supported me throughout this ordeal and to the countless individuals who have advocated tirelessly for my release.

It is heartening to know that in a world often divided by ideology and interests, there remains a shared commitment to the protection of essential human liberties.

Freedom of expression, and all that flows from it, is at a dark crossroad. I fear that unless institutions like PACE wake up to the gravity of the situation it will be too late.

Let us all commit to doing our part to ensure that the light of freedom never dims, that the pursuit of truth will live on, and that the voices of the many are not silenced by the interests of the few.

(Source: *VoltaireNet.org*, 1 October 2024, <https://tinyurl.com/2yyjgxon>; *SBS News*, [sbs.com.au](https://www.sbs.com.au))

PACE

The Parliamentary Assembly of the Council of Europe

(PACE) is the parliamentary arm of the Council of Europe, a 46-nation international organisation dedicated to upholding human rights, democracy and the rule of law.

The Assembly is made up of 306 members drawn from the national parliaments of the Council of Europe's member states, and meets four times a year for week-long plenary sessions in Strasbourg.

It is one of the two statutory bodies of the Council of Europe, along with the Committee of Ministers, the executive body representing governments, with which it holds an ongoing dialogue. However, it is the Assembly which is usually regarded as the "motor" of the organisation, holding governments to account on human rights issues, pressing states to maintain democratic standards, proposing fresh ideas and generating the momentum for reform.

(Source: *Wikipedia*)

The Council of Europe

The Council of Europe is an international organisation with the goal of upholding human rights, democracy and the rule of law in Europe. Founded in 1949, it is Europe's oldest intergovernmental organisation, representing 46 member states, with a population of approximately 675 million as of 2023; it operates with an annual budget of approximately 500 million euros.

The organisation is distinct from the European Union (EU), although people sometimes confuse the two organisations—partly because the EU has adopted the original European flag, designed for the Council of Europe in 1955, as well as the European anthem. No



country has ever joined the EU without first belonging to the Council of Europe. The Council of Europe is an official United Nations observer.

Unlike the EU, the Council of Europe cannot make binding laws; however, the Council has produced a number of international treaties, including the Convention for the Protection of Human Rights and Fundamental Freedoms (European Convention on Human Rights, ECHR) of 1953. Provisions from the convention are incorporated in domestic law in many participating countries. The best-known body of the Council of Europe is the European Court of Human Rights, which rules on alleged violations of the ECHR.

(Source: Wikipedia)

Julian Assange

Julian Assange is an Australian editor, publisher, and activist who founded WikiLeaks in 2006. He came to international attention in 2010 after WikiLeaks published a series of leaks from Chelsea Manning, a United States Army intelligence analyst: footage of a US airstrike in Baghdad, US military logs from the Afghanistan and Iraq wars, and US diplomatic cables. Assange has won multiple awards for publishing and journalism.

In November 2010 Sweden wished to question Assange in an unrelated police investigation and sought to extradite him from the UK. In June 2012, Assange

breached his bail and took refuge in the Embassy of Ecuador in London. He was granted asylum by Ecuador in August 2012 on the grounds of political persecution and fears he might be extradited to the United States. Swedish prosecutors dropped their investigation in 2019.

On 11 April 2019, Assange's asylum was withdrawn by Ecuadorian authorities. The police were invited into the embassy and he was arrested. He was found guilty of breaching the United Kingdom Bail Act and sentenced to 50 weeks in prison.

The US government unsealed an indictment charging Assange with conspiracy to commit computer intrusion related to the leaks provided by Manning. In May 2019 and June 2020, the US government unsealed new indictments against Assange, charging him with violating the Espionage Act of 1917 and alleging he had conspired with hackers. Assange was incarcerated in HM Prison Belmarsh in London from April 2019 to June 2024, as the US government's extradition effort was contested in the UK courts.

In June 2024, Assange agreed to a plea deal with US prosecutors. He pleaded guilty to an Espionage Act charge of conspiring to obtain and disclose classified US national defence documents in return for a sentence of time served. Following the hearing Assange flew to Australia, arriving on 26 June 2024.

(Source: Wikipedia)

A poster for Arcturian Healing Method Australia. The background is a composite image of a teal, ethereal energy field at the top, transitioning into a rocky, desert-like landscape with orange and grey tones at the bottom. The text is overlaid on this background. The main title 'Arcturian Healing Method Australia' is in a large, bold, black serif font. Below it, 'Arcturian Energy Healing Practitioner Trainings in February 2025' is in a smaller, yellow, serif font. Further down, 'In-person at Stradbroke Island, Qld (or Online)' is in a blue, italicized, serif font. At the bottom, a white box contains the training levels: 'Level 1: The Arcturian Healing Light : Feb 22-23', 'Level 2: The Galactic Encodings : Feb 24-25', and 'Level 3: The Arcturian Platform : Feb 26-27'. At the very bottom, a blue banner contains the website 'www.ahmaustralia.com' in white, underlined text.

Arcturian Healing Method Australia

Arcturian Energy Healing Practitioner Trainings in February 2025

In-person at Stradbroke Island, Qld (or Online)

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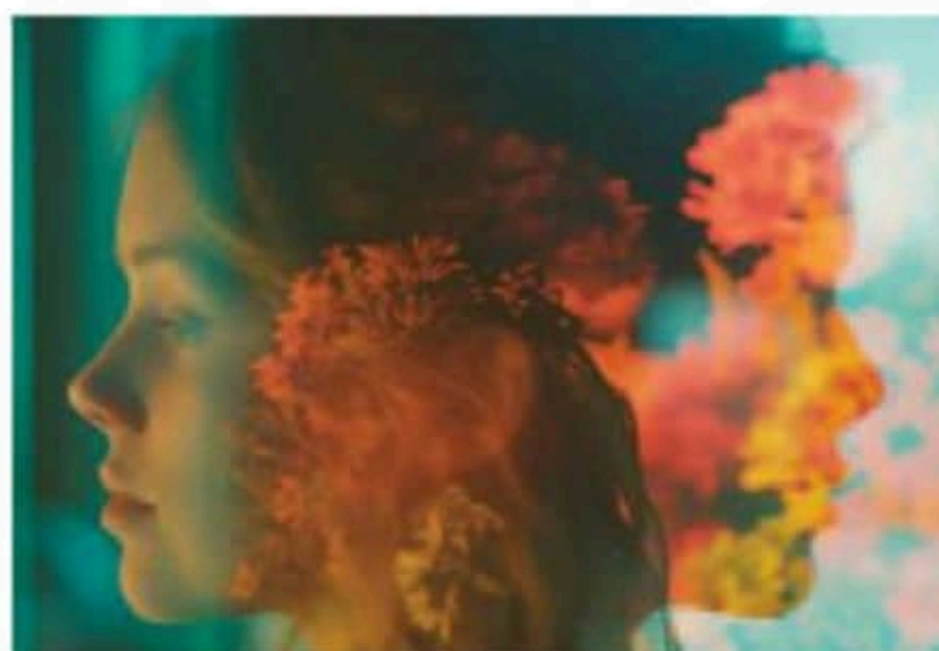
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Urine therapy

One woman's cure for endometriosis:
a natural alternative that works

Photo: Romina Farías, Unsplash

Martha M. Christy © 1994

AN AMAZING UNTOLD STORY

There is an extraordinary natural healing substance produced by our own bodies that modern medical science has proven to be one of the most powerful natural medicines known to humans. Unlike many other natural medical therapies, this method requires no monetary investment or doctor's intervention and can be easily accessed and used at any time.

This is the extraordinary untold story of a natural healing substance so remarkable that it can only be called our own perfect medicine.

My own experience with this little-known natural medicine began as a result of my search for an answer to many years of serious chronic illnesses that had begun very early in life.

One beautiful July morning at the age of 12, I awoke with a start. Suddenly, surprised and frightened, I realised I was lying in a dark red pool of blood that was so large it had soaked through even the thick layers of my mattress. Trembling and weak, I pushed myself up out of bed and felt a horrible, wrenching pain tear through my abdomen.

My worried mother came running in answer to my

screams, but, after assessing the situation, said there really wasn't much she could do about the pain of my first menstrual period. But what neither she nor I knew at the time was that what should have been a natural transition to adolescence and menstruating was, for me, going to become a waking nightmare that lasted almost 30 years.

A Life of Painful, Heavy Periods

At the onset of each one of my monthly menstrual periods I would invariably end up either in my doctor's office or at the emergency room of the hospital screaming with pain, bleeding copiously and passing huge clots of blood.

For several months my mother chauffeured me around the city from doctor to doctor with no success, until our family doctor finally instituted a monthly regimen of painkillers such as Demerol or Darvon injections and then sent me home with a big, round bottle of full-strength prescription codeine, with which I proceeded to dope myself senseless for the next eight to 10 days.

This same cycle was repeated every month for almost 20 years.

Throughout adolescence, the simple everyday functions of getting up and going to school were an often monumental and utterly exhausting effort for me. Unlike the rest of my family and friends, I had marked periods of extreme exhaustion. I became extremely susceptible to colds and flu and felt bone-chillingly cold all the time—even in the warmest summer weather.

By the age of 14, the effort of combating severe chronic pain and fatigue while trying to keep up normal activities became impossible. I collapsed and had to be hospitalised and removed from school for several

months. But even after a huge battery of medical tests and innumerable visits with doctors and specialists, no one was able to diagnose what was causing my problems.

After many weeks, I returned to school and struggled through the high-school years with the aid of generous amounts of codeine and other strong painkillers that my doctor willingly prescribed. But by the time I left home for college, the symptoms of bleeding, exhaustion, pain and digestive problems became so bad that I often was unable even to leave my room or take part in daily activities.

I kept up the Demerol injections and codeine for many years and added to my regimen several other new painkillers and drugs which had been developed for menstrual problems. But the problems continued unabated, and in the ensuing years I developed myriad other serious health problems.

During the years from age 18 to 30 I was diagnosed with pelvic inflammatory disease, ulcerative colitis, Crohn's disease or ileitis (a chronic, painful inflammation of the colon), chronic fatigue syndrome (CFS), Hashimoto's disease (a disorder of the thyroid gland) and mononucleosis.

I had severe chronic kidney infections, two miscarriages, chronic cystitis, severe candida and external yeast infections along with marked adrenal insufficiency and serious chronic ear and sinus infections for which I was prescribed antibiotics on an ongoing basis for several years. Food and chemical allergies also became a big problem, and even though I ate almost nothing because of my extreme food allergies, I actually kept gaining weight, which only added to the discomfort of all the other health disorders with which I was dealing.

Treatments, Side Effects and Results

The bottles of drugs I had taken during this time could have filled a small landfill, but none of my illnesses or disorders had been resolved and, in fact, they were more debilitating than ever. It seemed as though I had become nothing more than a walking encyclopaedia of disease, and the worst part about the entire situation was that no matter how many failed drug therapies I tried, any visit to the doctor's office only resulted in another discouraging failure.

Another big problem was the drug side effects. I felt like a ping-pong ball, bouncing from one drug to another as my doctors kept prescribing more and different drugs to counteract the side effects of the ones I was already taking.

By the time I turned 30, the natural health movement was really picking up speed, and, desperate for any solution, I tried out the Adelle Davis nutrition regimen, megavitamin therapy, acupuncture, chiropractic care and every herbal preparation and drug-free natural health therapy that I could find.



Within two years, my chronic cystitis cleared up and the menstrual pain and bleeding markedly decreased. The ulcerative colitis also responded and the sinus infections disappeared. I felt that I was slowly and surely regaining strength and health and even beginning to experience a portion of the energy and vigour that "normal" healthy people enjoy—and all without drugs.

When I conceived my son at 34 and made it through the first trimester without miscarrying, I felt as though I'd conquered the final health frontier. Unfortunately, in my burst of enthusiasm, I underestimated the impact of pregnancy on my understandably frail health, and the birth for which I had so carefully prepared was a near-fatal disaster requiring emergency surgery.

As it turned out, even despite all the illness and pain I'd gone through in the years before the birth, all of it seemed like child's play after I ran head-on into the serious complications of a difficult childbirth.

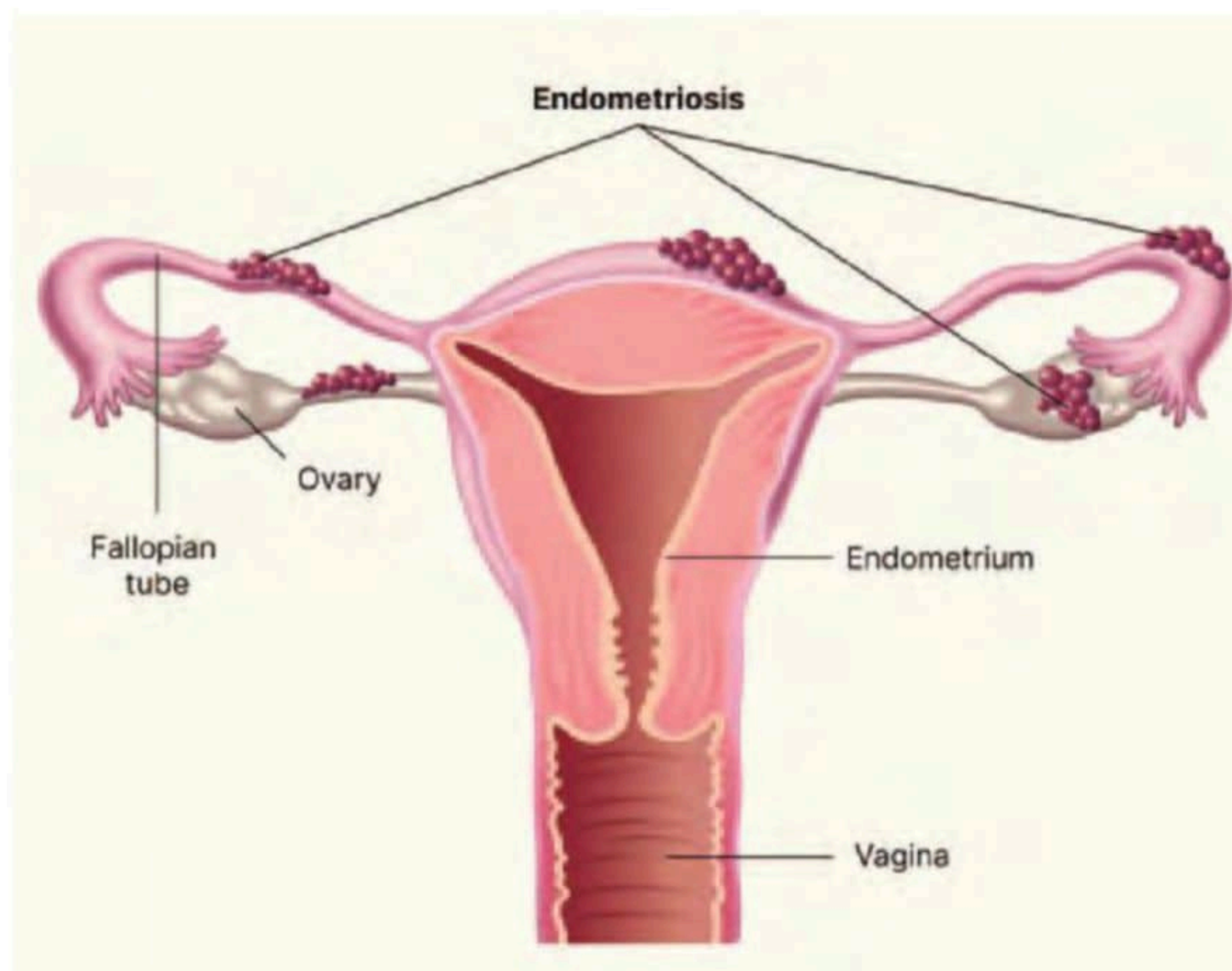
For months after the birth I hounded my gynaecologist, complaining of unrelenting and severe abdominal cramps, cystitis and horribly painful menstrual periods. My natural health treatments would give temporary relief but, mystifyingly, didn't seem to have the same beneficial and lasting effects that they'd had before my pregnancy.

I underwent every conceivable medical test, each of which came back negative, but the problems just didn't go away. My doctor flinched every time I walked in the door and then sent me back out again with increasingly severe assurances that the pain was "unwarranted" and probably all in my head.

After alienating every doctor in town with my complaints, I finally gave up and decided to "suffer in silence" until one hot summer day, almost 24 months after the birth, I suddenly fell screaming with pain on my living room floor in front of my terrified two-year-old. I literally had to crawl to the phone to call my husband. When he carried me, screeching, into my OB's office, the doctor clicked his tongue disapprovingly. "Now it can't be that bad, dear. We just checked you out a few months ago," he cajoled.

He gave me codeine and sent me home. Forty-eight hours later I was in the operating room having emergency surgery for multiple ruptured ovarian tumours.

A couple of days after the procedure, my doctor sauntered into my hospital room with a conciliatory grin on his face. "Gee," he drawled apologetically, "we had no idea anything like this was going to happen. Your ovary looked horrible—engorged to the size of a grapefruit. No wonder you were hurting. Sorry you had to go so long without help but, you know, the tests just never turned up anything. And oh, by the way, the pathologist found a little endometriosis in your right ovary."



The Hell of Endometriosis

Endometriosis is an incurable women's disease in which uterine tissue for some unknown reason detaches itself from the uterus, moves to other locations in the body and attaches itself to other organs or body tissue. This misplaced uterine tissue spontaneously bleeds in response to hormonal changes, causing internal bleeding, scarring and often excruciating pain that can destroy the woman's ability to live and function normally. This disease is not uncommon among women, but it is incurable, at least by conventional medical standards.

My "little" endometriosis turned into the monster that ate Tokyo. Three months after my doctor had "successfully" operated, I was again sitting in the ultrasound room at the hospital, watching as several new endometrial tumours appeared on the monitor screen, accompanied by the usual excruciating pelvic pain, internal bleeding, constipation, haemorrhagic cystitis and acute exhaustion.

After the ultrasound I decided to contact a doctor who was recommended to me as an expert on endometriosis. He told me that he felt that my health problems had originally stemmed from undiagnosed severe endometriosis and an underactive thyroid which had probably been present since adolescence. He recommended an immediate hysterectomy, which I underwent. The day after the operation, the doctor visited me and compassionately whispered that I would "never have a problem with endometriosis again". But he was wrong.

Twenty months later, I had more tumours and another operation. Three months after that, the pain, tumours and internal bleeding reappeared and I was scheduled for what would by now have been my sixth surgical procedure in five years, which I refused to undergo.

Desperate and seriously debilitated, I flew to Mexico where I spent \$15,000 on an intensive course of

"Urine is the main component of the amniotic fluid that bathes the human fetus. Normally the baby 'breathes' this urine-filled amniotic fluid into its lungs. If the urinary tract is blocked, the fetus does not produce the fluid, and, without it, the lungs do not develop."

– G. Kolata, "Surgery on Fetuses Reveals They Heal Without Scars", *The New York Times*, Medical Section, 16 August 1988



intravenous megavitamin and live cell therapy at one of the alternative cancer clinics which had offered some hope for my case. For weeks, doctors poured nutrients and natural medicines into my veins and mouth. I watched as many of the cancer patients around me seemed to get better and better with the treatments. And I did, too—for about two months.

I spent my 40th birthday hopelessly sick and in bed, which was where I stayed that entire year. The drugs, operations and Mexican treatments had completely failed, and my usual herbs and homoeopathic remedies, although they gave temporary relief, seemed almost useless against the disease. And by now, even though I had health insurance, my husband and I had spent over \$100,000 of our own money, and still I couldn't even get out of bed.

I had one last surgery which removed another large bleeding tumour. When I got home from the hospital, I weighed 89 pounds and developed a post-surgical infection which required several courses of antibiotics. After taking the antibiotics, I developed an extremely severe case of candida (yeast infection). My hands and arms became covered with a horribly itchy fungal infection that nothing could relieve or cure, and I remained generally exhausted, bedridden and in intense pain.

Several months after the surgery, the all-too-familiar endometrial symptoms returned. My doctor assured me that all was well, but when I asked for and received my surgical records from the hospital, I found she had written that "all attempts to remove endometriosis will be done, but complete surgical care can rarely be guaranteed; the patient may require further therapy for endometriosis, medically or surgically". For my exhausted and bewildered husband and myself, this prognosis seemed like an insurmountable and final defeat.

I had one more heart-to-heart talk with a gynaecologist who told me, "Given the severity of your case, the reality is that you could be facing a lifetime of corrective surgery." Given the state of my health at the time, I

couldn't envision that "lifetime" meant anything more for me than a few additional years of mind-numbing pain and misery before my body finally gave out.

After nearly a lifetime of illness, these last episodes in my late thirties and early forties seemed like the final blow, and in all honesty I felt that there was no way out and no hope in sight. No matter how many times I'd been assured by my doctors that drugs and surgery would cure the endometriosis and my other disorders and make it possible for me to live a normal life, the doctors had been proven wrong.

A few weeks later when I heard that one of my friends from the cancer clinic had died in his sleep, I felt sad for his family but happy for him because he was finally free of his pain and suffering. In many ways I felt that he was the lucky one and I almost wished that the same thing would happen to me. It seemed that death would have been a blessing, especially so that my family could be freed from the seemingly never-ending burden of my illness and be able to get on with their lives.

The Turning Point

Sitting alone and discouraged one morning, I glanced up dismally from a book I was reading when my husband came into the room. "I've got something else we can try, honey," he chirped enthusiastically, and proceeded to describe his conversation with a woman who had cured herself of a serious and reportedly incurable kidney disorder by using an unusual therapy. "Whaaat!" I responded after he told me what the therapy was. "I don't think so," I said, and went back to reading my book.

But after several more days and many more horrible episodes of pain and drugs, my husband handed me a small book and said, "You've got to try this." I picked up the book and began to read.

The small, unpretentious-looking book was full of fascinating stories about people who had been cured of even the worst diseases with a seemingly strange and little-known natural therapy. The therapy seemed

incredibly effective, yet I still felt reluctant to try it. But as I read further on in the book, the stories were so compelling and the therapy was so simple that suddenly it didn't seem strange or preposterous to me any more. And at this point in my now nearly futile existence, I knew I had absolutely nothing to lose by trying it—so I did.

From the first day I began the therapy, to my immense surprise I got almost instantaneous relief from my incurable constipation and fluid retention. Within a week, my severe abdominal and pelvic pain was unbelievably gone.

The chronic cystitis and yeast infections (internal and external) soon disappeared, and food allergies, exhaustion and digestive problems all began to heal.

After a few more months of the therapy I noticed that, amazingly, my colds, flu, sore throats and viral symptoms, all of which had resurfaced and become chronic after the surgeries, now rarely made an appearance. My hair, which had fallen out in handfuls after my fifth surgery, became thick and lustrous, my weight normalised and my energy and strength increased so markedly that I was even able to work again.

For the first time in many years I was able to swim and even comfortably ride horseback or on my mountain bike for hours at a time—all formerly unimaginable activities. Much to my own and my family's amazement, I went back to work. After 30 years of almost non-stop illness, I was able to have a rich, full life again—and all because of an unbelievably simple and effective natural medicine that almost none of us even knows exists.

And even though this natural medicine seemed so peculiar to me at first, I later discovered to my surprise that medical researchers have been intensively studying and using this medicinal substance for decades.

What Modern Science Knows About a Miracle Medicine (And Isn't Telling)

So what is this mystery miracle medicine and why don't any of us know anything about it? If the body really does produce such an amazing substance, and doctors and scientists have used it to heal people, where are the news reports, the accolades, the commercials, the media hype? You want to know the answer? Then prepare yourself by first opening your mind. Let go of your initial disbelief and preconceptions and get ready for the best-kept secret in medical history.

This extraordinary miracle medicine that numerous doctors, researchers and hundreds of people have used for healing is human urine.

One of the first things we need to clear up is the common perception of urine. Urine is not what you think it is. As a matter of fact, you probably have no idea what urine is or how your body makes it.

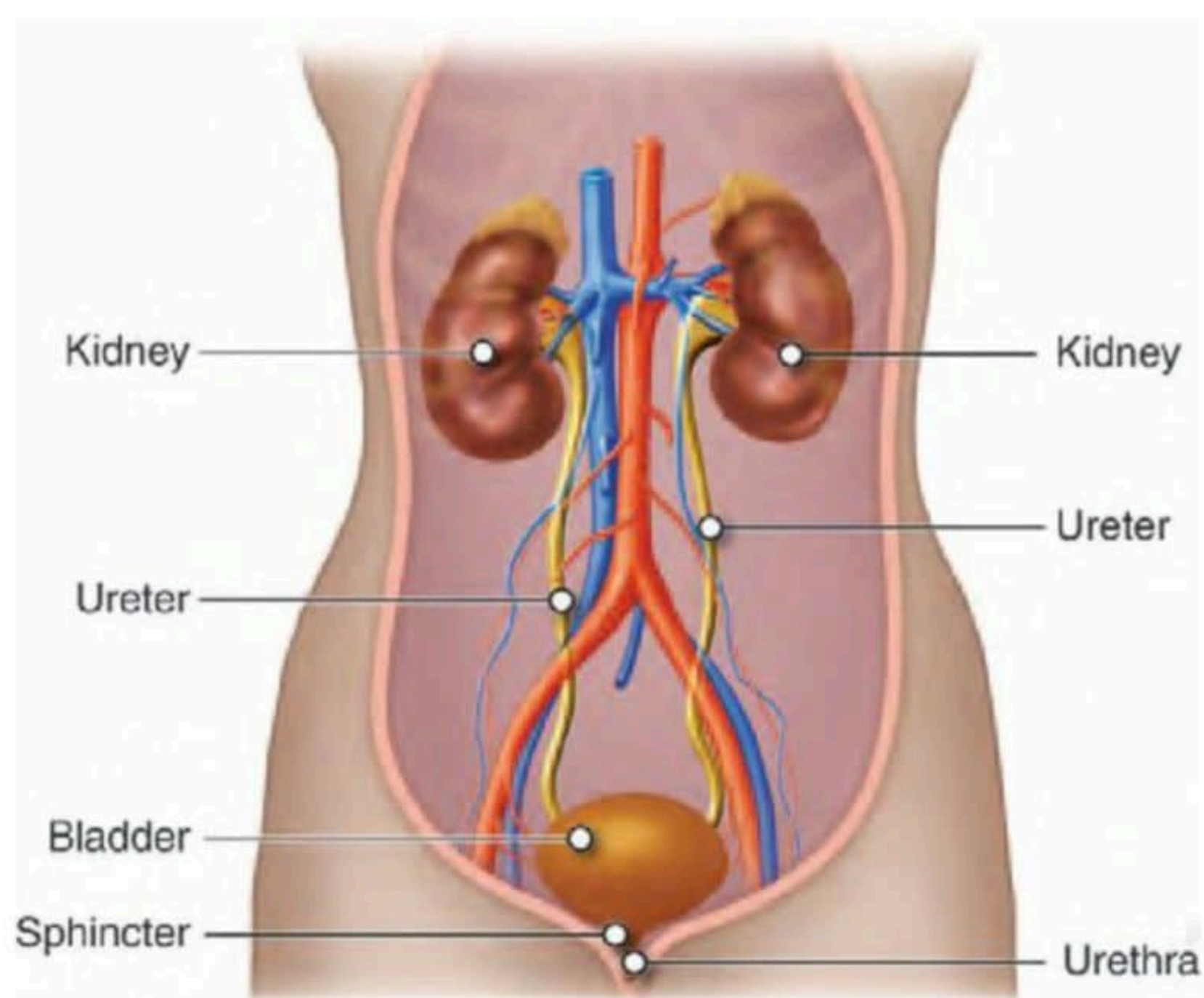
In reality, urine is not, as most of us believe, the excess water from food and liquids that goes through the intestines and is ejected from the body. I know that we

generally think of urine in just this way: you eat and drink, the intestines "wring" out the good stuff in the food, and the urine is the leftover, dirty, waste water that your body doesn't want, so it should never, ever be reintroduced into the body in any form—right? Wrong.

No matter how popular a conception, this commonly shared scenario may be, it just isn't true. Urine is not made in your intestines. Urine is made in and by your kidneys. So what does this mean, and why should it change the way you feel about urine?

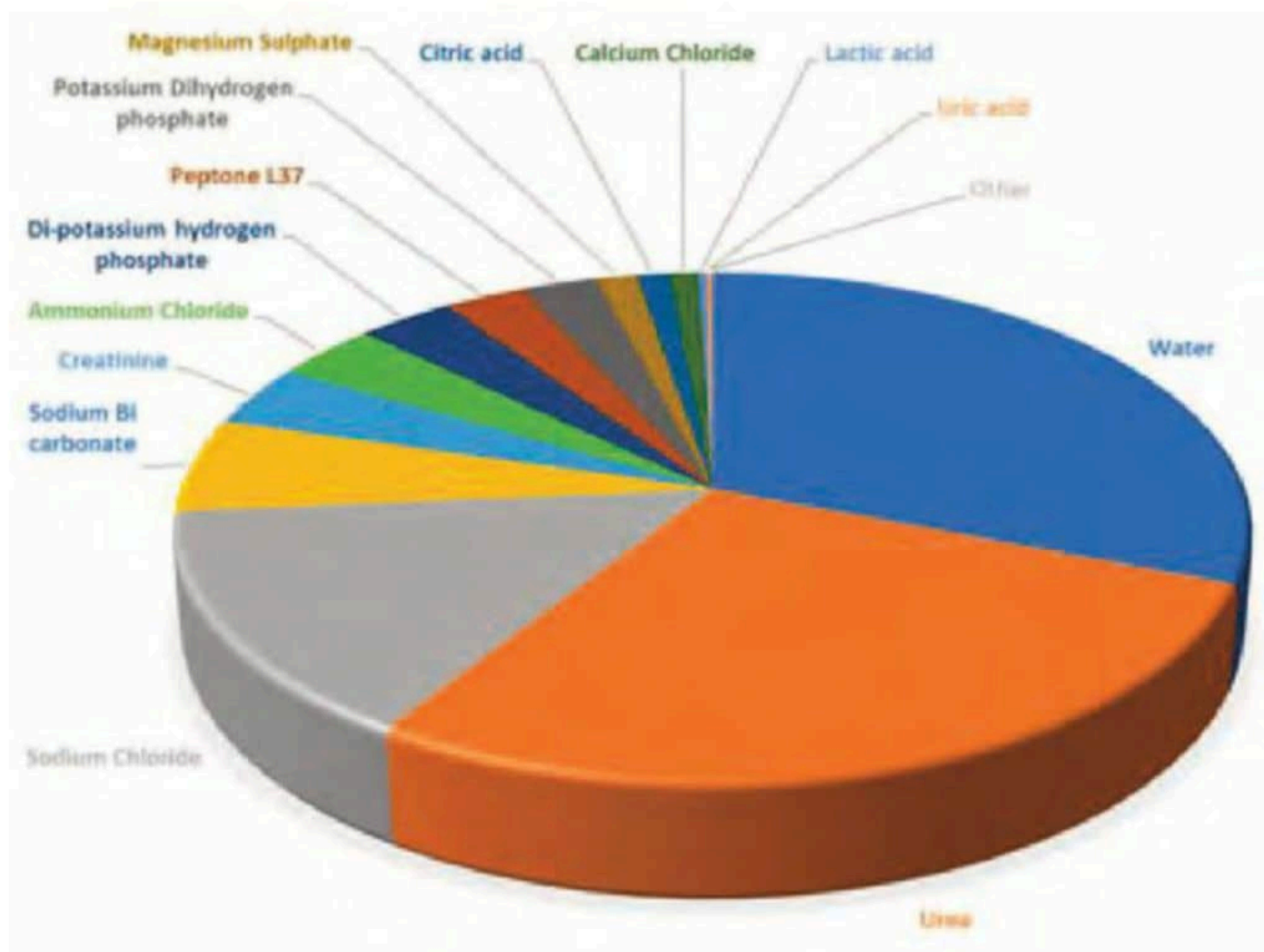
In layperson's language, this is how and why urine is made in the body. When you eat, the food you ingest is eventually broken down in the stomach and intestines into extremely small molecules. These molecules are absorbed into tiny tubules in the intestinal wall and then pass through these tubes into the bloodstream.

The blood circulates throughout your body, carrying these food molecules and other nutrients along with critical immune-defence and regulating elements such as red and white blood cells, antibodies, plasma, microscopic proteins, hormones, enzymes, etc., which are all manufactured at different locations in the body. The blood continually distributes its load of life-sustaining elements throughout the body, nourishing every cell and protecting the body from disease.



As it flows through the body, this nutrient-filled blood passes through the liver where toxins are removed and later excreted from the body in the form of solid waste. Eventually, this purified, "cleaned" blood makes its way to the kidneys.

When the blood enters the kidneys it is filtered through an immensely complex and intricate system of minute tubules, called nephron, through which the blood is literally "squeezed" at high pressure. This filtering process removes excess amounts of water, salts and other elements in the blood that your body does not need at the time.



vitamin pills every day, but they're also in your urine. These nutritional elements are extremely valuable substances to the body, certainly not toxic, and yet the kidney excretes these elements into the urine. Why? Because it's taking out the excess amounts of potassium, calcium, etc. that are not needed by your body at the time they are filtered out. Actually, it is this regulating process of the kidneys and the excretion of urine that allows us to eat and drink more than our bodies need at any one time.

"The principal function of the kidney is not excretion, but regulation... The kidney obviously conserves what we need, but, even more, permits us the freedom of excess. That is, it allows us to take in more than we

These excess elements are collected within the kidney in the form of a purified, sterile, watery solution called urine. Many of the constituents of this filtered watery solution, or urine, are then re-absorbed by the nephron and delivered back into the bloodstream. The remainder of the urine passes out of the kidneys into the bladder and is then excreted from the body.

So, you say, the body's gotten rid of this stuff for a reason—so why would we want to use it again? And here's the catch. The function of the kidneys is to keep the various elements in your blood balanced. The kidneys do not filter out important elements in the blood because those elements in themselves are toxic or poisonous or bad for the body, but simply because the body did not need that particular concentration of that element at the time it was excreted.

And medical researchers have discovered that many of the elements of the blood that are found in urine have enormous medicinal value, and when they are reintroduced into the body they boost the body's immune defences and stimulate healing in a way that nothing else does.

As medical research has revealed:

"One of the most important functions of the kidney is to excrete material and substances for which the body has no immediate need..."¹

For instance, the kidneys filter out water and sodium from the blood into the urine. These are both vital life-sustaining elements without which your body cannot function. But both elements could be lethal if there were too much water or sodium in your blood.

Now what about potassium, calcium and magnesium? These are familiar nutrients that we ingest in our food and

need of many necessities—water and salt, for example—and excrete exactly what is not required."²

But this isn't the end of the story. Scientists have discovered that urine, because it is actually extracted from our blood, contains small amounts of almost all of the life-sustaining nutrients, proteins, hormones, antibodies and immunising agents that our blood contains.

"Urine can be regarded as one of the most complex of all body fluids. It contains practically all of the constituents found in the blood."³

Many medical researchers, unlike most of us, know that far from being a dirty body waste, fresh, normal urine is actually sterile and is an extraordinary combination of some of the most vital and medically important substances. Now this fact may be unknown to the vast majority of the public today, but it is nothing new to modern medicine.

Pharmaceutical Uses of Urine

To us, the public, urine seems like an undesirable waste product of the body, but to the medical research community and the drug industry it's been considered to be liquid gold. Don't believe it? Read this [from 1994]:

"Utica, Michigan—Realising it is flushing potential profits down the drain, an enterprising young company has come up with a way to trap medically powerful proteins from urine. Enzymes of America has designed a special filter that collects important urine proteins, and these filters have been installed in all of the men's urinals in the 10,000 portable outhouses owned by the Porta-John company, a subsidiary of

Urea was discovered and isolated as long ago as 1773 and is currently marketed in a variety of different drug forms.

Enzymes of America.

"Urine is known to contain minute amounts of proteins made by the body, including medically important ones such as growth hormone and insulin. There is a \$500-million-a-year market for these kinds of urine ingredients.

"...Enzymes of America plans to market its first major urine product called urokinase, an enzyme that dissolves blood clots and is used to treat victims of heart attacks. The company has contracts to supply the urine enzyme to Sandoz, Merrell Dow and other major pharmaceutical companies. Ironically, this enterprise evolved from Porta-John's attempt to get rid of urine proteins—a major source of odour in portable toilets.

"When the president of Porta-John began consulting with scientists about a urine filtration system, one told him he was sitting on a gold mine.

"The idea of recycling urine is not new, however. 'We thought about this,' says Phillip Whitcome of Amgen, a Los Angeles biotechnology firm, 'but realised we'd need thousands and thousands of litres of urine.'

"Porta-John and Enzymes of America solved that problem. The 14 million gallons flowing annually into Porta-John's privies contain about four-and-a-half pounds of urokinase alone. That's enough to unclog 260,000 coronary arteries."⁴

But urokinase isn't the only drug derived from urine that, unknown to us, has been a financial boon to the pharmaceutical industry.

In August of 1993, *Forbes* magazine printed an article about Fabio Bertarelli, [then] owner of the world's largest fertility drug-producing company, the Ares-Serono Group, based in Geneva, whose most important product is the drug Pergonal which increases the chances of conception. Guess what Pergonal is made from?

"To make Pergonal, Ares-Serono collects urine samples from 110,000 postmenopausal women volunteers in Italy, Spain, Brazil and Argentina. From 26 collection centres, the urine is sent to Rome where Ares-Serono technicians then isolate the ovulation-enhancing hormone."⁵

Ares-Serono earned a reported \$855 million in sales in 1992, and people paid up to \$1,400 per month for this urine extract.

Obviously, most of us are operating under a gross misconception when we wrinkle our nose at the thought of using urine in medicine.

Urea, the principal organic solid in urine, has long been considered to be a "waste product" of the body. It's even been considered to be dangerous or poisonous, but this, too, is completely untrue.

Like any other substance in the body, too much urea can be harmful, but urea in and of itself is enormously valuable and indispensable to body functioning. Not only does urea provide invaluable nitrogen to the body, but research has shown that urea actually aids in the synthesis of protein, or, in other words, it helps our bodies use protein more efficiently. Urea has also been proven to be an extraordinary antibacterial and antiviral agent and is one of the best natural diuretics ever discovered.

Urea was discovered and isolated as long ago as 1773 and is currently marketed in a variety of different drug forms.

These are a few more examples of commercial medical applications of urine and urea in use today:

- Ureaphil: diuretic made from urea;
- Urofollitropin: urine-extract fertility drug;
- Ureacin: urea cream for skin problems;
- Amino-Cerv: urea cream used for cervical treatments;
- Premarin: urine extract oestrogen supplement; and
- Panafil: urea/papain ointment for skin ulcers, burns and infected wounds.

Another urine-related product ingredient is carbamide. Carbamide is the chemical name for synthesised urea. Where do you find carbamide? In places you'd never thought of, such as in products like Murine Ear Drops and Murine Ear Wax Removal System which contain carbamide peroxide, a combination of synthetic urea and hydrogen peroxide.

Topical Use

Medical researchers have also proven that urea is one





of the best and only medically proven, effective skin moisturisers in the world. In many years of laboratory studies, researchers discovered that, unlike just about all other types of oil-based moisturisers that simply sit on the top layers of the skin and do nothing to improve water retention within skin cells (which gives skin its elasticity and wrinkle-free appearance), urea actually increases the water-binding capacity of the skin by opening skin layers for hydrogen bonding, which then attracts moisture to dry skin cells.

This is a remarkable fact considering that women spend billions of dollars a year on outrageously expensive skin moisturisers whose ingredients, even in tightly controlled double-blind comparison tests, don't even come close to hydrating dry skin as well as simple, inexpensive urea.

So, as surprising as it seems, urine and urea do have an amazing, voluminous history in both traditional and modern medicine.

More Properties and Uses of Urine

A 1980 article published in the *New York State Journal of Medicine*⁶, written by Dr John R. Herman, Clinical Professor of Urology at Albert Einstein College of Medicine in New York City, points out the general misconceptions regarding urine and its medical use:

"Autouropathy (urine therapy) did flourish in many parts of the world and it continues to flourish today... There is, unknown to most of us, a wide usage of uropathy and a great volume of knowledge available showing the multitudinous advantages of this modality...

"Urine is only a derivative of the blood... If the blood should not be considered 'unclean', then the urine also should not be so considered. Normally excreted, urine is a fluid of tremendous variations of composition...

"...Actually, the listed constituents of human urine can be carefully checked and no items not found in

human diet are found in it. Percentages differ, of course, but urinary constituents are valuable to human metabolism..."

Look up urea in a medical dictionary. In *Mosby's Medical and Nursing Dictionary*, urea is defined not as a useless body waste but as a systemic diuretic and topical skin treatment. It's also prescribed to reduce excess fluid pressure on the brain and eyes.

Uric acid, another ingredient of urine, is normally thought of as an undesirable waste product of the body that causes gout. But even uric acid has recently been found to have tremendous health promotion and medical implications.

Medical researchers at the University of California at Berkeley reported in 1982 that they have discovered that:

"Uric acid could be a defence against cancer and ageing.

"It also destroys body-damaging chemicals, called free radicals, that are present in food, water and air and are considered to be a cause of cancer and breakdowns in immune function.

"Uric acid could be one of the things that enables human beings to live so much longer than other mammals."⁷

Medical scientists study urine with tremendous intent because, unlike the public, they know that it contains innumerable vital body nutrients and thousands of natural elements that control and regulate every function of the body.

Urine is a critically important body fluid that has fascinated medical science throughout the centuries. Medical scientists study urine with tremendous intent because, unlike the public, they know that it contains innumerable vital body nutrients and thousands of natural elements that control and regulate every function of the body.

So, whether we know it or not, urine does have an extremely important and undisputed place in medicine—and not just as a diagnostic tool or as an ingredient of various synthetic drugs.

Your first reaction once you've read the convincing research demonstrating urine's often startling medical uses may be a willingness to use it as long as it's altered

enough to make it unrecognisable. Many people might consider a synthetic or chemically altered form of urine—such as urokinase, the blood clot dissolver—as preferable to using it as a natural medicine.

But, there are many reasons for using urine in its natural form rather than as a synthetic drug or extract, not the least of which is the fact that there is no synthetic equivalent for individual urine, and never will be, owing to the tremendous complexity and uniqueness of each person's urine constituents.

Just as nature produces no two people who are exactly the same, there are also no two urine samples in the world that contain exactly the same components. Your own urine contains elements that are specific to your body alone and are medicinally valuable ingredients tailor-made to your own health disorders.

How can that be? It is because your urine contains hundreds of elements that are manufactured by your body to deal with your personal, specific health conditions. Your body is constantly producing a huge variety of antibodies, hormones, enzymes and other natural chemicals to regulate and control your body's functions and combat diseases that you may or may not know you have.

Modern research and clinical studies have proven that the thousands of critical body chemicals and nutrients that end up in your individual urine reflect your individual body functions, and, when re-utilised, act as natural vaccines, antibacterial, antiviral, anti-cancer agents, hormone balancers, allergy relievers, etc. (Talk about the perfect preventive care treatment!)

Many doctors have discovered and shown that it's extremely important to use our own natural urine in healing because extracts or synthetic drug forms of urine don't contain all of these individualised elements that address our personal, individual health needs.

Another reason that many doctors have emphasised the use of the natural form of urine is that it does not produce side effects whereas synthetic drugs and therapies all produce side effects, many of which are extremely dangerous.

As an example, the urine-extract drug called urokinase, which is used to dissolve dangerous blood clots, can cause serious abnormal bleeding as a side effect; but natural urine itself, which contains measurable amounts of urokinase, has been used medicinally even in extremely large quantities without causing side effects.

If you're not familiar with just how pervasive and extreme the risk of chemical drug-taking is, go to the library and look up a copy of *Physicians' Desk Reference*⁸ and *Physicians' Desk Reference for Non-prescription Drugs*⁹. These are doctor's guides to every prescription and over-the-counter drug on the market, and every one of them is accompanied by a long list of ominous and frightening potential side effects.

On the other hand, in 100 years of laboratory and

clinical studies on the use of natural urine and simple urea in medicine, extraordinary results have been obtained, but no toxic or dangerous side effects to the user have ever been observed or reported by either researchers or patients using the therapy.

As we've learned, urea, which is the principal solid ingredient of urine, has been synthesised and medically used with excellent results and with no side effects. But again, research has shown that whole urine can cure many disorders that urea cannot, because urine contains thousands of therapeutic agents such as important natural antibodies, enzymes and regulating hormones that urea alone does not contain.

Urine therapy not only has dozens of successful research trials supporting it, but also thousands of success stories from people all over the world. As many people today have discovered, conventional medicine held no answers for either their chronic or acute illnesses and health disorders—but urine therapy did.

About the Author:

Martha Christy, a nutritional and natural health-care consultant, medical research writer and editor, authored the international bestseller, *Learn to Control Stress with the Stress Test*. Some of her other books include *Reconstructing The Real You, Even Good Foods Can Be Bad For You (Personalizing Your Nutrition)*, *Balancing Your Body's pH*, *Simple Diagnostic Tests You Can Do At Home*, *Healing Yourself with Homeopathy*, *MSM: The Super Supplement of the Decade* and *Your Own Perfect Medicine*. This article is extracted from Chapters 1 and 2 of *Your Own Perfect Medicine*, and first appeared in NEXUS volume 3, number 2 (February–March 1996).

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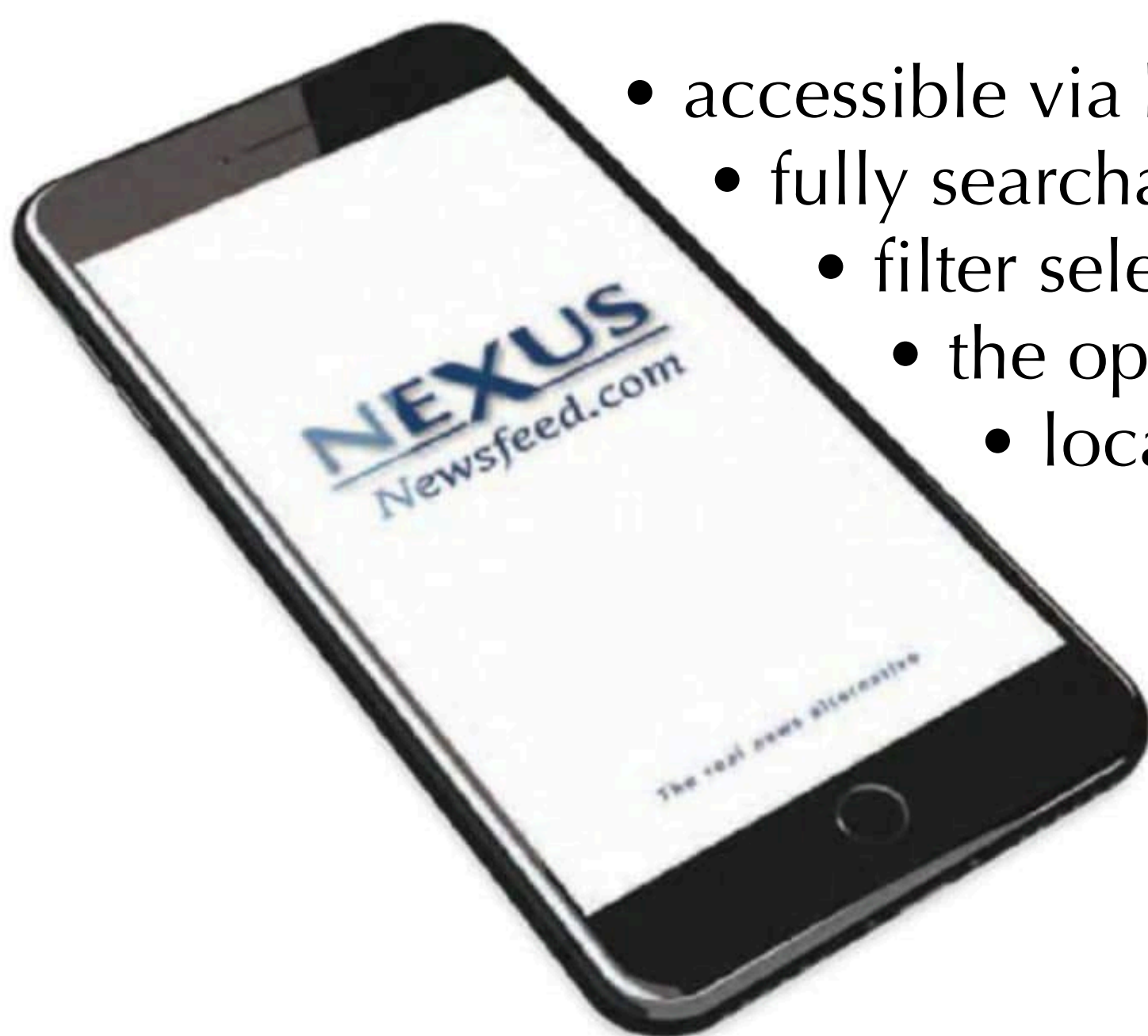
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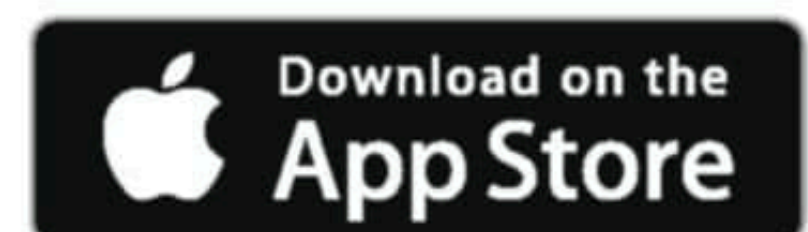
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Giza landscape solar alignments

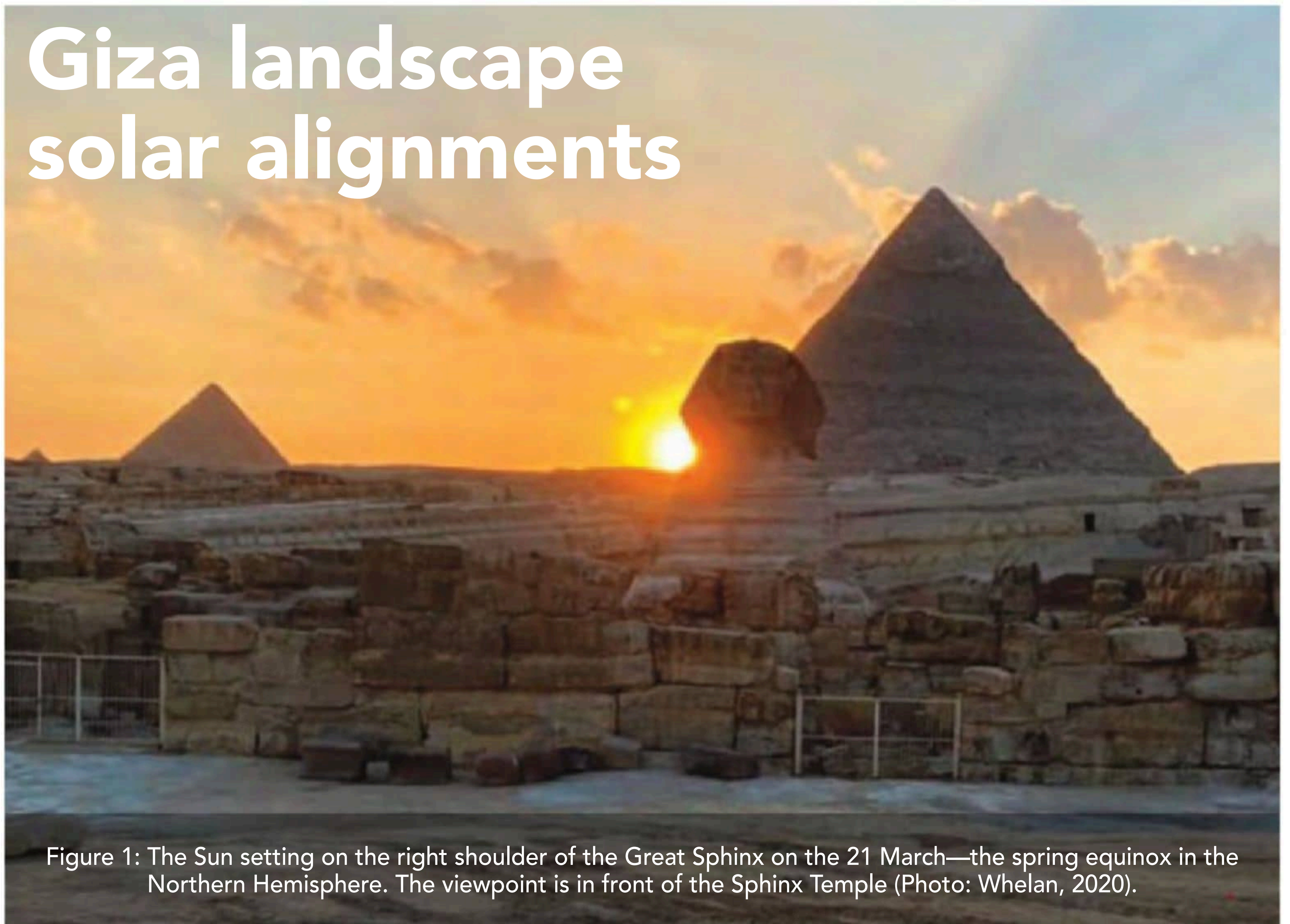


Figure 1: The Sun setting on the right shoulder of the Great Sphinx on the 21 March—the spring equinox in the Northern Hemisphere. The viewpoint is in front of the Sphinx Temple (Photo: Whelan, 2020).

The Unified Grand Plan

Sanja Korlaet BSc (Hons), BLitt Archaeology & Ancient History © 2024

Introduction

The Giza plateau in Cairo, Egypt is possibly best known for the location of the last remaining Seven Wonders of the Ancient World, The Great Pyramid. It is so big, it could be described as an artificial mountain, and nothing will prepare you for its grandness. No photos or videos will come close to the real experience. It is a wonder of precise engineering, but it is not standing separate from the rest of the edifices in the complex, equally captivating and showcasing unexpected ancient knowledge.

Solstice is an astronomical event whereby the Earth's

poles are most inclined towards or away from the Sun. These also mark the shortest day in winter, between 21 and 22 December and the longest day in summer, between 21 and 22 June in the Northern Hemisphere. In the Southern Hemisphere these events are opposite.

Just as solstices, equinox comes twice, when the Earth's axis is in such a position where the Sun's rays fall vertically onto the Earth's surface at the equator; it comes around 21 to 22 March and 22 to 23 September. A true equinox indicates equal length of day and night (12 hours), giving a symbolic importance to this day. The Sun rises exactly due east and sets exactly due west.

Culturally, equinoxes like solstices are historic markers of seasonal change. The spring equinox in March in the Northern Hemisphere is regarded as the start of the spring season and a time of rebirth and renewal. In ancient Egypt, summer solstice signalled the beginning of a Wep Renpet (New Year). Soon after, the appearance of the star Sopdet (Sirius) above the horizon around mid-July coincided with cyclical flooding of the Nile, that brought annual flooding and fresh silt for crops and therefore life for the region. Ancient Egyptians only recognised three seasons: Akhet (inundation; also means horizon), Peret (growth) and Shemu (harvest).

The start of the seasons on summer solstice day held significance in the cyclical understanding of time, life, and death in ancient Egypt. Ancient Egyptians lived by the laws of Maat, a Cosmic Order which would lead to the afterlife where they would become an effective spirit, or Akh. Cosmic Order was their sacred science and religion that had to be honoured and maintained. It was evident in the repetition of seasons, the timely floods of the Nile, the daily travel of the Sun disc over the horizon and other natural phenomena. They were obsessed with observing and maintaining it as they were convinced that Cosmic Order maintained their world.

The importance of following and maintaining constant cosmic cycles in ancient times is reflected in the way Giza Plateau edifices are positioned, oriented, and built such that they mark equinoxes and solstices. This proves that these ancient structures still standing are embedded with the sophisticated knowledge of the ancients and their understanding of the calendar and time keeping, astronomy, geodesy, geometry, mathematics, engineering, architecture, and masonry.

Spring Equinox and the Great Pyramid Shadow

The Great Sphinx, one of the largest ancient sculptures and the most famous in the world, is positioned in such a way to show the time of the setting Sun on the spring equinox. "Sphinx is aligned towards the spring equinox", the Egyptian Ministry of Antiquities have recently declared. As the Sun sets on this day, it touches the right shoulder of the Sphinx, showing the intended alignment (Figure 1). The alignment by the ancient builders is intentional and requires astronomical calculations and therefore the scientific superiority of the Ancient Egyptians, according to the Ministry. We are not told of the viewpoint spot that is required to see this intended alignment, and are left to make an educated guess.

It has been noted by different authors that Sphinx's body is not done in proportion with its head. This is easily seen on the aerial photographs: the head is too small for its large body. The body itself looks more like a dog than a lion, since the sitting position is reminiscent of how dogs sit. It also misses the tuft found on a lion's tail, so it seems it has a dog tail. While the body of the Sphinx was shaped out of the Giza Plateau limestone bedrock called Mokattam Formation, the head and neck are carved from a harder pure limestone outcrop. The head of Sphinx shows deep antiquity and was obviously reshaped. The original shape of the head was probably of the God Anubis, a jackal or wild dog, the guardian of the dead.



Figure 2: The northern slope of the Great Pyramid showing its courses just slightly lit by Sun's rays at 12:00 on the spring equinox day (Photo by author 21 March 2023)

After all, the statue was erected near the cemetery, and who else is better to position there to guard the dead but the god Anubis? It could also be that the statue came first and the cemetery later. So, the statue of the god Anubis is positioned to look due east on the day of equinox—the day of renewal and rebirth. Here, we see the interwoven elements of ancient Egyptian religion and belief in the afterlife, with visible timely manifestation of annual celestial cycles that represent a time of rebirth. The celestial cycles were but the manifestations of the Cosmic Order overseen by many gods and goddesses weaving the reality of ancient Egyptians.




All pyramids of the Fourth Dynasty age are so accurately surveyed that this could have been achieved only with theodolites, i.e. optical surveying instruments. According to Dr Robert Temple, short of magic, the building of the pyramids is a physical impossibility without such instruments.

The Great Pyramid of Giza is almost perfectly aligned with true north, meaning that it aligns with our planet's axis poles, not the magnetic north that constantly varies. It is offset -3' off true north, according to the recent

survey—an accuracy impossible to achieve using the human eye at such huge scale. Due to its precise alignment with cardinal points, its peculiar angle, and its white casing it had in the past, it shows the timing of Sun's meridian passing on the spring equinox day, when the shadow completely disappears. That is to say, at 12:00 noon at the spring equinox, its northern side slope which is in the shadow between the autumn equinox and the spring equinox, becomes gradually lit, marking the equinox day (Figure 2). Only the stone edges of all the courses become lit as the structure has lost its casing stone surface, until the shadow completely disappears. But, in ancient times when still intact, highly polished white Tura limestone would act as a mirror that would suddenly cast the triangle of light, not a shadow, onto the northern pavement, marking noon on the equinox day. Today, the structure casts the shadow every day onto the northern pavement apart from the day of the equinox when it disappears. The length of the shadow each day differs, shortening as it is approaching the equinox and lengthening as it moves away from it. So, we see here that one of the purposes of the Great Pyramid was to indicate the seasonal cycles and time.

Solstices: Summer

During the summer solstice that marks the beginning of the ancient Egyptian New Year, the Sun sets almost exactly midway between the Great Pyramid (Khufu) and the Middle Pyramid (Khafra), forming an image of a huge hieroglyph of *akhet* (horizon; see key below). The hieroglyphic sign shows the Sun setting between two mountains. Interestingly, the *akhet* sign first appears during the 5th dynasty. But, it seems the sign for Khufu's complex used during Khufu's time (4th dynasty) was different. The name of the Great Pyramid itself comes from the 6th dynasty tomb of the funerary priest Qar, and it is called Akhet Khufu or Horizon of Khufu where the hieroglyphic sign shows ibis and a bread loaf, not the sign for *akhet*. Therefore, the Giza landscape triggered the creation of the new *akhet* sign—the landscape came first, and sign came later.

Hieroglyphs	
Mountains	
Sun	
Akhet (horizon)	

At the Giza Plateau, the two sides of the mountains are represented by two sides of the pyramids (Figure 3). The effect is best seen standing in front of the Sphinx Temple. During the New Kingdom, Sphinx was also known as Hor-em-akhet, or Horus of the Horizon, and it is easy to see why. On summer solstice, the huge monument becomes Hor-em-akhet with the image at the rear of the Sphinx forming the sign for *akhet*. This dramatic observable



Figure 3: The Sun setting midway between the two pyramids, as large as mountains, forming an enormous hieroglyph for horizon (*akhet*) (photo by Magli, 2014)

event is a hierophany, a manifestation of divinity dependant on a celestial cycle and architecture on the ground that frames it. Here too, the landscape came first and then the new name for the Sphinx. *Akhet* also means a region where the blessed dead are transformed for the afterworld, where they become *Akh* or an effective spirit. All living aspired to live by the laws of cosmic order and become *Akh* in their afterlife. The huge *akhet* sign therefore underpins the ancient Egyptian religious belief that this is the place where the dead pass on to become the *Akh*.

Solstices: Winter

The Giza Plateau topography is riddled with golden ratio right-angle triangles and rectangles connecting the monuments as seen from above. Many golden ratio right-triangles are also found in the dimensions and internal features of the Great Pyramid.

The base golden right-angle triangle has an acute angle of 26° 33', the height of 1, the base of 2 and the

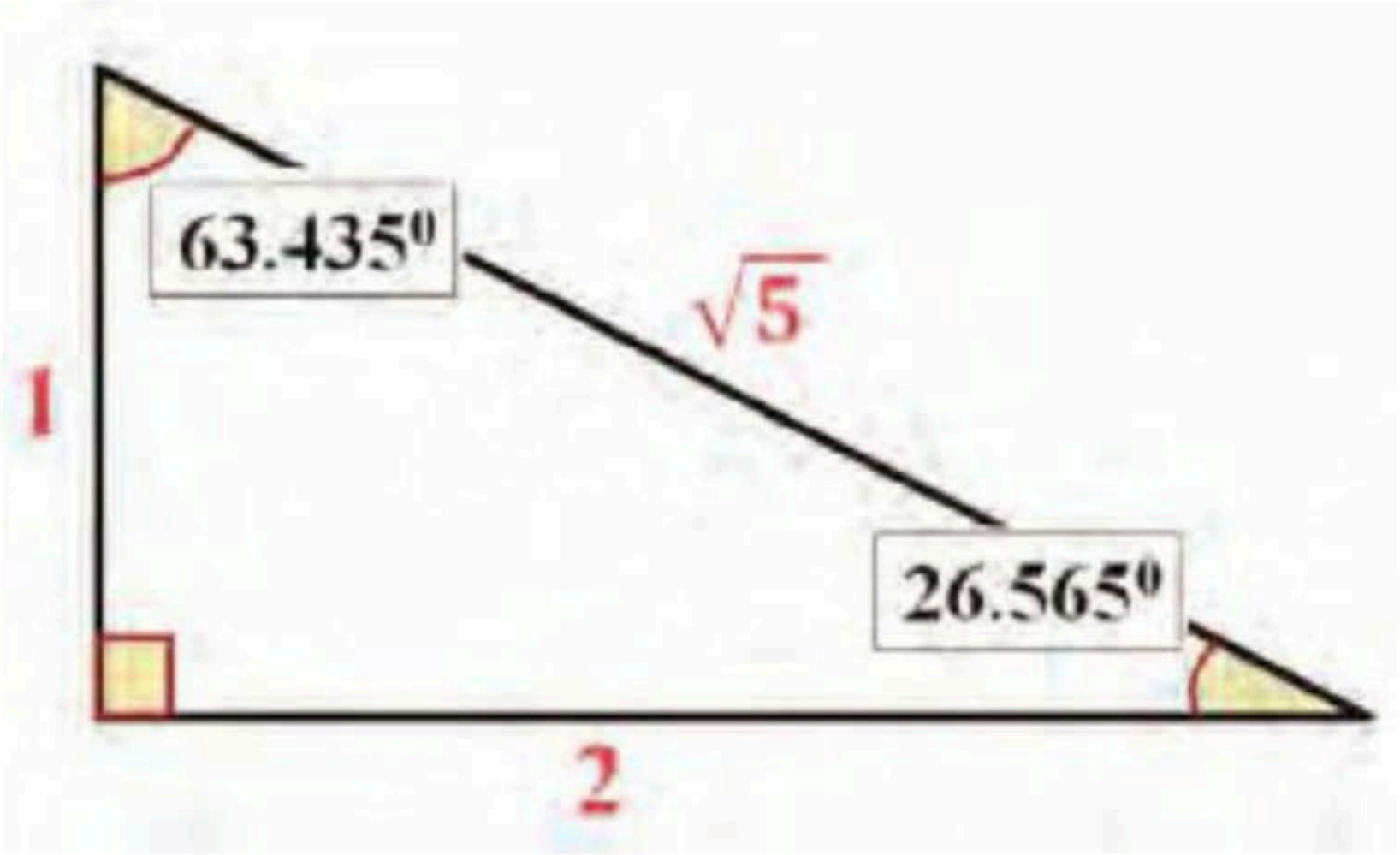


Figure 4: Golden right-angle triangle with the acute angle of 26.56 (or golden angle of 26°33') (Drawing by Rajput, 2021)

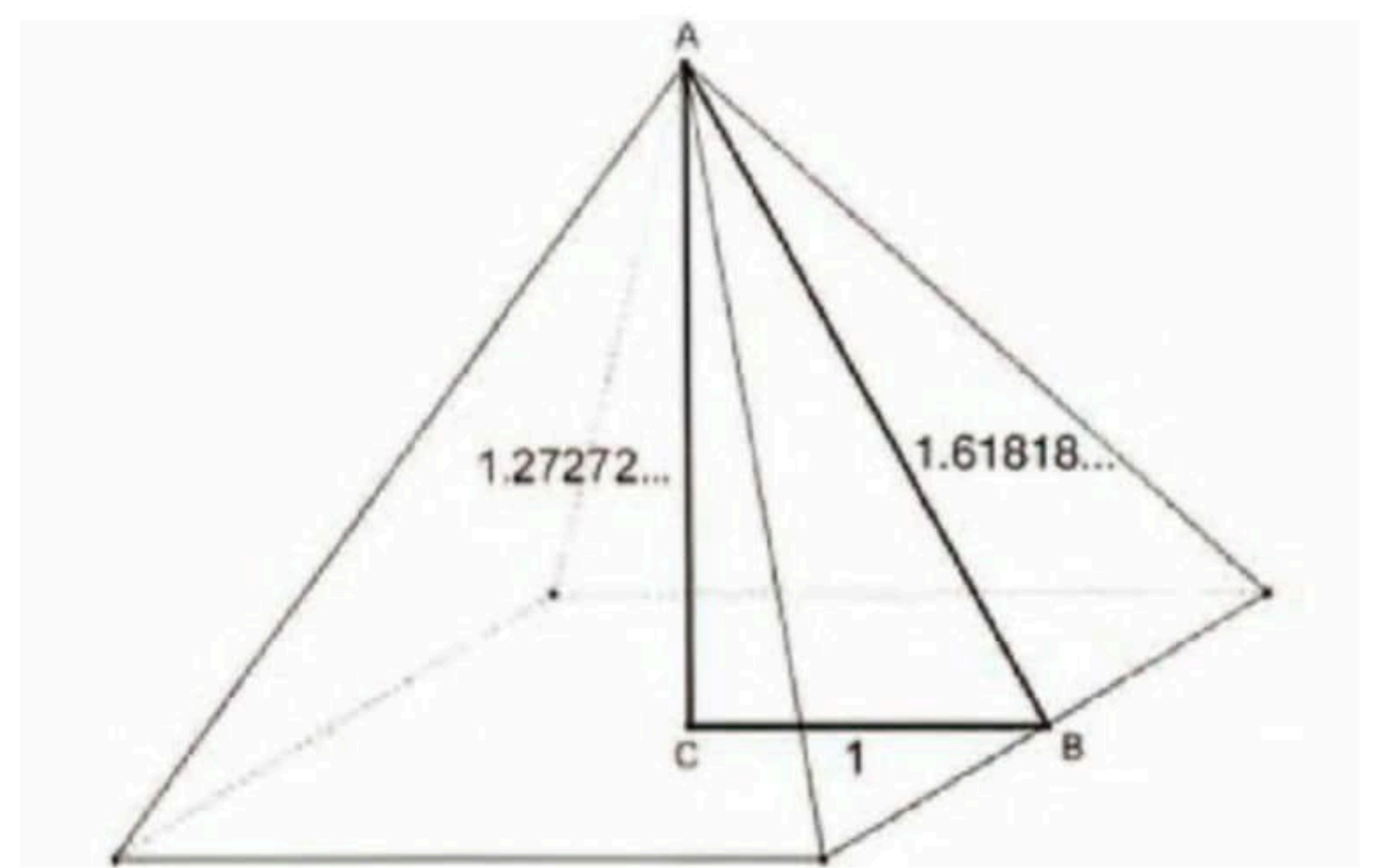
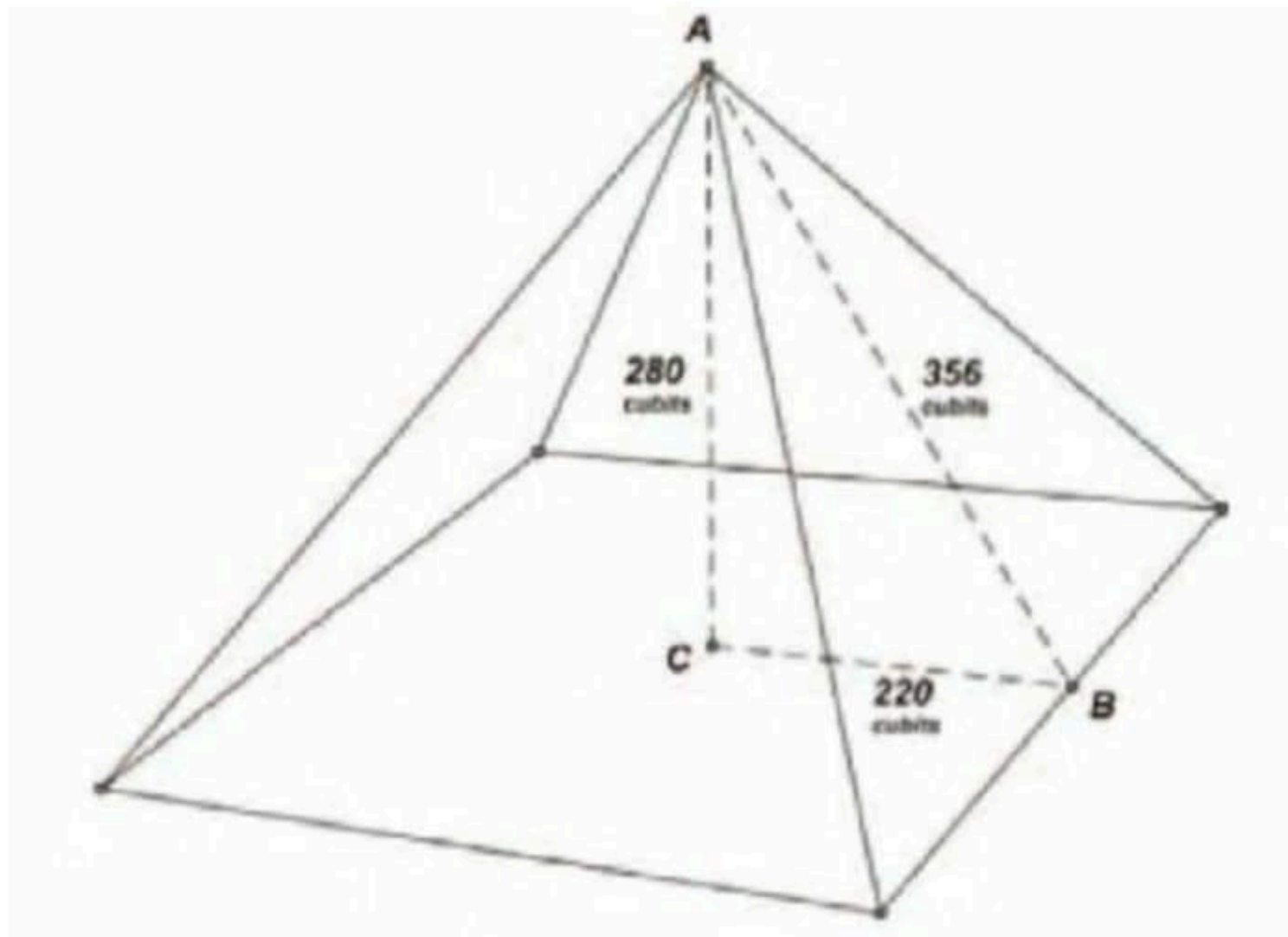


Figure 5: Internal cross-section triangle in cubits of the Great Pyramid and $1:\sqrt{\phi}:\phi$ triangle when all sides are divided by 220 (Posamentier, 2013)

hypotenuse of $\sqrt{5}$. The $26^\circ 33'$ angle is thus called the golden angle.

This $1:2:\sqrt{5}$ triangle is observed to be the quintessential form of number ϕ (phi), also known in the Renaissance as "the divine proportion" or the golden ratio, 1.618 (Figure 4). The Golden Ratio is expressed within the triangle angles and side lengths and their trigonometrical relationships. It is an irrational number and cannot be obtained arithmetically, only geometrically. It is found ubiquitous in nature, from sunflower florets and mollusc shells to the shape of the galaxies and distances between internal planets of the Solar System.

The golden ratio ϕ is found embedded in the dimensions of the Great Pyramid. It is found in the

triangle formed by its height, the half base and the slant height. Using that triangle, which is the basic cross section of the structure (Figure 5), if 356 cubits of the pyramid's slant height are divided by half the base length (220 cubits), the result is 1.618 or ϕ .

Also, if the height (280 cubits) is divided by the half base (220 cubits), we get 1.27272, which is very close to real value of $\sqrt{\phi}$. Therefore, dividing the dimensions of this triangle by 220, we would get a $1:\sqrt{\phi}:\phi$ triangle, also known as a Kepler triangle!

An Egyptian cubit is an ancient measure used in the construction of pyramids and is equal to $\pi/6$ or 0.5236 metres. Also, π (Pi) and ϕ are related through the equation $\pi/\phi^2=6/5$, so if you have one of these values,



Figure 6: The Middle Pyramid (G2) casts a shadow onto the southern side of the Great Pyramid (G1) at the Golden Angle of 26° on the winter solstice day (photo by author 21st Dec 2023).



Figure 7: The golden right-angle triangle shadow, highlighted here, and cast by the middle pyramid onto the south side of the Great Pyramid on the winter solstice day (Photo by author 21 December 2023)

you also have the other one. Besides, if you divide the perimeter (p) of the Great Pyramid base ($440 \times 4 = 1760$ cubits), by twice its height (h) ($2 \times 280 = 560$ cubits), we get 3.1428, very close to the value of π (3.1415). So, the height of the pyramid is in relation to the perimeter of its base as the radius of a circle is to its circumference ($c = 2\pi r$; $c/2r = \pi$; $p/2h = \pi$). Therefore, the pyramid builders have also found a way to incorporate a circle into this pyramidal shape—a discussion for another time.

Structurally, we find the golden angle inside the Great Pyramid: the angle of the internal ascending and descending passages of the Great Pyramid is the same angle found in the triangle $1:2:\sqrt{5}$ formed by the Grand Gallery and ascending passage (hypotenuse of value $\sqrt{5}$), with the horizontal line leading from the spot where the descending and ascending passages meet to the vertical line dropped from the pyramid apex (base of value 2) and part of the same vertical line dropped down from the pyramid apex that starts at the Great Gallery end (height of value 1) is the same angle of the ancient passage that leads from the Valley Temple onto the Causeway of Khafre where tourists walk daily.

Visually, the golden angle is best observed on the winter solstice day, 21st December, in the afternoon hours, when the shadow cast by the middle pyramid on to the south side of the Great Pyramid reaches its height and cuts through the pyramid slant height

(Figure 6). The triangle formed by the shadow is the right-angle triangle and has the half base length, about a third of the pyramid slant height and hypotenuse that runs from the southwest corner to the third of the slant height of its side, forming the Golden Angle of $26^\circ 33'$ in its southwest corner (Figure 7).

This huge display of the golden right-angle triangle with its natural ϕ constant along the edge of the pyramid exactly on the winter solstice day also constitutes another hierophany.

The golden ratio is also found in the Giza Plateau layout of the main three pyramids. A golden rectangle is a rectangle whose length to width ratio is equal to the golden ratio, or ϕ . If two golden rectangles, which contain the golden ratio in them, are superimposed over the Giza layout, (one in

landscape orientation, one in portrait orientation) we see their corners align with the apex of each of the pyramids (Figure 8).

When all four key monuments of Giza are connected using geometrical relations, they reveal the maze of golden angles interconnecting them, with the Sphinx included. Dr Temple calls this alignment the Golden Giza Plan (Figure 9). Golden angles are marked as G (Figure 9).



Figure 8: Giza layout reveals the positions and relative sizes of the pyramids may be based on the golden ratio, as golden rectangles are connecting all three main pyramids via their apexes (Drawing by Meisner, 2018)

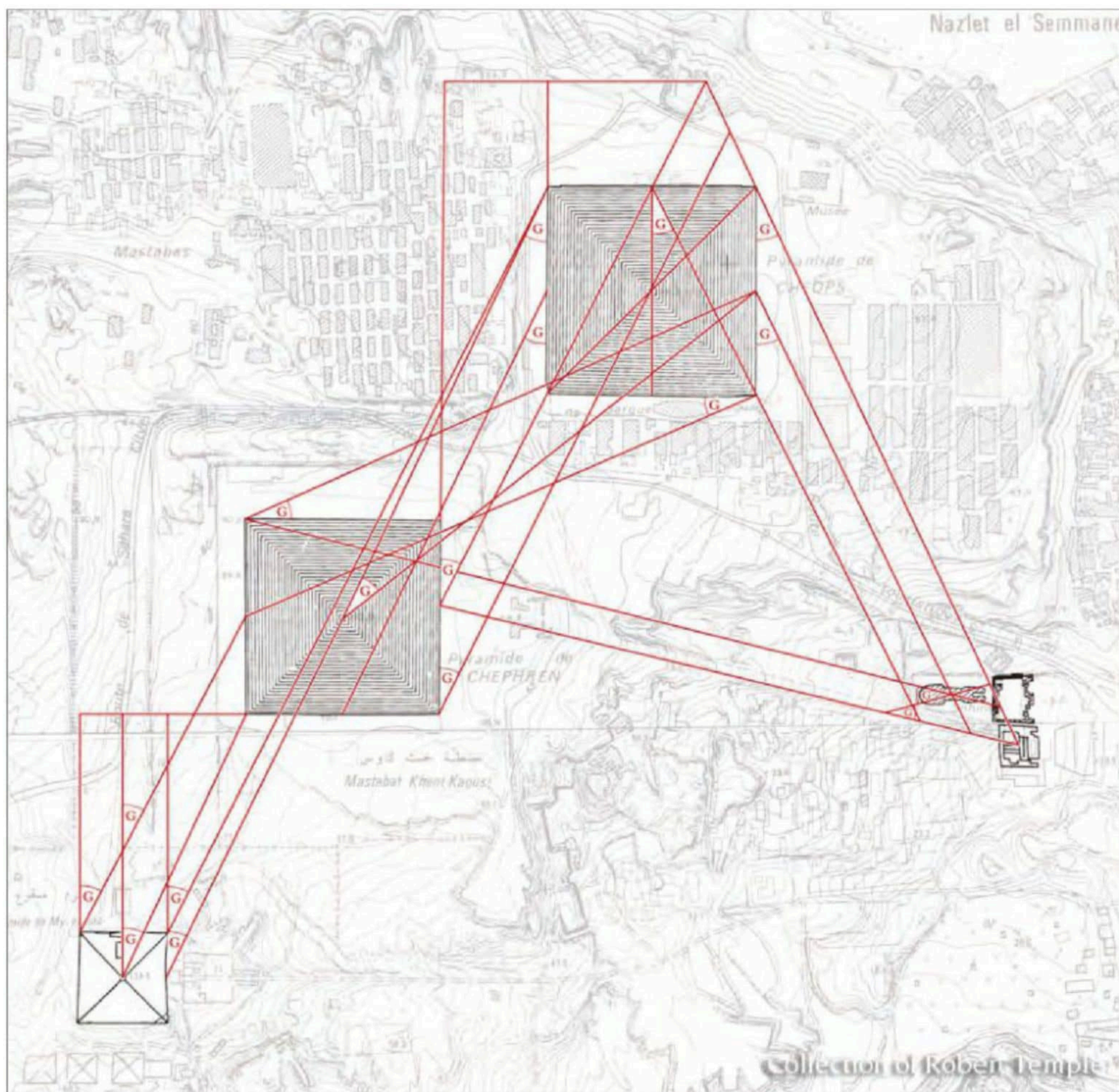


Figure 9: Golden Giza Plan, showing multiple golden angles (G), (Temple, 2009)

The interconnectedness of the Great Pyramid and the middle pyramid positions are further observed during both solstices and equinoxes.

Great Pyramid and Middle Pyramid Aligned with Equinoxes and Solstices

The only way to anchor astronomical cycles into the Giza landscape was to build the whole complex at the same time, according to the unifying plan. The plan is obvious if we include the still-unearthed Valley Temple of Khufu, that lies beneath the houses of village of Nazlet el-Samman, east of the presently unearthed complex.

The archaeological excavations started here in 2022, and the ground penetrating radar (GPR) anomalies have pointed to the existence of tunnels and chambers containing metals and other artefacts.

Here, near the still-unearthed valley temple of Khufu, presumably at one of its corners (Figure 10), the ideal prolongation of the northern side of the Great pyramid (G1) and its causeway (BO) intersect each other and is marked O. A line drawn from O and directed due west passes along the north side of the pyramid, G1.

The point O' is the Khafre valley temple spot where the middle or Khafre's Pyramid (G2) ideal prolongation of its

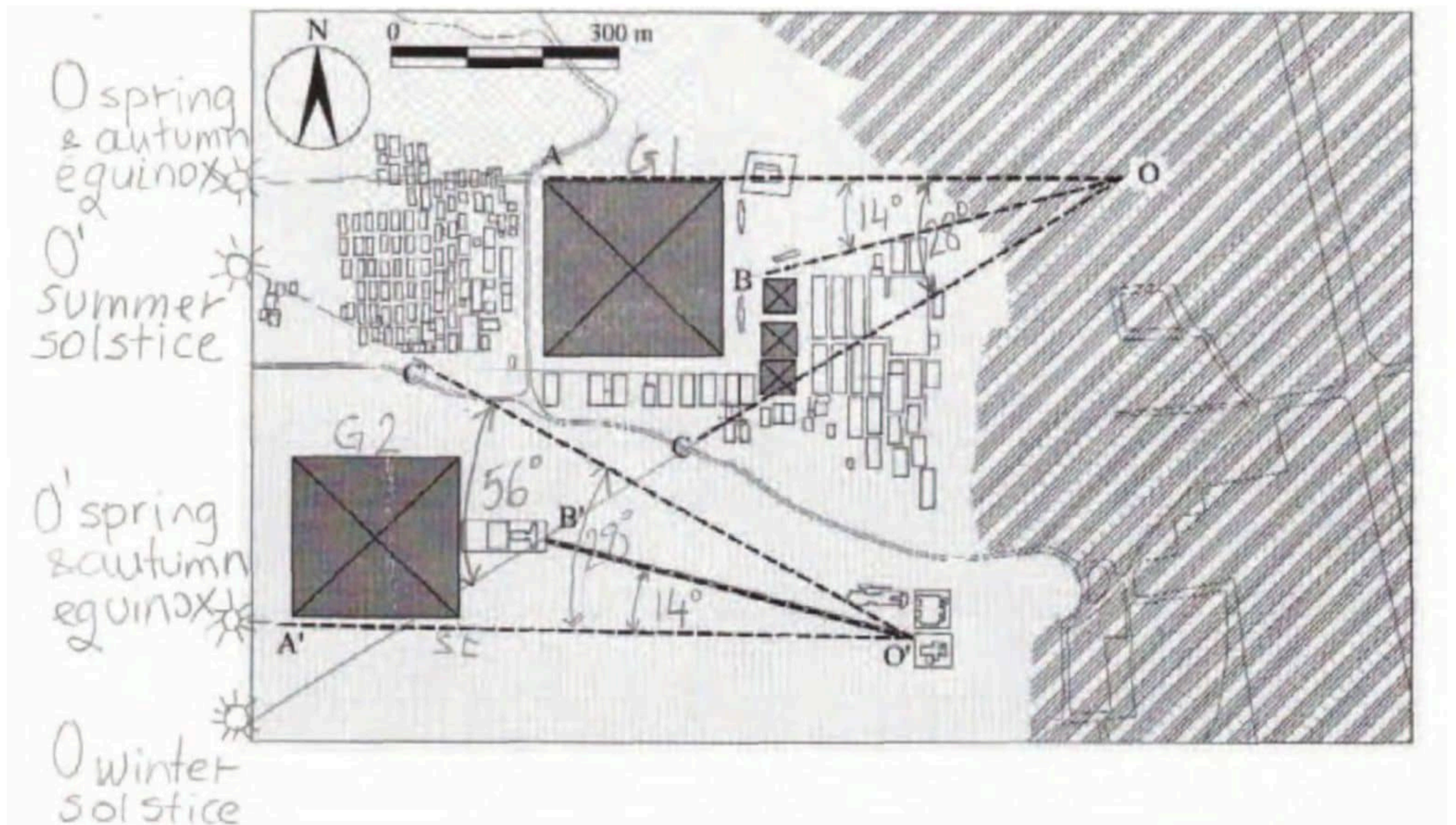


Figure 10: The Giza sun alignment unifying plan (original drawing by Magli, 2014, augmented by author)

southern side and its causeway (B'O') intersect each other.

From point O, the Sun at both equinoxes is seen setting in alignment with the northern corner of G1, A; and same can be seen from the O' point, from where the Sun at both equinoxes is seen setting in alignment with south corner of G2, A'.

The alignment defined by the G1 causeway (BO) is oriented 14° south of west (azimuth 256°) which coincides with the midpoint of the path of the setting Sun at the horizon between equinoxes and the winter solstice. The winter solstice line (OCB') points to the Sun setting beyond the G2 at the winter solstice, at the same time when the golden right-angle triangle shadow appears on G1's southern face (Figure 7).

The alignment defined by the causeway of G2 and its southern side is 14° north of west (or its azimuth is 284°) and coincides with the midpoint of the path of the setting Sun at the horizon between the equinoxes and summer solstice. The summer solstice line (O'C') points 28° north of west (azimuth 298°). This summer solstice line (O'C') points to the setting Sun in the middle of the horizon which also produces the huge *akhet* sign (Figure 3 and Figure 10).

Together, the G1 and G2 complexes with their causeways and valley temples form the opposite symmetric solar alignments. They are aligned with equinoxes but also point to the solstices. G1 points to the winter solstice setting Sun, while G2 points to the

At the Giza Plateau we find topographical order, orientation, mathematical constants, and connection with the celestial cycles on a huge scale.

summer solstice setting Sun. The two causeways have azimuths that show 28° difference, which is also an angle between an equinox and the winter solstice and an equinox and the summer solstice. Double that angle and we get the angle between the winter and summer solstice setting Sun points at the Giza horizon ($\angle 56^\circ$), also seen in Figure 10.

Conclusions

At the Giza Plateau we find topographical order, orientation, mathematical constants, and connection with the celestial cycles on a huge scale. The ancient builders incorporated mathematical values of ϕ and π architecturally into the Giza Plateau plan and the Great Pyramid itself. The Giza Plateau and its main monuments are all geodetically interrelated via the many golden angles, golden rectangles, and alignments with equinoxes and solstices.

At the ground level, we see solar alignments that produce such effects as correct timing of equinoxes and solstices as well as hierophany of the ancient Egyptian

The ancient builders were obviously aware of "the divine proportion" found in nature and they understood it as a sacred science and divine order of reality.

sign for a horizon, and the golden right-angle triangle shadow.

The Great Pyramid in particular, has been located, oriented, and sloped to mark equinoxes and solstices. It marks the noon of the spring equinox when the shadow on its northern slope disappears. It marks the winter solstice as the triangular shadow cast by the Middle Pyramid appears on its southern side at its highest point and forms the golden right-angle triangle.

The silent language of the sacred architecture at the Giza Plateau speaks to those who can understand it. The ancient builders were obviously aware of "the divine proportion" found in nature and they understood it as a sacred science and divine order of reality. They were obsessed with it and embodied it superstitiously into the pyramids and their positions. The purpose was to honour the cosmic order through imitating the underlining sacred design of the cosmos, so that what was below would be the same as what was above.

The sacred architecture could have only been accomplished if the Giza Plateau was a planned, unified project, and as such demonstrates the advanced scientific knowledge of the builders, whoever they were.

About the Author:

Sanya Korlaet is an archaeologist with a scientific background, holding a BSc (Hons) and BL. Korlaet has been obsessed with Egyptian pyramids and the mystery they present since she saw them in 1987. Intrigued by pyramids all over the world, in 2018 she joined the excavation project at the Cahuachi pyramid complex near Nazca, Peru and inspected some of the ancient Nazca humanoid reptile mummies found nearby which supported her belief that as humans, we were never alone. She is enrolling into ET Studies with Ubiquity University (MA/PhD) to take the next step in presenting these Nazca alien mummies to the world. In doing so Korlaet hopes to connect the three communities: scientific, archaeological and UFO. She is looking for sponsors to fund this history-breaking study and the next trip to Ica, Peru, where the mummies are held and can be reached via sanyakorlaet@gmail.com. Korlaet's fundraiser link is <https://gofund.me/6704ae6d>.

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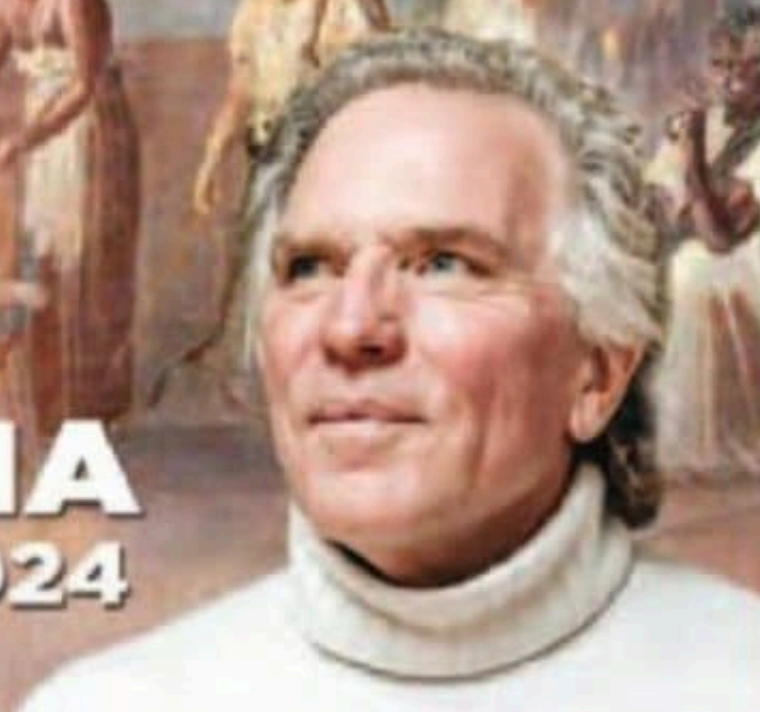


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Science News

HARNESSING SCALAR WAVES: THE NEXT FRONTIER IN BIOMEDICAL RESEARCH AND QUANTUM COMMUNICATION

A mysterious form of energy known as scalar waves has been quietly gaining attention from researchers across multiple disciplines. With its unique properties and profound implications for biological systems, superluminal communication, and the nature of consciousness itself, scalar energy may hold the key to unlocking some of the most perplexing mysteries of our Universe.

Scalar energy, a unique form of energy studied in quantum mechanics, has been gaining attention for its potential applications in biological systems, superluminal communication, and healing. This article explores the nature of scalar energy, its interaction with biological systems, and the promising applications it holds for the future of

communication and healthcare.

Scalar energy¹, also known as longitudinal waves or Tesla waves, is a form of energy that possesses magnitude but no direction. Unlike conventional electromagnetic waves, scalar waves are created when two electromagnetic waves converge from opposite vectors, resulting in a standing energy field.² The unique properties of scalar energy have drawn interest from researchers across various fields, particularly in relation to its effects on biological systems and potential for revolutionary applications.

Understanding Scalar Energy

Scalar energy is a subtle form of energy, only one-hundred-millionth of a square centimetre in width, making it finer than X-rays or gamma rays.³ It is described as multidimensional standing wave patterns emanating from a fixed point within the cosmic unified energy field. While scalar waves appear to move, they are actually stationary points of light within the

cosmic morphogenetic field, creating the illusion of movement through the activation of scalar wave points in synchronisation.³

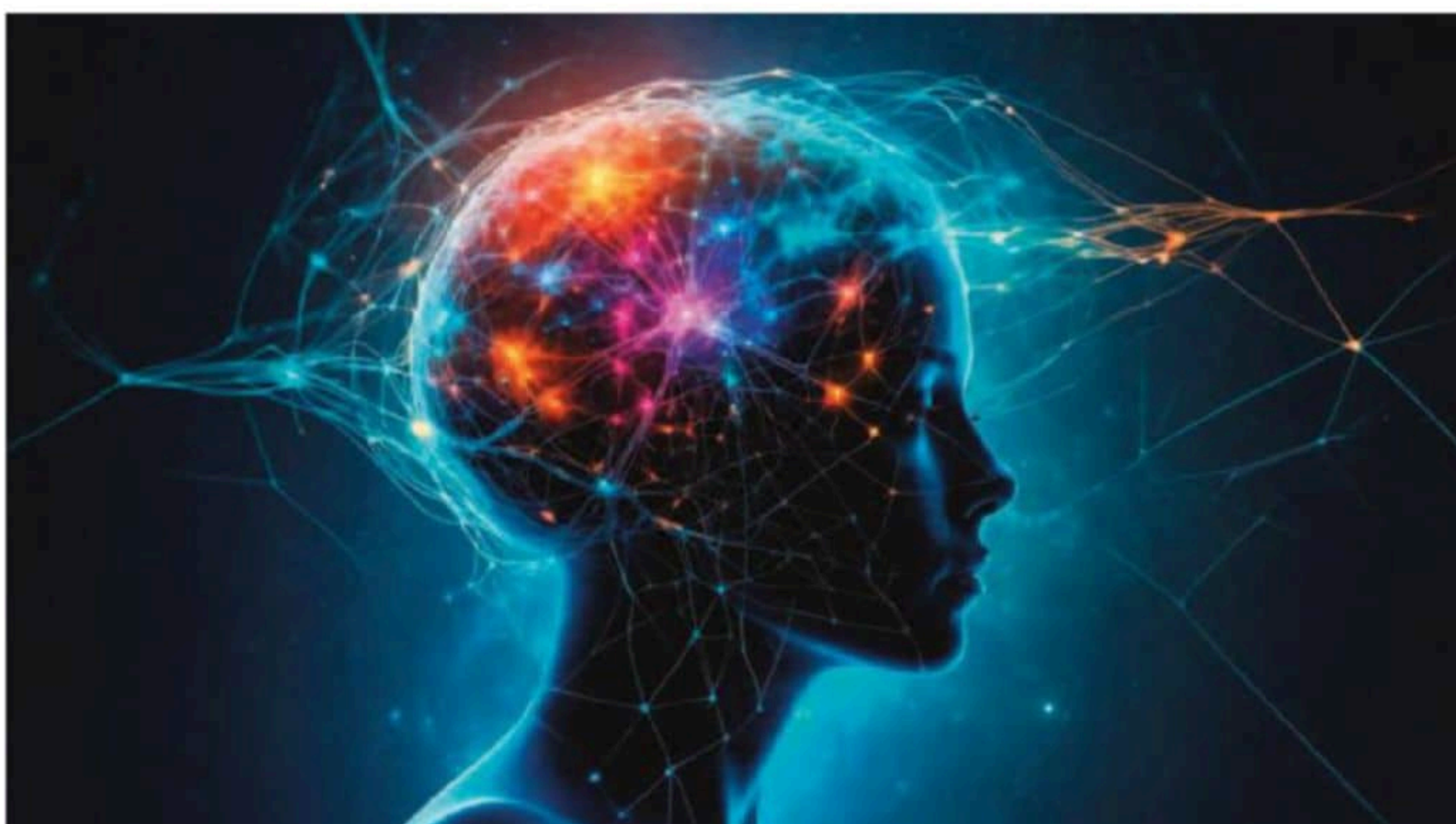
Scalar Energy and Biological Systems

The interaction between scalar energy and biological systems has been a subject of interest for researchers. Studies have shown that scalar energy can affect the functional properties of cells, such as increasing the energy level of cells, improving cell wall permeability, cleansing the blood, and enhancing immune function. These effects have been validated in laboratory studies conducted by Rein in 1989.²

One proposed mechanism for the interaction of scalar energy with biological systems is the Crystalline Transduction Theory. This theory suggests that scalar energy is transduced into linear electromagnetic energy in the body by liquid and solid crystals present in biological tissues.⁴ Additionally, it is believed that scalar energy can imprint itself on human DNA, influencing cellular mechanisms of action and overall health.⁵

Applications in Superluminal Communication

The potential for scalar energy in superluminal communication has been a topic of interest among researchers. It is believed that the human brain acts as a scalar energy interferometer, capable of creating and detecting scalar waves.⁶ This ability enables the generation of



anomalous spatiotemporal effects at a distance and through time, facilitating higher senses like direct cognition, cellular telepathy, manifestation, and materialisation.

Russian scientists have likened DNA to a multidimensional "star-gate" that facilitates hyper-communication, an inter-dimensional information transfer akin to intuition. This form of communication is believed to be most effective in a relaxed state and involves the flow of energy from outside space and time through wormholes activated by DNA.

Healing Applications

The healing properties of scalar energy have been observed in various anecdotal clinical observations and studies. Exposure to scalar energy has been reported to increase cell energy levels, aid nutrient intake and waste elimination, improve blood health, and boost immune function. These benefits have been attributed to the ability of scalar energy to affect biological systems at a fundamental level.

Scalar energy has also been utilised in analysing energy samples for illnesses and distortions by comparing them to an electromagnetic signals database. The identified potential distortions and illnesses in the biological energy fields can include bacteria, viruses, chemicals, metals, and more. This information is then used to guide the immune system in identifying and addressing these issues within the body.

Furthermore, the principles of BioCybernetic Medicine and scalar energy morphogenetic field mechanics have been employed to stimulate self-regulating healing abilities in individuals with health conditions. Subjects who underwent balancing via this advanced quantum medicine model showed higher bio-energetic self-healing rates over a period of five to 24 months.

Future Directions and Challenges

While the potential applications of scalar energy in superluminal communication and healing are exciting, there are challenges that need to be addressed. One of the primary challenges is the difficulty in obtaining reliable scalar generators for biological studies, which has limited the availability of hard experimental data in this area.

Additionally, further research is needed to fully understand the mechanisms of action underlying the effects of scalar energy on biological systems and its role in facilitating superluminal communication. Collaboration between quantum physicists, biologists, and medical researchers will be crucial in advancing our understanding of scalar energy and developing practical applications.

Despite the challenges, the future of scalar energy research holds immense promise. As our understanding of this unique form of energy deepens, we may unlock revolutionary advancements in communication, healthcare, and our fundamental understanding of the Universe.

Continued investment in research and development, along with open collaboration among experts from diverse fields, will be essential in realising the full potential of scalar energy.

Conclusion

Scalar energy represents a fascinating frontier in the realm of quantum mechanics, with far-reaching implications for biological systems, superluminal communication, and healing. The unique properties of scalar waves and their ability to interact with living organisms at a fundamental level have opened up new avenues for exploration and innovation.

As we continue to unravel the mysteries of scalar energy and its applications, we stand on the brink of a new era in science and



technology. By bridging the gap between the quantum world and the biological domain, scalar energy research has the potential to revolutionise the way we communicate, heal, and understand the intricate workings of the Universe. It is through dedicated research, collaboration, and open-mindedness that we will unlock the full potential of this remarkable form of energy and pave the way for a brighter, more connected future.

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VISUALISING THE MYSTERIOUS DANCE

Quantum Entanglement of Photons Captured in Real Time

A new technique based on advanced camera technology demonstrates a fast and efficient approach to reconstructing the full quantum state of entangled particles.

Researchers at the University of Ottawa, in collaboration with Danilo Zia and Fabio Sciarrino from the Sapienza University of Rome, recently demonstrated a novel technique that allows the visualisation of the wave function of two entangled photons, the elementary particles that constitute light, in real time.

Using the analogy of a pair of shoes, the concept of entanglement can be likened to selecting a shoe at random. The moment you identify one shoe, the nature of the other (whether it is the left or right shoe) is instantly discerned, regardless of its location in the Universe. However, the intriguing

factor is the inherent uncertainty associated with the identification process until the exact moment of observation.

The wave function, a central tenet in quantum mechanics, provides a comprehensive understanding of a particle's quantum state. For instance, in the shoe example, the "wave function" of the shoe could carry information such as left or right, the size, the colour, and so on.

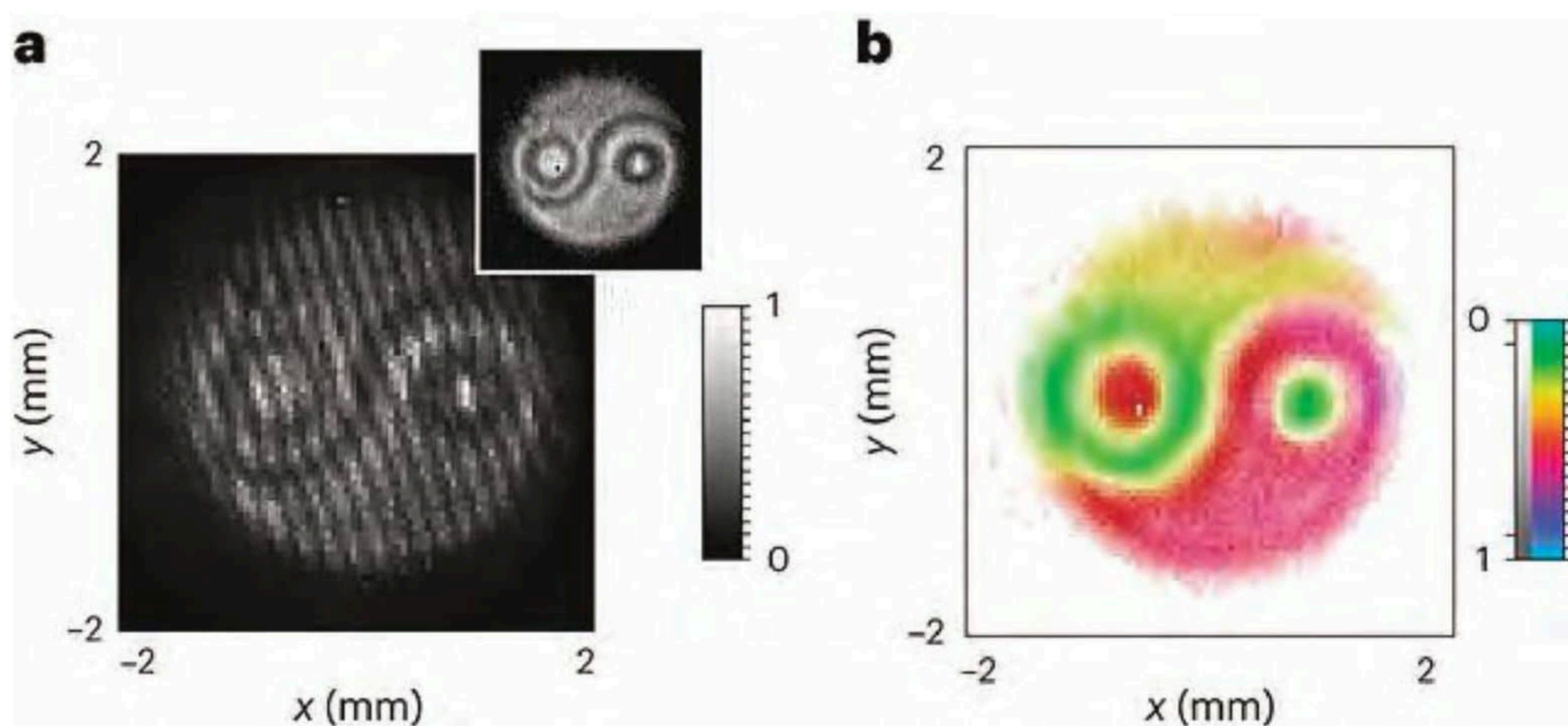
Predictive Capability of the Wave Function

More precisely, the wave function enables quantum scientists to predict the probable outcomes of various measurements on a quantum entity, e.g. position, velocity, etc. This predictive capability is invaluable, especially in the rapidly progressing field of quantum technology, where knowing a quantum state which is generated or input in a quantum computer will allow testing of the computer itself. Moreover, quantum states used in quantum computing are extremely complex, involving

many entities that may exhibit strong non-local correlations (entanglement).

Knowing the wave function of such a quantum system is a challenging task—this is also known as quantum state tomography or quantum tomography in short. With the standard approaches (based on the so-called projective operations), a full tomography requires a large number of measurements that rapidly increase with the system's complexity (dimensionality). Previous experiments conducted with this approach by the research group showed that characterising or measuring the high-dimensional quantum state of two entangled photons can take hours or even days. Moreover, the result's quality is highly sensitive to noise and depends on the complexity of the experimental setup.

The projective measurement approach to quantum tomography can be thought of as looking at the shadows of a high-dimensional object projected on different walls from independent directions. All a



Biphoton state holographic reconstruction. Image reconstruction a) Coincidence image of interference between a reference SPDC state and a state obtained by a pump beam with the shape of a Ying and Yang symbol (shown in the inset). The inset scale is the same as in the main plot. b) Reconstructed amplitude and phase structure of the image imprinted on the unknown pump (Credit: Nature Photonics (2023) DOI: 10.1038/s41566-023-01272-3)

The team, led by Ebrahim Karimi, Canada Research Chair in Structured Quantum Waves, co-director of The University of Ottawa Nexus for Quantum Technologies (NexQT) and Associate Professor in the Faculty of Science, extended this concept to the case of two photons. Reconstructing a biphoton state requires superimposing it with a presumably well-known quantum

"This method is exponentially faster than previous techniques, requiring only minutes or

seconds instead of days. Importantly, the detection time is not influenced by the system's complexity—a solution to the long-standing scalability challenge in projective tomography."

(Source: University of Ottawa, Canada, 21 August 2023, <https://tinyurl.com/2bh54m5q>)

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Seeing double

Investigating doppelgängers and the phenomenon of bilocation

Mireille Thibault © 2024

The Doppelgängers

Doppelgänger is a German term meaning "walking double". It is a kind of ghost that follows a person's trail, like a shadow. But the most disturbing thing is that this ghost is the double of the person concerned.

An old European tradition maintains that seeing one's double in this way means imminent death. For his part, the English folklorist John Aubrey reports in the 17th century that Lady Diana Rich, daughter of the Count of Holland, saw her double in her father's gardens in Kensington. A month later, she died of smallpox.

Queen Elizabeth I of England had the same experience before her death in 1603 and saw her pale and withered

reflection lying in her bed.

In 1882, the English poet Percy Bysshe Shelley saw his double when he boarded the small boat where he would die a few days later.

Doppelgängers are, according to the descriptions, life-size apparitions, often transparent or pale in colour. Sometimes they reproduce the movements and expressions of the people to whom they are attached and appear at dawn or late at night. However, this is an extremely rare phenomenon and often the people affected by such a presence are prey to tension or great fatigue when the phenomenon occurs. It must be admitted that several well-known people do indeed say

that they have seen their doubles.

Johann Wolfgang von Goethe (1749–1832), the famous author of *Faust*, had an experience of this type. While he was riding to Drusenheim in 1771, he saw his own double but dressed differently. After a few seconds the image faded. However, eight years later, he took the same road, which led to a good friend's house, and realised that at that moment he was wearing the clothes seen during this curious observation. In Goethe's case it seems that his double was a vision of himself that would become reality a few years later.

In 1860 Abraham Lincoln, recently elected president, was sitting on a sofa in his residence when he saw in a mirror, standing behind him, none other than himself but paler. The president got up to approach the mirror and the apparition disappeared. A few days later the same phenomenon occurred again in the mirror and his wife, Mary Todd Lincoln, believed it was a bad omen.



Vladimir Lenin, on October 19, 1923, three months before his death, was experiencing serious difficulties. He had survived an assassination attempt in 1922 and had suffered a series of medical conditions that had left him disabled. That day, an officer wanted to know why Lenin was alone in his office in the Kremlin, shuffling papers as if looking for something and without his guards present. The administrator questioned replied that it was impossible, that the head of state was in his residence, partially paralysed, mute and very ill.

Several people in the Kremlin would see him, however, walking vigorously.

Bilocation in Catholicism

It is possible that such a phenomenon is related to bilocation, that is, the same individual is observed in two places at the same time, although the *doppelgänger* is usually seen by his own double.

In several cultures around the world, the phenomenon of bilocation is mentioned and admitted particularly concerning religious or mystical personalities. This ability is defined as a gift from God and allows, among other things, benevolent acts to be performed at a certain distance without requiring the need or time to travel there. This often involves assisting a sick or dying person.

In the Catholic religion this phenomenon is particularly mentioned and considered by the Vatican as a miracle, leading to sainthood, and as a result several cases have been fairly well documented with a good number of testimonies.

St Anthony of Padua is one of these characters who was seen in bilocation in the 13th century. He was a Portuguese Franciscan who was also a doctor. He is said to have performed several miracles including healings and to have been seen in two places at the same time on several occasions, including during an Easter service at Montpellier Cathedral. Anthony is said to have forgotten at this point that he was also supposed to be singing in a monastery.

He withdrew into the shadows of the pulpit, placed his cowl around his face and then became silent and motionless. He then appeared at the monastery to sing as planned. Once this song was completed, he began to move again at the cathedral and continued the service there.

At another time he was officiating at St Pierre church in Limoges on Good Friday and again remembered that he had to be elsewhere at that very moment. He declared that he had to retire to pray and to await his return—instantly he came out of the shadows into another church located some distance away to perform his office there. He then came out of his short retreat to finish his sermon at the first location.

In the 1500s an Italian friar, St Francis of Paola, was seen walking around the monastery and working in the kitchen at the same time, both versions acting normally and chatting with his peers. He was also seen busy praying on a trip to Paterno and walking down the street at the same time. People wanting to talk to him found him praying and decided to wait so as not to bother him, but on leaving the chapel saw him chatting in the street with passers-by. Returning to the church, they saw him indeed busy praying.

Similarly, St Francis Xavier, a professor of philosophy at the University of Paris, who travelled to Ceylon, India, Japan and Malaysia for his work during the year 1540, produced a similar phenomenon. During this journey he was seen several times in different places at the same time—sometimes in three places at the same time,

...St Martin was soon recognised for his bilocations, having been seen in different parts of Lima at the same time as well as in Mexico City, China, Japan, Africa, Algeria, France and the Philippines where he was busy preaching, working with children, helping the infirm or disabled...

speaking with people from different regions hundreds of miles apart.

Also St Martin of Porres who initially studied to be a doctor but later retired to the Monastery of the Holy Rosary in Lima, Peru, has been linked to such a phenomenon. Born in 1579, St Martin was soon recognised for his bilocations, having been seen in different parts of Lima at the same time as well as in Mexico City, China, Japan, Africa, Algeria, France and the Philippines where he was busy preaching, working with children, helping the infirm or disabled and distributing food to the poor.

The facts that have been particularly well documented occurred in North Africa where he was helping the underprivileged. Years later, a man from that region went to Lima to visit the monastery and wanted to speak to Martin, who immediately asked him not to mention what had happened in Africa. At the times of these external presences, he spoke the native languages of the people there, although he had never studied them. He could also be seen in closed rooms and even prison cells, which was notably the case for a man imprisoned in Algiers by the Turks. At that time, the latter received enough money from the saint to pay his ransom and be released. St Martin also often impressed visitors to the monastery with his knowledge of the cultures visited in bilocation. When asked how he carried out such a process, the holy man replied that if God could multiply fish and bread, why could God not multiply St Martin himself?

For his part, St Alphonsus Liguori, Bishop of Sant' Agata de Goti was seen in 1774 preaching a sermon from his pulpit and hearing confessions in another place.

At another time he was preaching in a university in front of students when a poor woman came to his church to receive the usual alms from his hands. She was told that Alphonsus was absent and as she was leaving the premises he came to her to provide her with the expected gift and then disappeared.

On September 21, 1774, after preaching a mass in Arezzo, St Alphonsus suddenly fell back on his chair and seemed to enter what is described as a deep ecstasy and remained like this for a day and a night. His body was

cold, but he was breathing normally, his eyes blinked sporadically showing that he was alive. Then he returned to normal as if nothing had happened.

When asked for an explanation, he said he had met Pope Clement XIV who was about 160 km from Rome at the time. He informed them that the latter had just died. Witnesses confirmed his presence at the scene, having seen him praying and speaking, and said they were surprised to learn that he was also inert in his chair at the same time.

Non-Religious Instances of Bilocation

For her part, Agnès de Langeac (Agnes of Jesus), a mystic, split herself when she was in ecstasy, as did Thérèse d'Avila and several others.

The case of Émilie Sagée is just as interesting. In 1845, the director of an institute for young noble girls, the Von Neuwelcke boarding school located in present-day Latvia, hired a young woman named Émilie Sagée as a French teacher. She was 32 years old and was born in Dijon. Cheerful and intelligent, Émilie was very well suited to the job.

A few weeks after her arrival, however, the 42 students of the establishment became worried. It is said that Émilie was seen in various places at the same time. The teachers did not pay attention at first, then while the young teacher was at the blackboard giving a grammar lesson to 13 young girls, a silhouette appeared at her side imitating her movements perfectly but without chalk in hand. This double continued to manifest itself and was also seen by the servants of the establishment. Moreover, this shadow in her image adopted more and more independent behaviour.

At one point, the students saw Émilie through the window, busy in the garden, then their supervisor left and



was replaced by Émilie's double who remained motionless and silent, while outside the young teacher seemed to have difficulty moving.

In the class, some of them approached the double and noticed that it offered a slight resistance to their hands passing through it, then it ended up disappearing.

Several students left the institution following these various events—so much so that the director fired Émilie who was not surprised because it was the nineteenth time that such a dismissal occurred.

She then emigrated to Russia and become a governess of a family before her trace is lost after the 1850s.

It is possible according to some research that her real name was Octavie Saget, born on January 13, 1813, and that she was an illegitimate child. The main witness to have reported this case is Baroness Julie von Güldenstübbe and it is mentioned that at each apparition the young woman was seized by a more or less intense fatigue. She herself was unable to see her double and deduced her presence by the reactions of the witnesses and by this fatigue felt. The Baroness visited her later when she was staying with a sister-in-law to see that her children had come to terms with the idea of having two aunt Émilies.

In 1905, Senator Sir Frederic Carne Rasch was unwell and could not attend a debate that greatly interested him. During this session, a colleague and friend Sir Gilbert Parker saw him sitting not far from his usual place. Knowing that he had the flu, he gave him a friendly wave and told him that he hoped he was feeling better, but the man did not seem to understand and remained impassive. A moment later, the witness turned his eyes towards him again, but he was no longer there, and he searched for him in vain. Another individual, Sir Arthur Hayter, would also testify to having seen this double.

But several very ordinary people have also had dealings with a doppelgänger. In 1921, in her book *Autour de la mort*, Camille Flammarion reported the case of a Miss Jackson known for her diligent work with the poor.

One day, as she was returning home after a day with them, she suddenly felt tired and cold and had a strong desire to warm herself by the oven in the family kitchen. At that precise moment, two servants who were in the room saw the doorknob turn and it opened to let Miss Jackson through, who approached the fire to warm her hands. The girls noticed that she was wearing green kid gloves, and then the woman disappeared.

The servants went to see the young lady's mother to tell them about their adventure. The lady told them that her daughter had never had green gloves and that it was therefore only an illusion. Half an hour later Miss Jackson arrived wearing green gloves that she had bought on the way.

Similarly, in 1982, a certain Henry J. Purdy of Middlesex saw his wife, early in the morning, standing at the garden window. He ended up wondering why she was late in

coming to bed, then reached across the bed and found her asleep. He then looked at the silhouette at the window that was still there, but gradually disappeared.

Sensing a Doppelgänger?

Witnesses have also reported when observing a doppelgänger to have smelled the scent of their double and even heard it speak.

On such a subject, I also discovered a curious phenomenon described by the Ojibwe, a North American indigenous people. They report that sometimes an individual can feel someone watching them or being near them without seeing anyone. It is the shadow that wakes them up, wanting to reveal a danger to them. This shadow is sometimes invisible but can also appear in the form of the body of the individual.

Thus is reported the story of a certain Mr Pegahmagabow who was then at a distant dock with his two boys. The next day all three headed towards the family residence. Some time before their arrival, Pegahmagabow's sister-in-law looked out the window and saw the older of the two boys passing by and mentioned it to the child's father when he arrived. The Native American maintained that she had seen the son's shadow—they were more than a kilometre away at the time.

Native American tradition further emphasises that occasionally the shadow can split and become double, in which case one part may wish to cooperate with the soul and body while the other seeks to travel or go hunting. The individual then finds themselves at the centre of a conflict between their own desires, and this lack of inner harmony can lead to an illness for which there is no



treatment, and then to the death of the individual. Their shadow will then linger forever near their grave and become what is called a ghost, generally an invisible creature but capable of acting if anyone provokes it.

But are there explanations for these curious phenomena? Perhaps.

Medical Reports of Doppelgänger Experiences

Swiss neuropsychologist Peter Brugger was interested in the case of a 21-year-old young man working as a waiter in the canton of Zurich and who was referred to him by a neurologist.

The young man actually found himself face to face with his doppelgänger and the phenomenon began when he stopped taking his anticonvulsant medication. That morning, instead of going to work, he drank several beers and stayed in bed. Then, feeling dizzy, he got up to turn around and see his own body lying in bed. He then began to spit on his double who was not getting up to go to work. The latter then got up and pushed him, angry. Unable to cope with the situation any longer, the young man jumped out of his apartment window but survived.

Following his consultation with Peter Brugger, a tumour was removed from his left temporal lobe and all bizarre experiences ceased.

Patients with this disorder recognise many people who have no physical resemblance to the people they believe they recognise at first glance.

Similarly, Dr Olaf Blancke, from Geneva, made an interesting discovery while treating one of his patients, a 43-year-old woman with epilepsy. While he electrically stimulated a part of the brain called the angular gyrus (located above the ear in the right hemisphere), his patient had the sensation of seeing herself from a high place.

This area of the brain is responsible for the mental representation of the body that allows it to situate itself in space, as well as the position of its limbs.

For his part, Graham Reed, a psychologist at York University in Toronto, has studied the phenomenon of the double, and links these hallucinations to epilepsy or other brain disorders. In fact, psychologists and psychiatrists call such a phenomenon autoscopy, derived from the Greek *autos*, which means "self" and *skopeo*, which means "to see oneself", that is, the experience in which the person claims to see themselves.

Sometimes the phenomenon is caused by medication or for no specific reason. Usually, patients who report such experiences have damage to the left posterior



insular cortex as well as adjacent cortical spaces. The insular cortex serves to integrate sensations, whether visual, auditory, sensory, motor, proprioceptive, and vestibular.

Furthermore, a rare disease could also be linked to doppelgängers: Fregoli syndrome. This disorder, also called the Fregoli illusion, owes its name to a famous imitator who could easily take on the physical and gestural appearance of anyone he met. Patients with this disorder recognise many people who have no physical resemblance to the people they believe they recognise at first glance. The patient therefore thinks they see a close person or a member of their extended entourage in various people they meet, but who have no real physical traits of them.

This syndrome could explain the phenomenon we are studying when the person is the only witness to the appearance of the doppelgänger.

Along the same lines, there is also the subjective double syndrome (or Christodoulou syndrome). This rare syndrome was first described by the psychiatrist George Nikos Christodoulou. It refers to an individual who believes that they have one or more doubles of themselves who perform actions and display behaviours that are completely independent of their will. They may also believe that their own personality has been "transferred" into this double and thus feel depersonalised.

These subjects usually have damage to a part of the brain located in the right hemisphere or a neurological disorder.

A man experienced a similar perception following an operation and was then convinced that his brain had been transferred to another body.

Dr Christodoulou for his part described the case of an 18-year-old young woman convinced that a neighbour

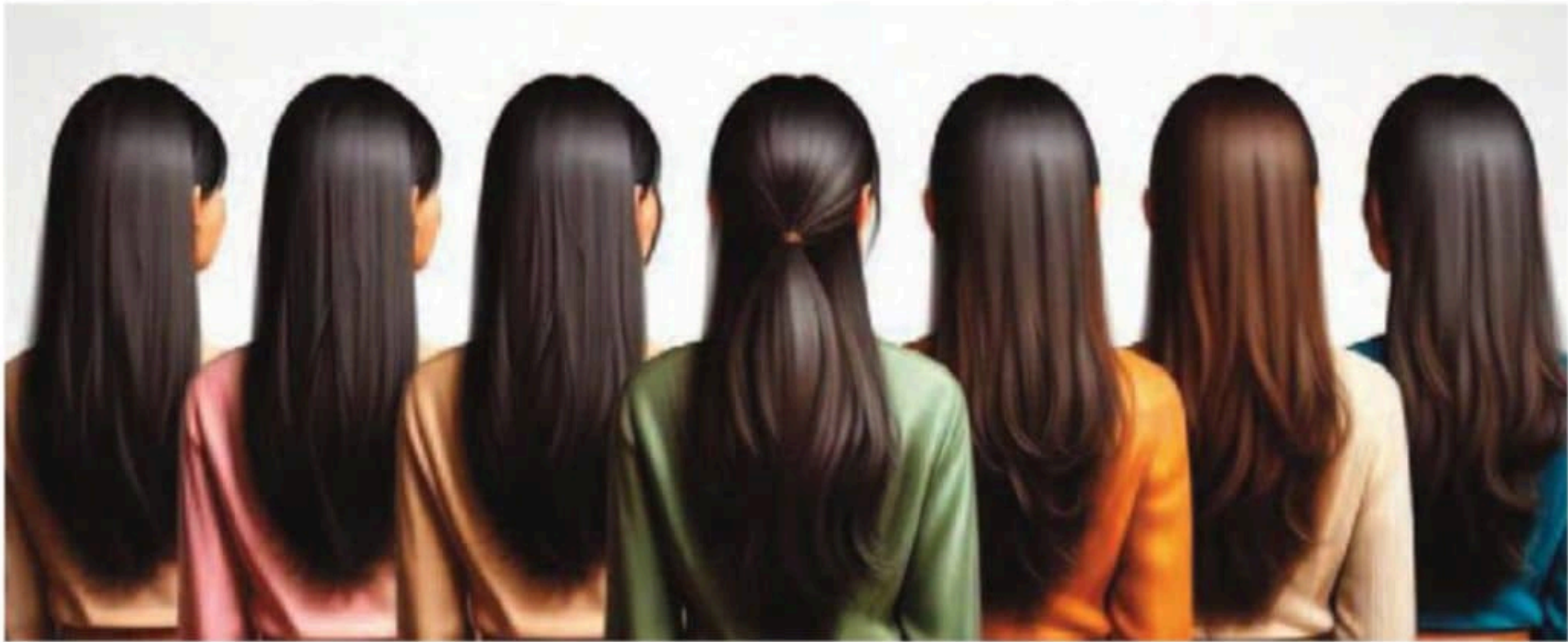
had acquired all her physical characteristics; body, clothes, etc., thus voluntarily becoming her double. She believed that this double used a mask and makeup to be able to look exactly like her. Then she had the same impression concerning another woman in her entourage.

This syndrome can sometimes be associated with a depressive state or another misidentification syndrome, such as a psychosis, which may have been diagnosed previously.

On the other hand, there may be an even simpler explanation for the existence of a doppelgänger; in fact social networks have allowed us to discover that several people around the world can strangely resemble each other.

Thus, the young Santana Gutierrez, 17, from San Diego, discovered by chance a young girl who looked like a twin and took a photo of her that went viral on X (Twitter). Subsequently, seven other young girls, complete strangers to each other, were discovered who look like twin sisters to Gutierrez.

Part of the doppelgänger phenomenon could therefore consist of a curious resemblance between various individuals without any link between them.



But this is only a possibility, because in fact it is probably plausible to believe that several different explanations are to be considered to understand this curious phenomenon that is the vision of a doppelgänger.

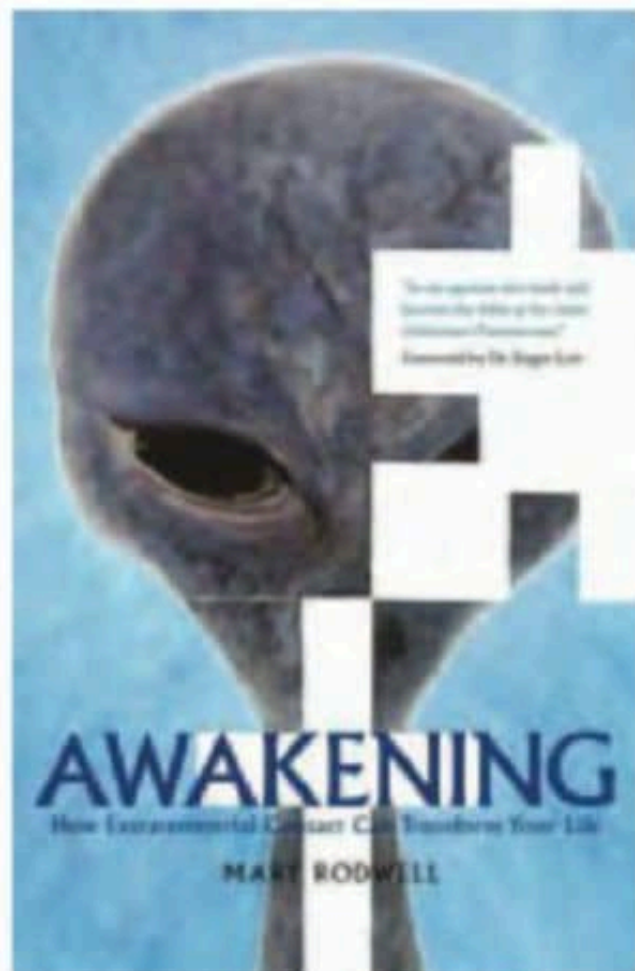
About the Author:

Mireille Thibault is a Canadian ethnologist and author who has investigated haunted places for about thirty years. She has published several books and articles in French on various unexplained phenomena. Her next book will be published by Mosaic Press in English and deals with a criminal phenomenon in relation to murders and poisons and the typology of prisoners. Thibault can be found on LinkedIn or emailed via mirtibo@telus.net.

THE FUTURE
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AWAKENING

Many people around the world, from all walks of life, believe themselves to be in regular contact with beings from outer space. Mary Rodwell works with individuals said to be having these remarkable experiences. She claims they are not products of over-active



imaginations—quite the opposite—they are real and happening to normal, healthy people.

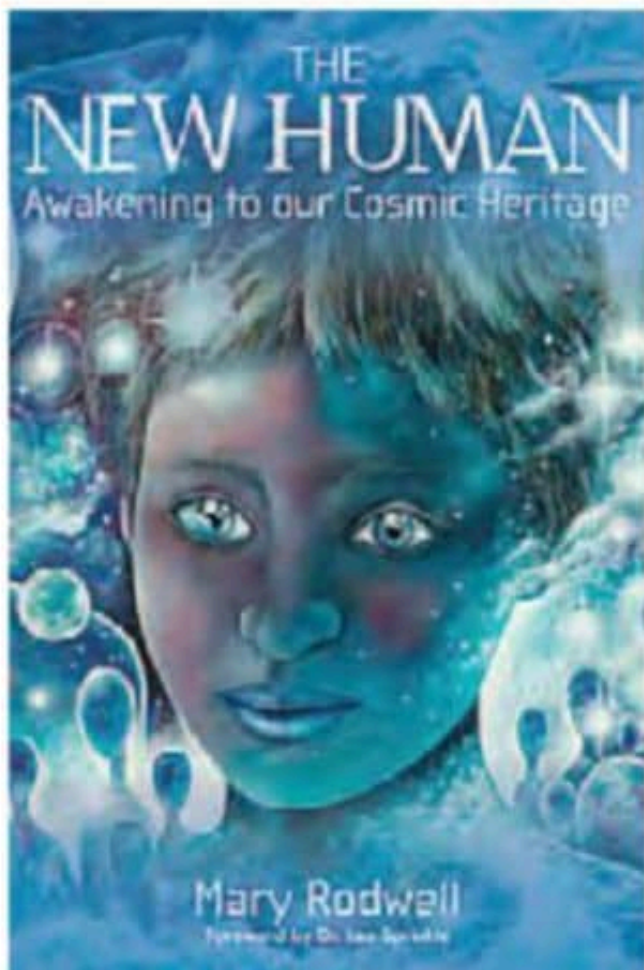
The process of waking up to this multidimensional reality is not always easy, but the results are positively life changing, such as spiritual transformation and expanded awareness.

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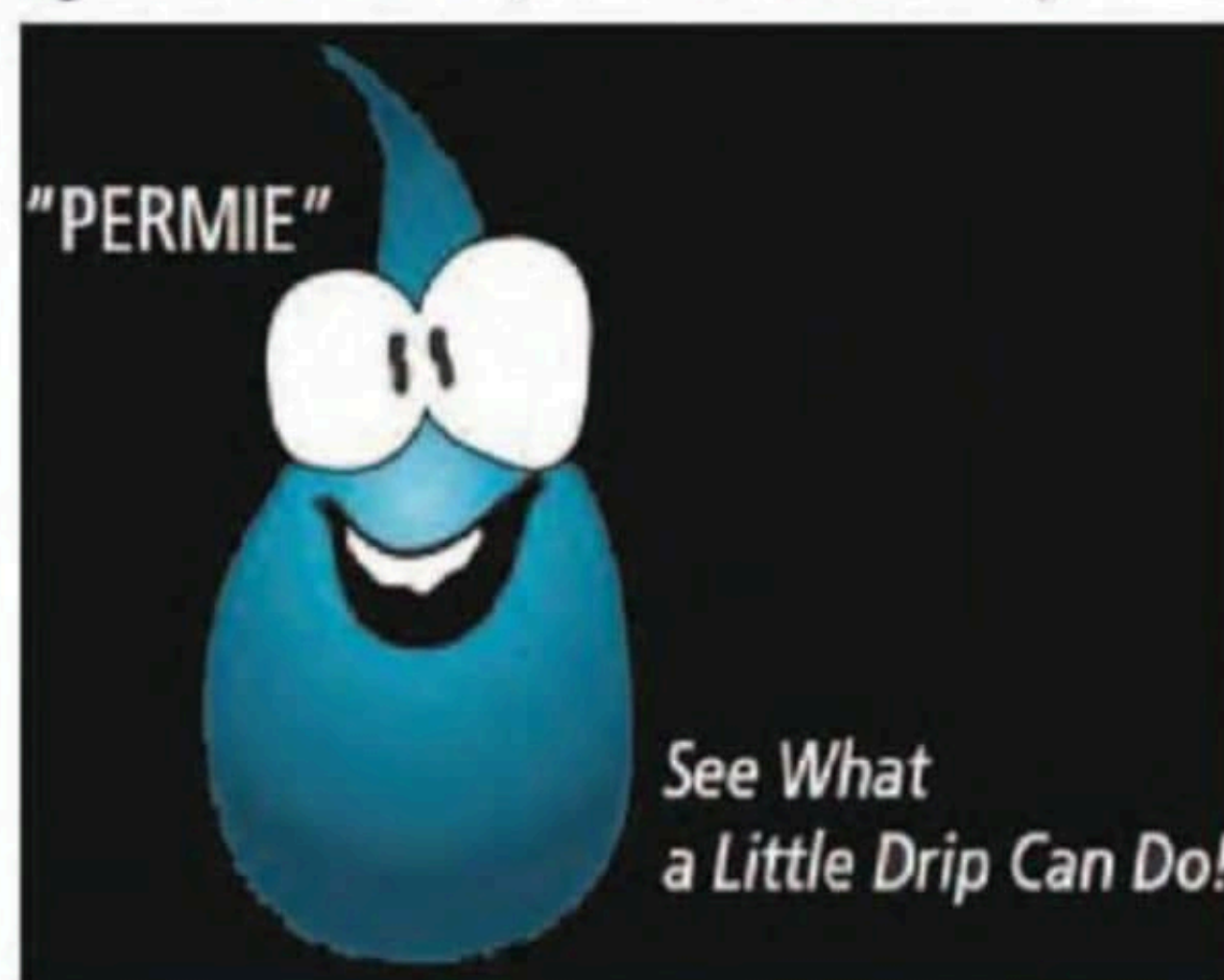
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Animal mutilations in Australia

First reported in 1892 and continuing to present day

Sheryl Gottschall © 2024

Every field of endeavour has its controversies, and UFO research is no different. The question of the alien agenda has loomed over us for decades as "aliens" have infiltrated our homes and crossed our personal boundaries for a long time.

Not all alien interactions are as benign as some would have us believe, and the truth is that there are indeed disturbing aspects to some UFO-related encounters. One of those is the animal mutilation mystery which has been reported to have occurred throughout the world in Canada, Puerto Rico, Central and South America, the Canary Islands, Europe, the United States, and our own backyard in Australia.

Early Australian Reports

In 1892 a small article appeared in a Brisbane newspaper entitled "Horse Mutilation". The article stated that a pony owned by Mr J. Back of Horseshoe Bend, was mutilated so badly it subsequently died. When discovered early on a Sunday morning that the animal was dead, foul play was not suspected until the body was about to be removed and it was found it had received two cuts on the cheek and one on the neck. The floor of its stable was covered in blood and four inches of its tongue had been removed.¹

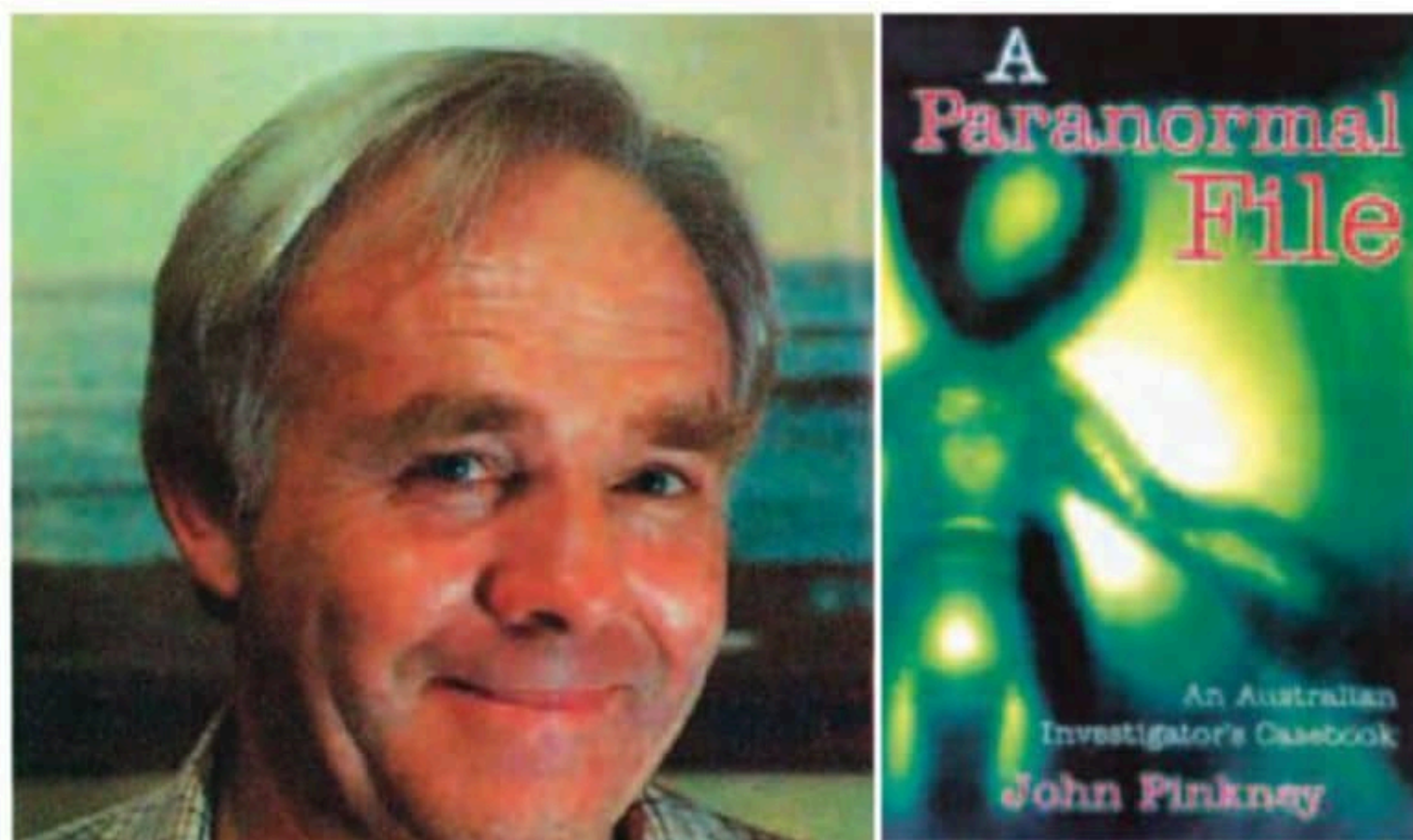
In another news article dated 18 October 1902, it stated that reports of cattle being found with their

tongues cut out had been received from various country regions. It was supposed that the mutilations had been inflicted by swagmen and travellers who had come across the beasts dying from thirst and starvation, and brutally cut out the tongues to secure a meal. The Chief Inspector of Police received a report from a mounted police patrol by a station owner who had found quite a number of his cattle lying about with their tongues also cut out. It was noticed in each case there were no signs of the animals having been shot or otherwise killed.

It was concluded that iguanas or bush rats were responsible for the missing tongues, a view supported by stockmen. However, since these reports emerged around the turn of the century, when the concept of alien life was not widely considered, nor that it could be involved with animal mutilations, these cases could have been easily misinterpreted and their potential true nature overlooked.²

The Pinkney Reports

Cattle mutilations began to be reported more readily by Australian stockmen from the 1960s where their cattle were found stripped of flesh and the animals' brains and sex organs bloodlessly removed. The late Australian journalist and author John Pinkney was an early reporter of these incidents, and on one occasion he wrote about a stock hand who was "confronted with several incidents of mutilation raids". The stockman said on this occasion while mustering, he'd seen weird, orange-coloured lights hovering over some of the cattle for about 25 seconds. The next day when he checked, he found five of the cattle dead and cut up cleanly, as if with a surgeon's scalpel. The stockman believed it was UFOs that had stalked animals in the Julia Creek, Richmond and Winton areas causing these horrific deaths.³



Author and researcher into things unusual, John Pinkney

FBI Investigations in the USA

Cases emerged in the United States around the same time, beginning in the US Midwest on many small-scale cattle ranches. Law enforcement reported a wave of cattle mutilations in seven counties, and within weeks, 38 reports of mutilations spread across 11 counties.



One of the earliest and most well-known cases occurred in 1967 in Alamosa, Colorado, involving a horse. The horse was found with its head and neck skinned, and the internal organs seemingly removed with surgical precision. Within 24 hours of the incident, in which the animal's brain, lungs, heart and thyroid were cleanly cut out, it was reported that local superior court judge Charles Bennett witnessed three orange rings in the sky flying in a triangular formation at incredible speeds. Two sheriff's deputies, meanwhile, reported being followed around by a floating orange globe. This case set the stage for many similar reports in the following years, leading to widespread speculation and fear.

FBI reports increased, and in 1975 the FBI undertook an investigation producing a report four years later which stated there had been an estimated 8,000 mutilations in Colorado alone. In most cases, mutilation wounds appeared to be clean and carried out surgically—which was now also being recognised by Australian farmers. Mutilated animals were sometimes reported to have been drained of blood and showed no sign of blood in the immediate area or around their wounds. One of the strange features that appeared was that often no flies were found swarming around the carcasses. Curiously, in many cases the animals were found with all of their blood drained. Numerous investigations were also conducted by law enforcement agencies, veterinarians, and independent researchers adding that sometimes strange lights were seen around the area where the carcasses were found.

The FBI report concluded that most cases were likely the result of natural predators. However, the report did not satisfy many who had witnessed the mutilations first-hand. In recent years, some investigations have turned up new evidence, such as high levels of radiation around mutilation sites or unusual chemical residues on the animals. Despite these findings, there has been no definitive answer, and the mystery persists.⁴

Back to Australia

• New South Wales

During a two-year period in the late 1970s, farmers found cows randomly and mysteriously mutilated and slaughtered. Barry Patch stated in a media interview that he found about thirty of his cattle, most of which were about to calve, with their udders, tongues, ears, muzzles and jowls removed. An examination by the local vet was conducted but the actual cause of death of the animals was not determined. The vet found no evidence of bullet wounds, stab marks, needle punctures, poisons or snake bites to cause their death. He further stated that the tissue removed from the bone was done far more cleanly than with a knife. The farmer found some of his animals "still had mouthfuls of grass where they'd come to an absolute sudden stop" with "instant death" and no signs of a struggle.

The spate of mutilations that occurred near Casino were kept fairly quiet with police never unravelling the mystery. However, this was far from the first time the grizzly discoveries had surfaced in the region. Farmer and army veteran Stewart Graham stated in a media interview that years earlier in the late 1950s and early Sixties, just a stone's throw from the town of Lismore, an unsettling pattern had begun to emerge, and farmers were poised to set up vigilante groups to guard their cattle against the same unseen threat.

Other reports included farmer Heather Smith who lost three of her cattle, finding them dead with their ears cut off, tongues cut out, tails cut off, and their udders removed, again, all with no sign of a struggle or blood. Farmer John Osborne lost 10 of his cattle too.

The collective memory of the residents of the valley was of two dozen animals killed—always found with the same parts being removed.⁵

• Victoria

In 2021, Victorian UFO researcher, Ben Hurle, received a report from a doctor who was walking on his neighbour's property when he saw a cow lying on the ground. The animal was dead and had been cut around the mouth and the rear with something very sharp. The animal was discovered on a hill in an isolated location, with no animal or human tracks observed around or near it or any scuff marks caused by the mutilated animal itself. The doctor who made the gruesome discovery thought the animal had been dead for about one week. When the doctor spoke to his neighbour, the neighbour said another cow had died on the property in a similar way.⁶

• Far North Queensland

In early April 2007, a man had travelled north to the Cape York Peninsula area looking for aircraft parts left over from World War II. He'd been scouting around the Lakeland Downs, Kowanyama and Hopevale Mission

areas with some friends when he came across a large bull and two calves that were laying on the ground dead. Their cheeks had been cut away, their eyes had been cut out, parts of their ears, testicles, and stomach bag were missing, the top of a rear leg, and the backside was also removed. In various places the hair of the animals had also been peeled back.

All the observable cuts had been done with something cauterising the wounds that left no traces of blood anywhere. Although flies were buzzing around the carcasses it seemed that decay had not yet set in. The man thought that either the wounds had only recently occurred or the decaying process had been delayed somehow.



Typical precision cuts (photo taken by grazier who wishes to remain anonymous)

On inspection, the area around the animals was not disturbed and he could find no sign of a struggle nor any footprints in the area. The man had spent 24 years in the army, being stationed in Cambodia, Namibia, Timor and Phnom Pen, witnessing many types of wounds caused to flesh by all manner of weapons, but at no time had he ever seen any wounds that matched those inflicted on these animals. Added to this, he felt extremely uneasy and apprehensive being near the animals, as if something didn't "feel right".

The witness also met a sheep shearer who told him the story of a similar occurrence around 1948 to 1950. During this time the Vestey Meat Company grazed cattle in the area to provide meat for the guests of P&O cruise ships. Reports had been made to the company that 50 to 60 of their cattle stock had been found dead in the same area. Consequently, personnel had been sent to investigate, and these investigators found the cattle had similar wounds inflicted on them by unknown causes.

Later on his trip, the witness visited the Cape York Hotel in Queensland and was informed by locals that the Indigenous population in that region knew about the animal mutilations, not just performed on cattle but on kangaroos as well. The Aboriginal people believed they were caused by the "spirit men" who walked among

them. Consequently there are areas in the region that the First Nations people will not travel near or through.⁷

• Ipswich, Queensland

Farmer Chris Hughes found two of his prize bullocks dead on his farm near Ipswich, west of Brisbane. Their muzzle was cut out, one ear removed, the tongue was cut out and their hind quarters were gutted on the inside. When shown photographs of mutilated cattle found in the United States, he confirmed the injuries to be identical to what he had found with his animals, particularly around the mouth area of the beasts.⁸

• Mackay Region, Queensland

On 30 March 2023, UFO Research Queensland was contacted by a journalist from the Mackay *Daily Mercury* newspaper working on a story regarding a mutilated cow found on a grazing property near Eungella west of Mackay in Queensland. The report had come to light after the newspaper contacted the property owners, Judy and Mick Cook for an update on a previous animal mutilation report by them that occurred on their property in 2018, where they had discovered one of their animals with its entire udder, ears and tongue removed, also with no blood, and no signs of a struggle.⁹

The 2023 article stated that over a period of 18 years, the graziers had discovered 20 dead cows on their property with organs removed with surgical precision and without a trace of blood left at the scene. After inspecting the animals the local veterinarian commented that in his 40 years working in the industry, often with livestock, he had never heard or seen anything like it.¹⁰

On 4 April 2023, facilitated by the *Daily Mercury*

reporter, I called Mick Cook to talk to him about these animal mutilations. Mick told me that his recent grizzly find of a mutilated cow actually occurred 12 months previously, and when he was near it he could smell a strange overpowering chemical aroma emitting from the dead beast. Having lived on farms all his life, Mick was familiar with the different chemicals used, particularly those of DDT in times gone by, plus the chemicals added to plunge dips that cattle are waded through to prevent and eradicate cattle fever ticks. Mick had personally experienced the effects of strong chemicals emitted into the surrounding air and how they can sting the skin, which was the case with this latest dead beast which had its tongue, jowl, one ear, testicles and anus removed, and emitting the effects of strong chemicals on Mick's face.

Sometime later Mick returned to inspect the dead beast and found that it hadn't been touched by predators. In fact, there were no marks on the ground or near the body including any animal tracks. The local wildlife had apparently stayed clear of making contact with the now rotting and disintegrating animal, although flies did swarm over the carcass. The other strange thing he noted was that there was a black substance now oozing from its hooves.

Mick stated to me that mutilated cattle had been found on surrounding properties including the Mt Dalrymple area, but property owners had been very hesitant to come forward to talk about their own losses of steers, bullocks and cows. Mick also stated that he and his wife Judy had often observed strange lights in the sky some kilometres from their property which descended to below the horizon. These mysterious lights were different colours and came down in rough country that, in Mick's opinion, was impossible to access.

On the question of which animals were the most prevalent found deceased, Mick reported there were probably more female than male cattle found mutilated but there was no prominent breed that seemed to be selected. Mick is convinced that whatever had been targeting his cattle was not of Earthly origin.¹¹

• Tasmania

On 16 March 2023, a decapitated wallaby was reportedly found on a vacant property at Margate, 20 kilometres south of Hobart, Tasmania, which led to concern amongst residents.

The image appeared online, and some thought the remains looked too clean for an animal attack, and that most predators would have eaten the head. Another suggestion was that humans could have been responsible. A series of mutilated animals were found in the area with another decapitated wallaby found nearby on 27 February.

Veteran Tasmanian ecologist Nick Mooney gave a detailed assessment of the image but said it would be a "struggle" to determine whether the animal had been



scavenged or killed without examining the body and surrounding landscape. Ordinarily, "a fit 10kg Bennetts wallaby would struggle when killed, leaving ground scratches and gouges on the body, and fur scattered on the ground where it was killed".

He noted small amounts of droppings nearby, likely from forest ravens, but confirmed the species could not kill a wallaby, or break the skin, other than thin areas inside the leg. "If pushed, an eagle can kill such wallabies and like all carnivores they are enthusiastic scavengers. Eagles often eat part of the head, the brain is very sought after," he said.

Because large dogs are very efficient at killing prey, Mooney suggested one could be responsible for killing the wallaby. "(They) can kill with a head bite but I have seen (Tasmanian) devils get lucky the same way. No doubt thylacines [extinct Tasmanian tigers] behaved similarly. But regardless there would be evidence of struggle."¹²

• Central Queensland

On 6 June 2023, a man who was leasing a grazing property reported to me that sometime around the end of May to early June 2023, he found the dead carcasses of two of his cattle with strange incisions around their jaw where the flesh had been removed with precision. He stated that there was no trace of predator prints around the deceased animals, nor any ground markings caused by the animals themselves trying to regain their footing. There were also no blood pools on the ground around the animals and he estimated the cattle had been dead for approximately one week.

He described the animals as 750-kilogram fit and healthy two-year-old animals which could not be moved easily. Both animals were bulls and shared a paddock with 30 other cattle, but only two were found deceased. It appeared that the deaths occurred at approximately the same time with no signs of struggle, no tracks of any sort, and in a very remote area of the property.

There was a black cow that was mutilated as well; however he did not go into any great detail other than that she was 18 months old, healthy, and found 100 km east of his father's property. He said that the cuts were surgically precise. Tissue around the cheek was removed and a vet who had seen the cow was surprised how precise the cuts were. The man also reported a UFO sighting around the time of the mutilations. The man did not want the location of his property made public at the time because he didn't want people intruding upon it.¹³

Explanations

Each case of cattle mutilation is unique, and determining the exact cause often requires detailed forensic analysis. While many explanations are grounded in more mundane factors, the mysterious nature of these events often leads to speculation and various theories.



Some of these include satanic rituals, but in my opinion, it would be far easier to select wild cats and dogs for mutilations rather than huge bulls on remote rural properties, which may cause local police to investigate, bringing undue attention to those involved.

Another explanation is that secret government agencies are doing experiments, and given that some cattle have been found to be tagged with marks that fluoresce under certain light conditions, that is a possibility. But why would secret tests be undertaken on animals found on private properties when they could easily be done in military locations?

As for the grizzly finds being the result of predators, it is commonly reported there are no signs of struggle around the animals being found, and the cuts on the animals are very clean and precise as opposed to the tearing of flesh by predators.

Extraterrestrial interactions have also been proposed, given that many of the animals seem to have been dropped or placed in the location where they were found, leaving no drag marks behind them, indicating they were placed from above.

American biophysicists have examined the dead grass around the animals and found that they cannot explain why the cells exhibit similar changes at the mitochondrial level across different cases. Pathologists have examined the animal tissue and determined the cuts in the animals were performed with high heat but couldn't determine the instrument used.

With each new case and investigation, farmers and vets across the globe keep ruling out wild animals being the cause of these mysterious animal deaths, and despite the extensive research and numerous investigations, animal mutilations continue to remain an enigma. Ongoing research aims to better understand the patterns and potential causes of these incidents and advances in technology, such as improved forensic techniques and environmental monitoring, may eventually provide new insights into this mysterious phenomenon.

About the Author:

Sheryl Gottschall became actively engaged with the UFO phenomenon in 1988 when she joined the team at UFO Research Queensland and began investigating reports by the public. Three years later she became president, and soon after she and her now late husband, Dr Martin Gottschall, established the first of three close encounter support groups, following the Australian tour of alien abduction researcher, Budd Hopkins. Early on in her investigations she discovered that about half the people reporting close encounters also reported having had a near-death experience plus a wide variety of other anomalous phenomena which she refers to as the "close encounter package". Gottschall has had many paranormal experiences herself, including a near-death experience (NDE), a bi-location experience (being in two places at once), out of body experiences (OBEs), multiple UFO sightings (all with other witnesses), a close encounter with non-human intelligences, poltergeist activity, spontaneous automatic writing with a non-human intelligence, and other unexplained phenomena. She considers that people who experience multiple strange phenomena have been "shamanised", something that is not supported in Western culture, and this led her to learn and now teach shamanic practices. Gottschall can be contacted at info@uforq.org or via Facebook at

www.facebook.com/uforesearchqueensland.

Endnotes

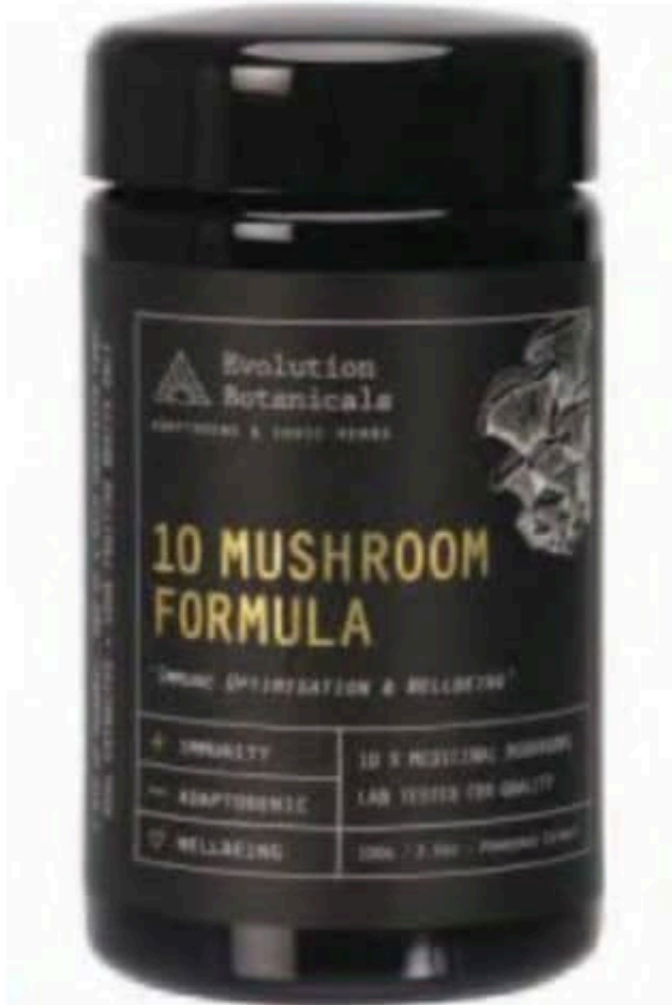
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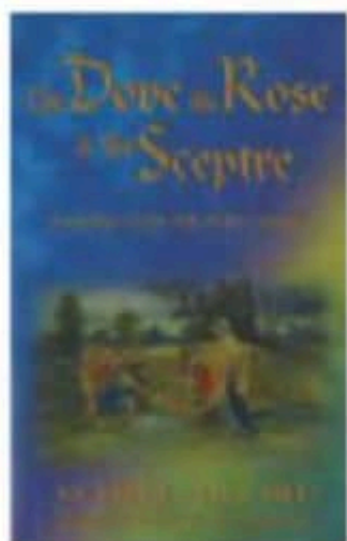
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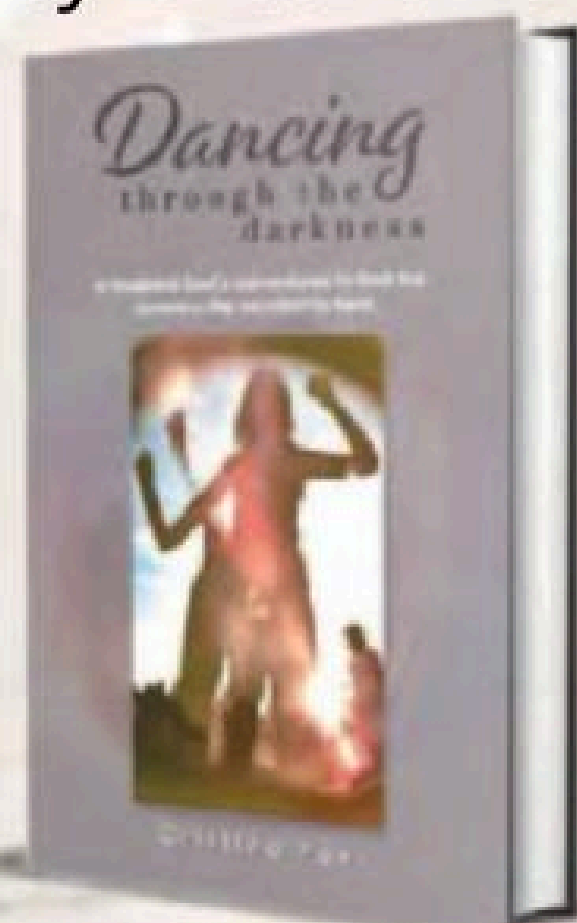


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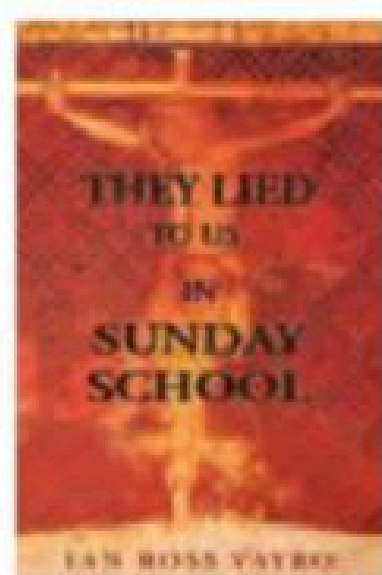
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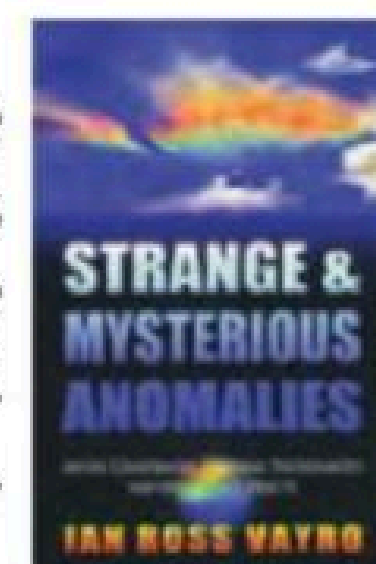
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Strange Times...

MYSTERIOUS UZBEKISTAN: UFOS, TWO-HEADED SPHINX AND LOST CITIES

Paul Stonehill © 2017

Uzbekistan is a land of a great historic heritage and ancient culture. Located in the very heart of Central Asia, ever since the ancient times, it has been at the crossroads stretching from the Orient to the West. It is well known for its ancient oasis settlements and towns along the famous Great Silk Road.

But there are countless treasures of antiquity lying under the desert, silent witnesses to the passing armies of Alexander the Great and other conquerors, buried in the hot sands, mountains and barren soil of this country. Very few of them have been unearthed.

In the 1930s, Soviet archaeologists found cities lost long ago under the desert sands of Uzbekistan. There were literally hundreds of ancient sites, some fortified, preserved for ages by the dry and merciless sun.

UFOS of the Red Desert

The Red Sand Desert, or the Kyzylkum Desert, is located in Central Asia between the rivers Amu Darya and Syr Darya, in a region historically known as Transoxania or Sogdiana, and is divided between Kazakhstan, Uzbekistan and Turkmenistan.

The Kyzylkum Desert that surrounds Khorezm Oasis is a very unusual, strange place. The sands and rocks hide signs of ancient and long-gone civilisations, and of the people of antiquity; signs of forgotten

people that might have witnessed visitors from outer space.

The desert is not completely explored still, and those who do explore it sometimes find incredible ancient rock drawings—such as those found in central Kyzylkum—rock drawings of beings in spacesuits, and spaceships.

This story took place in Zarafshan.

Zarafshan is a city in the centre of Uzbekistan's Navoiy Region, located in the Kyzylkum Desert. Zarafshan is called "the gold capital of Uzbekistan".

The outlying areas of the city have been visited by UFOs frequently, sometimes in large numbers, since the mid-1980s. As years passed, there have been more UFO visits, and reports of contacts between the locals and aliens.

The aliens have been described typically as small and covered with scales, with big eyes and without ears. Those who had studied the phenomenon in Uzbekistan believed the aliens are attracted to

Zarafshan by the gold and uranium which is found there.

In October of 2002, *FATE* magazine published my article titled "Ancient Astronauts of Central Asia". Among other things, I described there an expedition of Uzbek ufologists to the mountains of Kyzylkum to find signs of ancient astronauts—those who supposedly visited Earth thousands of years ago, and were observed by local dwellers.

The expedition in 1991 was led by Sergey Azadov, director of the Tashkent UFOlogy Centre, or, in abbreviated Russian, UFOTSENTR.

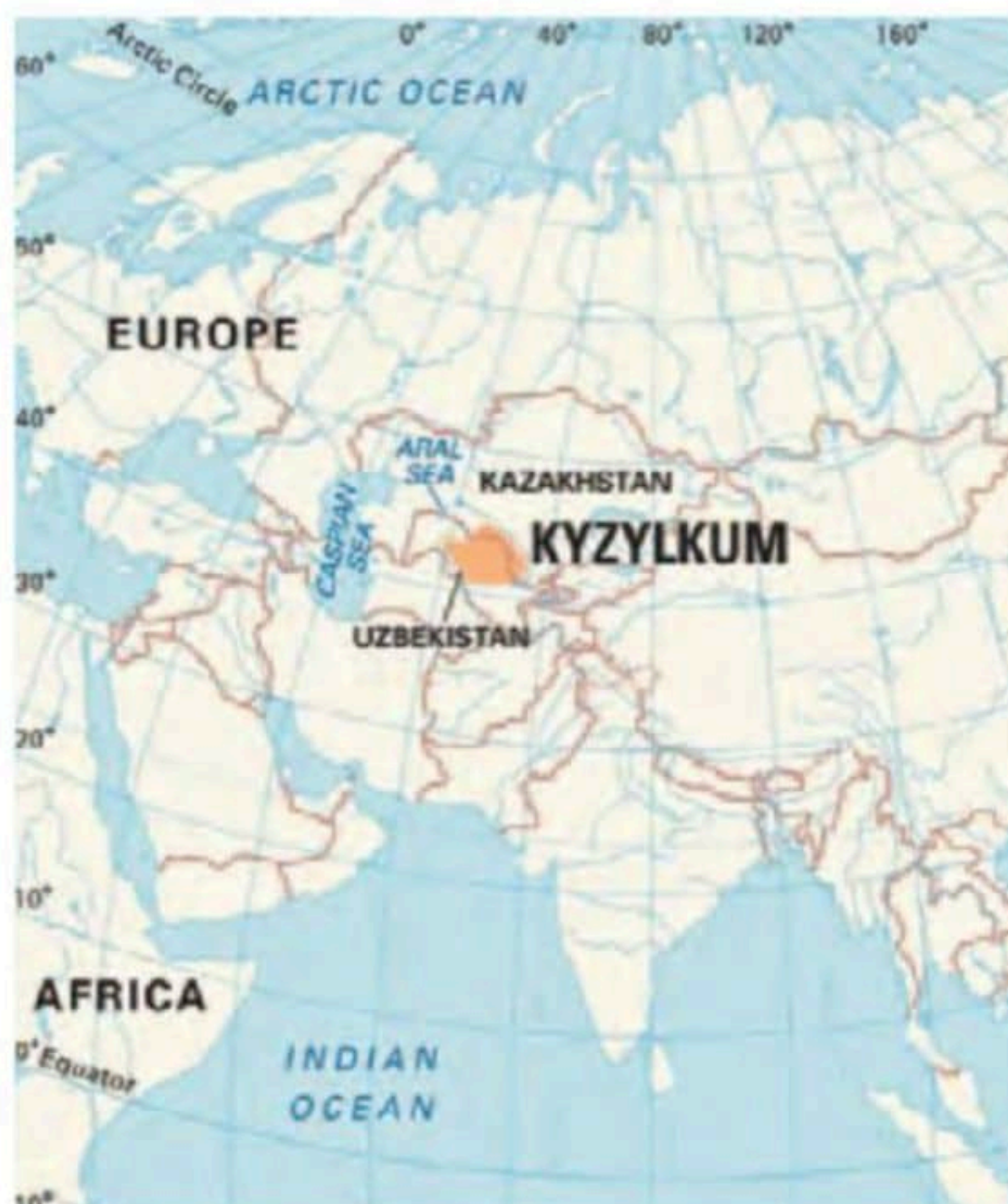
Sergey Azadov passed away in 2008 in Germany where he moved some years before his death. He was a person of many talents—a geologist, writer, journalist, and movie producer.

While I collected information about the expedition itself, it is only recently that I found out what happened before the expedition—and the story is fascinating.

It was in 1990 that Sergey Azadov visited the offices of the Soviet Uzbek Telegraph Agency, and told reporter Mikhail Gar about himself and his work. Azadov described to Gar the extent of the UFO visits to Uzbekistan, and then revealed that an alien ship had crashed in the desert thirty kilometres from Zarafshan only a few days before.

Azadov brought two strange fragments with him. They were small in size and resembled melted glass. It was sand, recovered from the crash site.

According to Azadov, the fragments possessed the ability to heal headaches. This was achieved



just by placing them at the temples. He left the fragments with Gar, along with a detailed, printed report about the incident.

Mikhail Gar soon had an opportunity to fly to Zarafshan with an assignment at the Central Radio Department. At the airport, he was met by the local head of Security for the Department, Vasily Poverennov.

Poverennov told Gar that the UFOs were frequent visitors to the area. Thousands of people had observed them, over the quarry, over a local open-air movie theatre, and above the city. There were cases of abduction by aliens, and subsequent return of people.

Such cases were closely studied. Experts from the Soviet Defence Ministry came to the city for that purpose, because Zarafshan was, after all, a strategic city, in Soviet terminology.

The subjects of abduction were tested, and their tales recorded. Poverennov had copies of the cassettes and offered for the journalist to listen to them. Then he brought out a large plate of baked quartz and said that it was recovered from the site of the crashed ship.

Poverennov clarified that "they" (biological robots) destroyed the spaceship and themselves with it, by burning it. Poverennov explained about the source of the information.

The case was investigated, and the city authorities and the KGB were in charge, just as with other visits.

In the morning, the journalist and the head of the Central Radio Department took a helicopter, piloted by Poverennov and flew to the site in the Kyzylkum Desert.

Poverennov pointed to the spot where the alleged crash or self-destruction of the alien spaceship took place. Below them, on the sandy surface, there were two black circles with clear outlines, one large, about six metres in diameter, the other smaller. They were perfectly shaped. Gar was not really



Vasily Poverennov in front of the helicopter (Photo: Paul Stonehill)

impressed; he expected to see more. The helicopter circled over the site for some time, and then returned to Zarafshan.

Poverennov then drove Gar to his country home. There, he took out a tape recorder and placed next to it a pile of cassettes. Poverennov told Gar:

"These are recordings of all those who had close contact with extraterrestrials."

"But if you feel sudden fear, do not pay attention to it. There is no threat. As for me, it seems to me that someone digs around in my head, as they would in a file drawer. Food and drinks are in the refrigerator. I will be back in two hours."

...there are faults at the Earth's core that emit energy containing traits unknown to humans. This energy is necessary to refill spaceships.

The reporter listened to the stories of people who encountered the unknown. There were similarities in their accounts: the aliens met them somewhere, the aliens looked such and such; the aliens took them aboard their ship and warned that there would soon be natural and technological disasters ever more frequently.

But what attracted Gar's attention was the repeated information that there are faults at the Earth's core that emit energy containing traits unknown to humans. This energy is necessary to refill spaceships. Zarafshan and the surrounding area are like an energy base, attracting attention of intergalactic transportation.

Gar wrote an article about the things he saw and heard. It was published in the Russian magazine ANOMALIYA, at the time produced jointly by TASS news agency and Association Ekologiya Nepoznannogo.

The article mentioned that there are thousands of rock drawings in central Kyzylkum, which date to approximately 2000 years BCE.

According to geologists who had worked in the Bukantau Mountains, some of the petroglyphs resemble flying craft and humanoid beings in spacesuits. The Bukantau Mountains contain rare metal and gold and silver deposits.

This information prompted the Association Ekologiya Nepoznannogo to organise the 1991 expedition to search for the possible remnants or evidence of ancient ET contact. The expedition consisted of scientists, journalists and ufologists.

Four years after the expedition, I received some interesting information from the Soviet ufologists, including the news of the

expedition in search of traces of ancient aliens in Central Asia.

I described its findings and activities in the October 2002 edition of FATE magazine, and I have presented information about the expedition and other UFO and ancient aliens/paleocontact materials from central Asia in my lectures.

As time went by, Gar became busy with other projects and concerns, and the story was lost in the background. But something unusual did occur—the fragments of the Zarafshan disaster that Azadov gave him had disappeared from the bookshelf where the reporter kept his collection of mineral rocks. His family never touched them, they just vanished. Gar was very upset, because the fragments also cured his headaches.

Vasily Poverennov perished in 2006, in a helicopter crash, along

with two other people, while on a job-related mission. He was a highly respected expert in his field, an engineer, who had worked for 39 years in Kyzylkum, and he was a decent person, well liked in the city.

The UFOTSENTR Expedition

The purpose of the Third Expedition of the Tashkent UFOTSENTR was to find evidence of what people in the West call the "ancient astronaut" hypothesis, or "paleocontact" in Russian. In turn, this evidence was needed to prove that alien civilisations have been interested in the Zarafshan tectonic fault, as a source of the free quantum mechanical energy for their ships.

The final decision to organise the expedition was made after the UFOTSENTR researchers conducted interviews with geologists who had worked in the Bukantau Mountains.

They revealed that inside some places of the ridge in the centre of the Kyzylkum Desert there are large collections of the petroglyphs. It was an interdisciplinary expedition.

The preparations for this expedition lasted over half a year. The UFOTSENTR researchers had thoroughly read and studied all of the Academy of Sciences of Uzbekistan archaeological literature about the region.

They sought advice from geologists and archaeologists and laid out their itinerary. An almost new military all-terrain vehicle ZIL-157 was rented too (it was dubbed "Monster").

The expedition consisted of ten people. Among its members were scientists (an astronomer, a physicist, a geologist), researchers of the paranormal, a journalist affiliated with the Russian Information Agency, a driver and an



Petroglyphs (Photos: Paul Stonehill)

auto mechanic. Sergey Asadov headed the expedition.

Conclusions

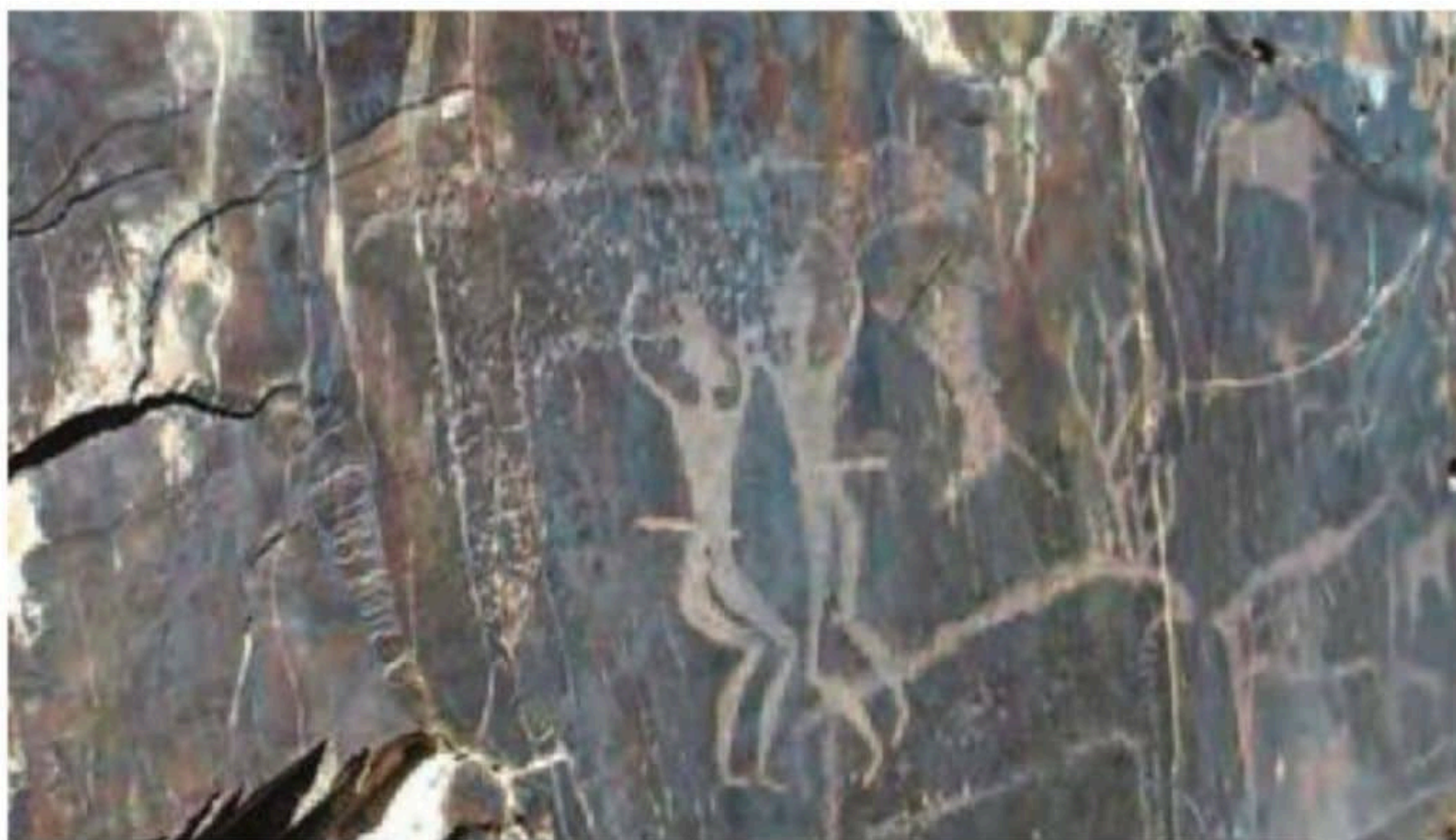
During the course of the expedition, its participants traversed over 3,000 kilometres of Central Asia's deserts, mountains, and wilderness. They had researched six archaeological sites of cavemen throughout Kyzylkum. Two of them (one in Altyntau, the other in Zarafshan) were not even described by archaeologists at the time. Altyntau is a large mountain range in a southwest part of the Kyzylkum Desert. The Zarafshan River valley occupied a key place on the trade routes of Central Asia.

The expeditions had studied almost 6,000 petroglyphs. They depicted images that were characteristic for the age when the petroglyphs were created. After careful research, members of the expeditions had concluded that at least 20 petroglyphs could not be identified, and the images depicted could be interpreted in a number of ways.

Some petroglyphs depicted strange technological structures and flying apparatuses and some depicted very familiar (to a modern human being) technological entities. There were petroglyphs that depicted humanoid beings in costumes that resembled modern spacesuits. Not one such petroglyph was ever described in the archaeological literature about the Bukantau (a higher upland in the centre of the country) findings.

Azadov believed that these petroglyphs escaped description by archaeologists because it was nearly impossible to stereotype them or to find analogous images for comparison, and also due to the fact that some petroglyphs were located in very unusual and extremely hard-to-reach places.

One need only look at the primitive carvings of animals and humans. Most likely the primitive man depicted only what he actually



Petroglyphs (Photo: Paul Stonehill)

observed. What would he need to see to carve a painting of an object that resembled a flying apparatus with thrusters, or a being clad in a spacesuit?

If not all, at least some of the petroglyphs can be viewed as serious evidence that at the dawn of time primitive people inhabiting the territory of modern Uzbekistan had observed objects that we today dub "UFOs", including their landings and take-offs. Perhaps there was even contact between the humans and those who piloted the craft. It is possible that the aliens there also influenced human civilisation.

Azadov also mentioned an ancient manuscript (carved in stone, and discovered in a desert of the Kyzylkum) that confirms this hypothesis. He hoped that future expeditions would discover further proof of the "ancient astronauts" hypothesis.

Two-Headed Sphinx

Karakalpakstan, an autonomous republic, comprises 37 per cent of Uzbekistan, and some areas of the ancient Khorezm. Khorezm khanate was a famous and powerful state in the 4th century CE. The city and state reached its peak in the 10th century CE. It was referred to as the Egypt of central Asia.

In the 1960s, a Soviet construction crew worked in the mountains,

installing electrical lines. That day their bulldozer chewed into the rocky soil with great difficulty, overcoming numerous geological obstacles. A grinding sound put a sudden end to the operation. A marble plate, almost completely covered by debris, was lying under the bulldozer's blade. The driver stepped down, and carefully used his glove to wipe off the dirt.

Cold, marble eyes of a strange creature stared at his face. Next to the plate he found another identical head, cut off by the bulldozer from the plate. The strange head possessed steep, bent-down horns. The two-headed sphinx was carefully removed from the ground.

Years have gone by, but no one was ever able to determine the origins of the mysterious sphinx. No one ever found why the sphinx was buried in the ground: was it some strange ritual to bury such sphinxes in the ground, or was the sphinx hidden from enemies of its owners or worshippers?

No matter how much I researched, I was not able to determine where the sphinx was taken to, and where it is kept now.

Khorezm's Mysterious Ruins

Khorezm has fascinating sites, such as the Toprak-Kala, a palace believed by the ancients to house the Axis of the World. The palace of

Toprak-Kala, which was assembled about an enclosure located on an elevated platform, ascended to a height of three stories, and was overlooked by three tremendous towers.

The palace possessed three enormous halls. There are statues of soldiers in the Hall of Warriors. And in the Hall of the Kings stand sculptures of the ancient kings, made from unfired clay. One block of the city was occupied by temple construction, built throughout the period of the city's existence. The whole structure is made out of clay bricks.

And then there is another, quite unusual structure in Kyzylkum. The remnants of Koy-Krylgan-Kala, pearl of the Red Desert, are unique.

The fortress was discovered by archaeologists of the Khorezm expedition in 1938. There is some relationship between and Koy-Krylgan-Kala and Toprak-Kala, 30 kilometres to the northwest.

Koy-Krylgan-Kala is very unusual for ancient constructions, unprecedented in Khorezm. It is a powerful citadel with the remains of a round protective wall.

Outside, protective constructions formed a perfect circle with the cylindrical citadel in the centre which was surrounded by an exterior fortification with towers. The space between the central building and the wall named the "ring" appeared completely built up.

The clay construction was enormous—the diameter of the central building was 44 metres and the height in the best remaining part was about eight metres. The diameter of the whole construction was about 90 metres. It is possible that the fortress contained an astronomical observatory.

It is believed that Koy-Krylgan-Kala was constructed in the 4th or 3rd century BCE. Some of its halls contained Zoroastrian writings.

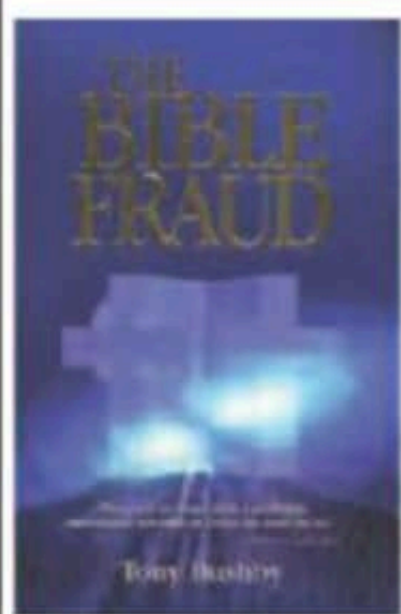
About the Author:

Paul Stonehill is a notable UFO researcher who has dedicated much of his career to investigating and documenting unexplained aerial phenomena. Born in the Soviet Union, he later moved to the United States, where he pursued his passion for studying mysterious phenomena. Fluent in both Russian and English, he has been able to access and analyse a wide range of sources from the former Soviet Union, including declassified documents, eyewitness testimonies, and archival materials. Stonehill's notable contribution to the field is his research on Soviet and Russian UFO encounters. To browse Stonehill's list of previous contributions to NEXUS, visit <https://tinyurl.com/3mppjwca>. Stonehill's YouTube channel is continuously updated with new videos, and can be found at Paranormal Research Paul Stonehill: <http://tinyurl.com/ms2452dn>.

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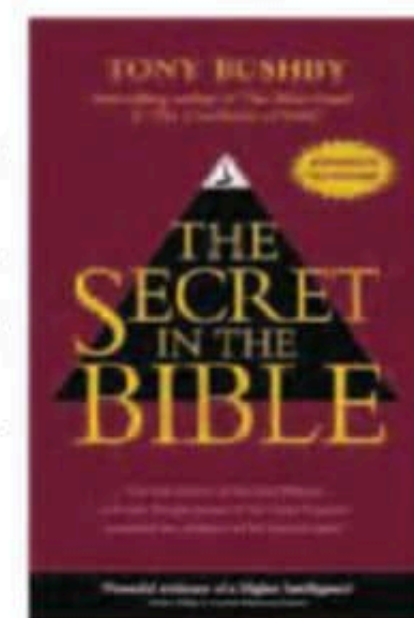
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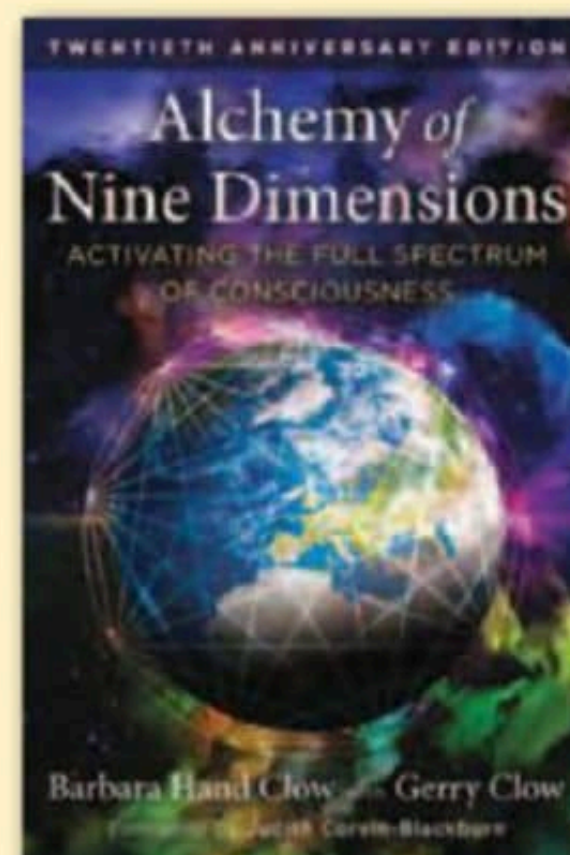
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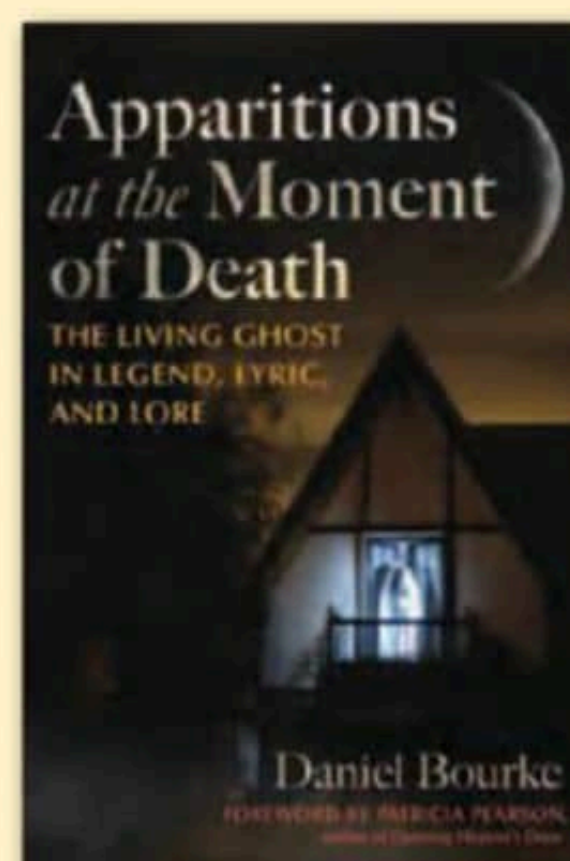
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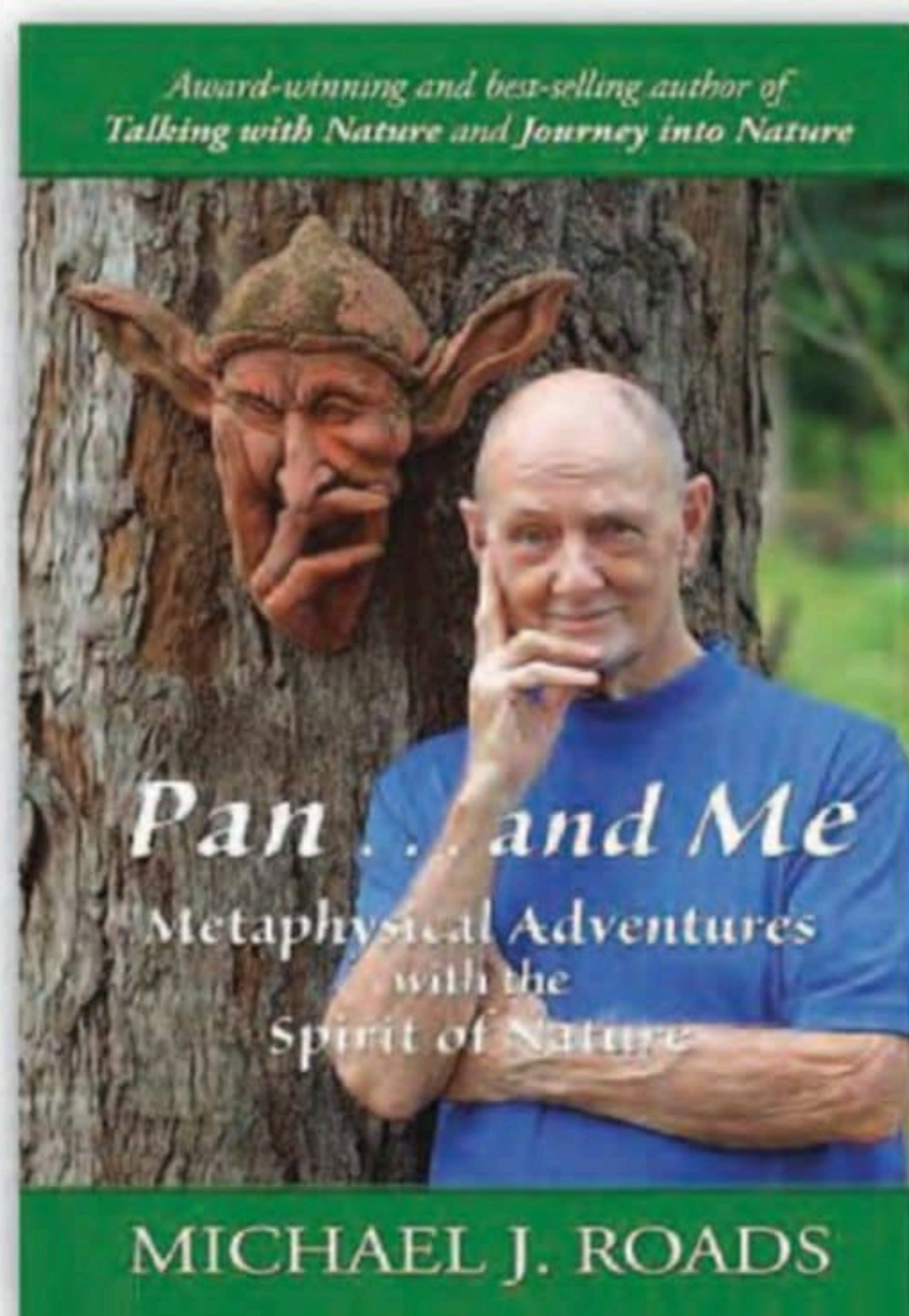
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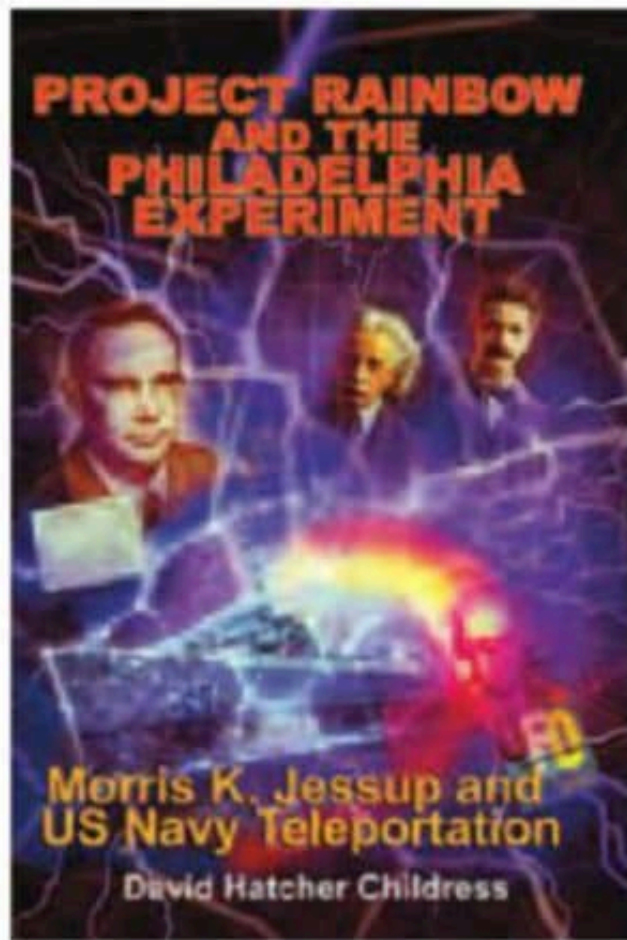
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by David Hatcher Childress
Adventures Unlimited Press, 2024
ISBN: 978-1-94880-371-7 (324pp)
www.adventuresunlimitedpress.com



David Childress, popular author and star of the History Channel show *Ancient Aliens*, brings us the amazing story of the so-called Philadelphia Experiment and the many curious events that happened in its aftermath.

The Philadelphia Experiment was an event claimed to have been witnessed by an ex-merchant mariner named Carl M. Allen at the United States Navy's Philadelphia Naval Shipyard on October 28, 1943. Allen described an

experiment called Project Rainbow where the US Navy attempted to make a destroyer class ship, the USS *Eldridge*, disappear and the bizarre results that followed. The story of the "Philadelphia Experiment" originated in late 1955 when Carl M. Allen sent an anonymous package marked "Happy Easter" containing a copy of Morris K. Jessup's book *The Case for the UFO: Unidentified Flying Objects* to the US Office of Naval Research.

The book contained handwritten notes in its margins, written with three different shades of blue ink, appearing to detail a debate among three individuals, only one of whom is given a name: "Jemi". They commented on Jessup's ideas about the propulsion for flying saucers, discussed alien races, discussed Project Rainbow and expressed concern that Jessup was too close to discovering their technology. He also sent letters to Jessup.

Jessup was then discovered in Florida dead in his car with a hose wired to his exhaust pipe to bring the toxic fumes into the vehicle. It was ruled a suicide. This book looks to find some answers.

BREATHING WITH MISSOKU
by Akikazu Nakamura
Collective Ink Books, 2024
ISBN: 978-1-80341-724-0 (168pp)
www.amazon.co.uk

The interest in all things Japan, as well as the increasing effort to centre both physical and mental health as a core value of any flourishing society, leads to the nexus explored in this book, Missoku, a unique breathing method that has been handed down through Japanese Zen tradition.

Missoku is a form of breathing in which the pelvis is tilted and the abdomen is in an expanded state. It's proven to be effective in sports, martial arts, dance, theatre, and playing musical instruments. The benefits to overall health and stamina are bountiful. One incentive includes an increase in respiration capacity, which in turn stimulates the brain, balances autonomic nerves, and improves immune defences.

Previously unknown to the English-speaking world, the Japanese Zen breathing technique of Missoku paves the path towards a mindful and peaceful life.

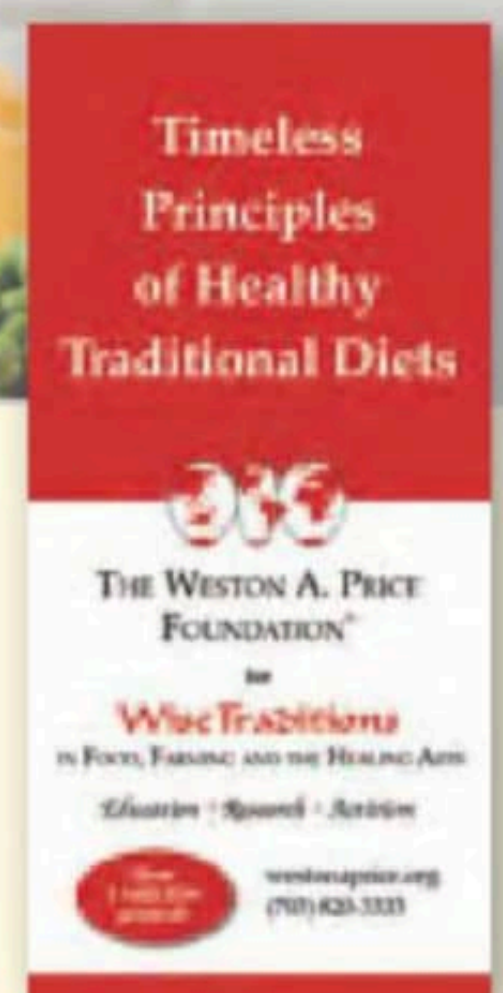
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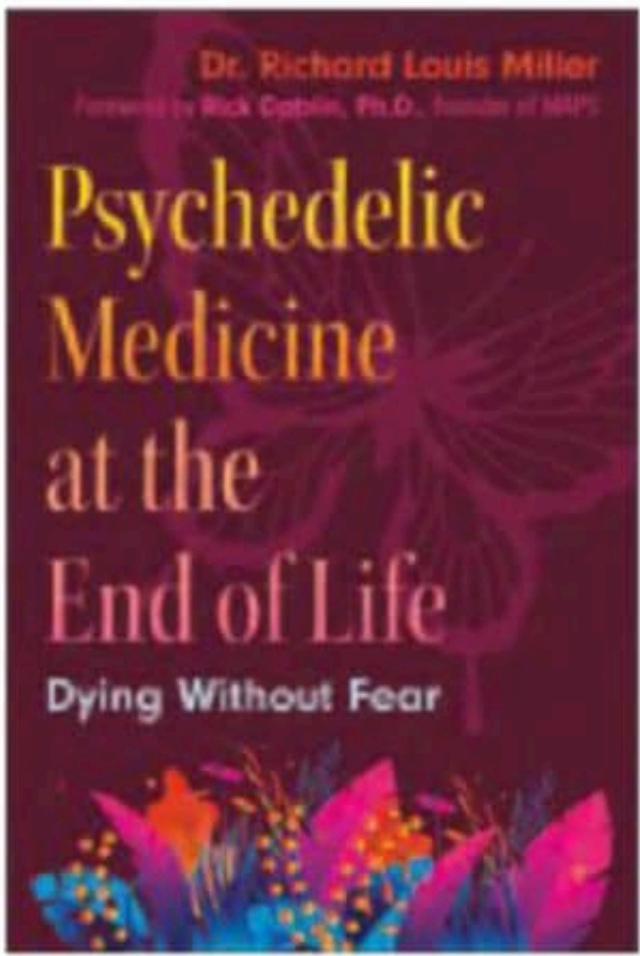
AIKIDO
by Teja Bell, Laurin Herr, Richard Moon, Bob Noha, Susan Spence and Elaine Yoder
Park Street Press, 2024
ISBN: 979-8-88850-071-2 (320pp)
www.innertraditions.com

A widely influential figure in the development of Aikido in America, Robert Nadeau is known as one of the few American direct disciples of Aikido's founder Morihei Ueshiba Osensei. An 8th dan Aikido master teacher, Nadeau has taught generations of students, and some have become prominent teachers in their own right.

This book tells the story of Robert Nadeau's life journey and his distinctive approach to teaching Aikido as a way to access the inner energetic aspects of the art, a transformational approach with universal applications in daily life, even for non-Aikidoists. The authors explore Nadeau's early interest in martial arts and all things spiritual, his seminal training and the following six decades of training, experimenting, refining, and teaching as he worked to introduce Aikido to the wider world, even beyond the traditional dojo. They lay out Nadeau's core concepts, describe his simple-but-effective practices for personal development,

and convey his time-tested approach to the inner training at the heart of Aikido in a very accessible way. They also include first-person accounts from Nadeau's students, sharing how he affected their lives, sometimes quite profoundly.

PSYCHEDELIC MEDICINE AT THE END OF LIFE
by Dr Richard Louis Miller
Park Street Press, 2024
ISBN: 978-1-64411-981-5 (240pp)
www.innertraditions.com



Examining the evolving landscape that is found around end-of-life psychedelic care, Dr Richard Louis Miller, a clinical psychologist for more than half a century, looks at how LSD, MDMA, psilocybin, and ayahuasca can be vital tools in allowing individuals in all stages of life to confront fears of dying and, in

so doing, lead richer lives. Miller shares wisdom from experts on the frontiers of psychedelic research and palliative care—including Roland Griffiths, Katherine MacLean, Ira Byock, and Anthony Bossis—and examines cutting-edge studies from Johns Hopkins, UCLA, and NYU School of Medicine that show dramatically decreased anxiety in terminally ill patients through the use of psychedelics. He explores how different substances can help the dying overcome their end-of-life distress. He also provides testimony from researchers and patients participating in psychedelic-assisted psychotherapy that helps convey the experience of ego death at the heart of the psychedelic experience.

Miller outlines 10 steps for dying gracefully, without fear, with the help of psychedelics. He examines how to navigate the complex legal landscape and find the right guide, dose, and therapy. He also includes reflections from key figures in the psychedelic community as well as some of his own mystical and near-death experiences.

Revealing psychedelics as a portal of transformation, Miller shows how they are singularly valuable in helping individuals face the end of life with courage and serenity.



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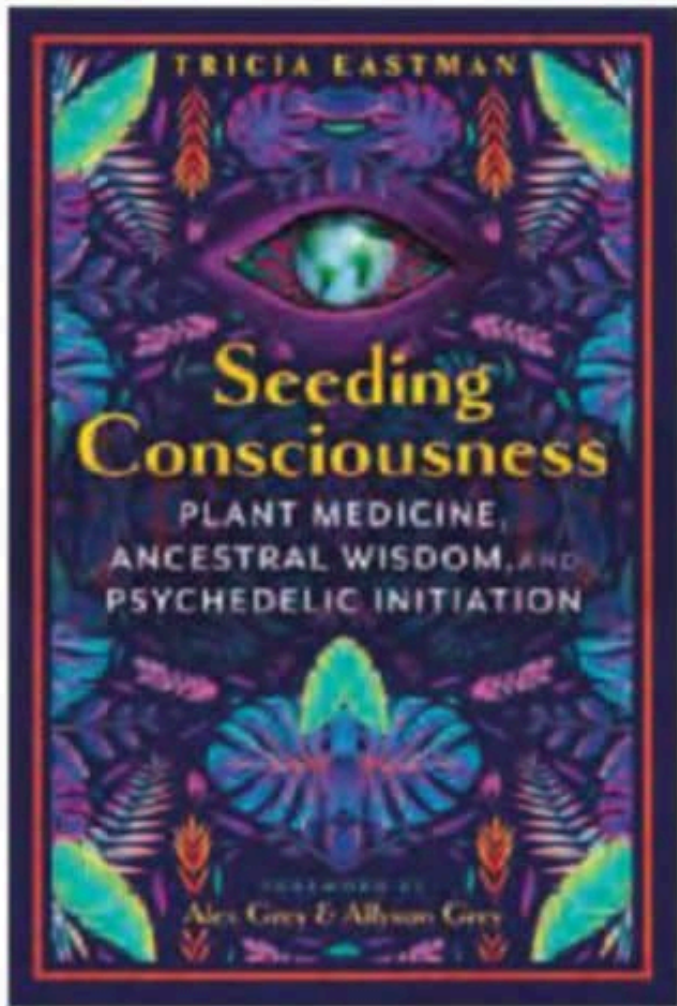
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by Tricia Eastman
Bear & Company, 2024
ISBN: 978-1-59143-533-4 (336pp)
www.innertraditions.com



Tricia Eastman's deep dive into the world of psychedelic initiation and ancestral wisdom demonstrates the power of plant medicine and psychedelic journeys for cultivating new beliefs, healing trauma, and accessing latent gifts within us—an inner alchemical process she calls "seeding consciousness".

Drawing on her studies with Indigenous elders, including two decades of iboga initiations with the Bwiti of Gabon, Africa, and training with the Kogi Kággaba of Colombia, Eastman provides a blueprint for responsible and effective use of entheogens to transform pain and trauma into profound connections with ourselves, nature, and the spirit world. She explores ancient teachings on the interconnectedness of all life and the forces of nature, and shows how colonisation and modern culture have disconnected us from our spiritual foundations. She shares exercises to help readers seed their own consciousness, navigate altered states of consciousness and ego death, work with the shadow, and integrate fragmented parts of the self. She also examines how to respectfully engage with these potent transformative plants, substances, and ancient traditions, thereby honouring the wisdom keepers who have safeguarded these traditions.

This book presents a psychedelic path to awakening that simultaneously facilitates personal transformation and collective societal change.

KARAHAN TEPE
by Andrew Collins
Bear & Company, 2024
ISBN: 978-1-59143-478-8 (440pp)
www.innertraditions.com

Considered the most important archaeological discovery of the 21st century, Karahan Tepe is an enormous complex of stone structures in southeastern Turkey covering an estimated ten acres. Built more than 11,000 years ago, Karahan Tepe contains some of the oldest monumental architecture anywhere on Earth, including human and animal statues, ubiquitous snake carvings, T-shaped pillars, and interconnecting underground enclosures with stone columns carved directly from the bedrock.

Andrew Collins presents the first in-depth investigation of the discoveries at the site: who built it, its astronomical alignments, and its cosmological connections. He examines the intricate carvings and architectural features, including a newly discovered statue of a giant human figure. Collins shows how structures were used to connect with the Milky Way serpent and makes a connection with the biblical serpent of Eden, the kundalini of Vedic tradition, and the black snake of the Yezidis. He explains how the serpent of Karahan Tepe went on to influence the Gnostic Ophite mysteries suppressed by the Christian Church. He also shows how the founders of Karahan Tepe were recalled in Hebrew myth and legend as the Watchers and Nephilim and in Sumerian and Babylonian mythology as the Anunnaki.

Collins confirms that Karahan Tepe and its sister site of Göbekli Tepe belonged to the world's first post-Ice Age civilisation, which today bears the enigmatic name of Taş Tepeler.

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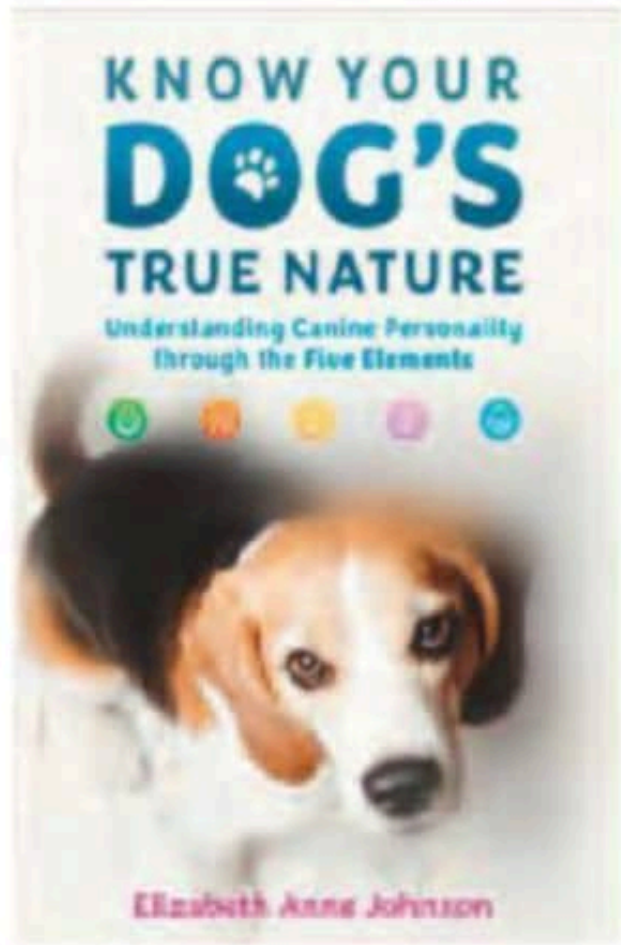
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KNOW YOUR DOG'S TRUE NATURE
by Elizabeth Anne Johnson
Findhorn Press, 2024
ISBN: 979-8-88850-064-4 (192pp)
www.innertraditions.com



Do you ever wonder why your canine friend behaves the way they do? With sensitivity and skill, master animal healer Elizabeth Anne Johnson takes you into the body, mind, and heart of the dog—sharing intimate stories of working dogs who are changing the world, rescue dogs who change us, old dogs offering profound wisdom, and humans making the world a better place.

Introducing the five element archetypes of the Wood, Fire, Earth, Metal, and Water Dog, this book illuminates practical ways to gain insight into the unique personalities

of your animal companion. As you explore the similarities and dynamics between dog and human, you'll come to appreciate the mutually supportive structures and richness in your relationships. In this guide you will find: five element archetype quizzes for dogs and humans; a fresh perspective on a dog's elemental stressors, behaviours, wants, and needs; easy acupressure techniques for balancing each element; a unique lens on old dogs and rescue dogs; supportive lifestyle measures and life lessons from the other end of the leash.

Johnson's stories and adventures will tickle your heart and create a sacred container for your own trek with your beloved companion.

ALCHEMY OF NINE DIMENSIONS
by Barbara Hand Clow with Gerry Clow (20th Anniversary Edition)
Bear & Company, 2024
ISBN: 978-1-59143-543-3 (320pp)
www.innertraditions.com

As revealed by the Pleiadians via renowned author Barbara Hand Clow, Earth holds nine dimensions of consciousness that humans can currently access. Long ago, the ability to access all nine dimensions was natural for humans. As we collectively heal from ancestral

trauma and enter the Age of Light, our access to the nine dimensions is reopening and our ability to learn from and consciously utilise these higher intelligences in our lives is being restored.

In this guide, Barbara Hand Clow shows how the nine dimensions of consciousness are now being verified by contemporary science. She examines how each dimension influences Earth, the sciences that operate there, and the levels of creative expression available. Additionally, Gerry Clow has provided both written and audio meditations to open you to the experience of each dimension and all nine dimensions as a whole.

In this 20th anniversary edition, Clow includes updates from her continuing research, including evidence from the supercomputer Blue Brain Project, which mapped nine dimensions in the human brain. She also describes how recent discoveries of ancient technology mirror the Pleiadian dimensional system. Providing a journey through the complex ideas of both modern science and esoteric wisdom, this guide allows you to awaken to the full spectrum of multidimensional consciousness and to connect to the centre of our planet and the divine cosmos that surrounds us all.

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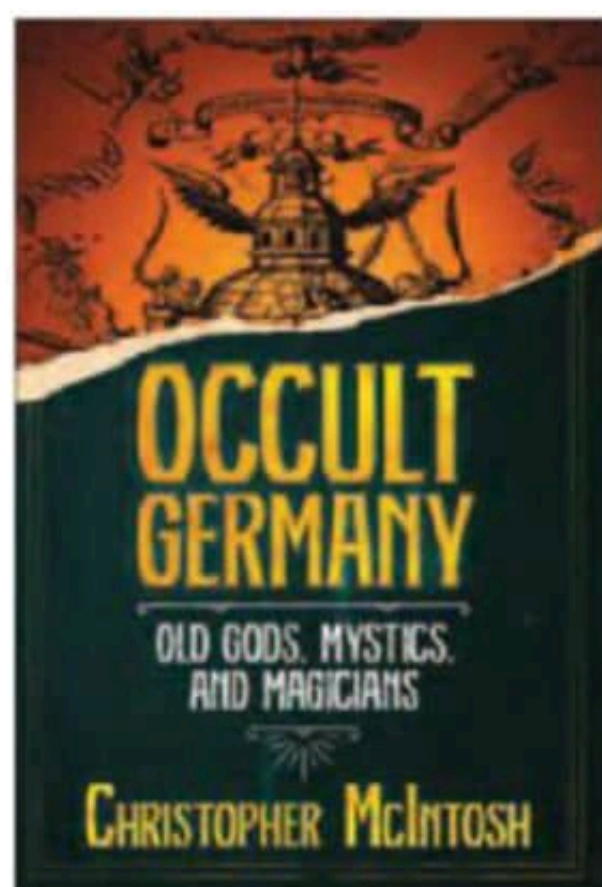
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DECEMBER 2024 – JANUARY 2025

OCCULT GERMANY
 by Christopher McIntosh
 Inner Traditions, 2024
 ISBN: 978-1-64411-734-7 (264pp)
www.innertraditions.com



Recounting the longstanding magical tradition of Germany, Christopher McIntosh investigates the sites that point to a nearly forgotten ancient shamanic civilisation. He examines the survival and revival of pre-Christian gods in folklore, customs, and practices as well as witchcraft. He looks at Germany's rich and spiritual heritage and explores Christian mysticism and theosophy as exemplified by Meister Eckhart, Hildegard of Bingen, and Jakob Boehme.

Examining Rosicrucianism, which originated in Germany, the author also looks at other secret societies that flourished in Germany, such as speculative Freemasonry, the Fraternitas Saturni, and the Golden and Rosy Cross. He explores how the Church sought to stamp out the old gods and pagan beliefs as well as how periods of the Church's heaviest oppression produced immortal poets, philosophers, theologians, artists, and mystics.

The author looks at the Nordic revival in the 19th century and the influence of Theosophy and movements that grew out of it, such as Steiner's Anthroposophy. Examining the esoteric traditions of the 20th century, he looks at the work of neo-Nordic occultists and esoteric writers like Meyrink and Hesse. He explores occult aspects of the Third Reich, which resulted in a backlash against the occult.

Revealing both the enlightened and dark sides of occult Germany, the author shows how this country has long been a cauldron in which esoteric ideas have flourished and been lauded as well as condemned, leaving an enduring mark.

THE REALIZED LIGHT OF THE TWELVE DIMENSIONS
 by Joshua Reichmann
 Bear & Company, 2024
 ISBN: 978-1-59143-490-0 (336pp)
www.innertraditions.com

Humanity is undergoing a cosmic rebirth. Profound cosmic shifts have precipitated this awakening, stimulating our DNA and kundalini energies while also bringing us into chaotic challenges, all pushing us toward an eventual future of unimagined harmony. We must learn to maximise our role in this new aeon to embrace our potential and achieve enlightenment.

Joshua Reichmann explains how light, vibration, form, formlessness, and mind all swirl in concert to create the cosmos. He presents channelled knowledge on the evolving state of humanity, the 12 spectral dimensions of experience, the Akashic records, and the cosmic mechanics of our physical and metaphysical reality. He examines the mind stream, which includes the perceptual entanglement of our consciousness with reality. He explains how life force energy is superanimated at this time, activating and enhancing our multitude of senses, including our extrasensory capacities. He shows how to move through the darker saturnal realms of Satan, the samsaric force, where we must neutralise evil to be free. He details how the highest dimensions we access come through the heart beam, which expresses itself through the chakra system and the auric layers of the rainbow body and connects us to the cosmic heart.

This book reveals how the cosmic rebirth is occurring, where we are headed, and how to navigate it all.



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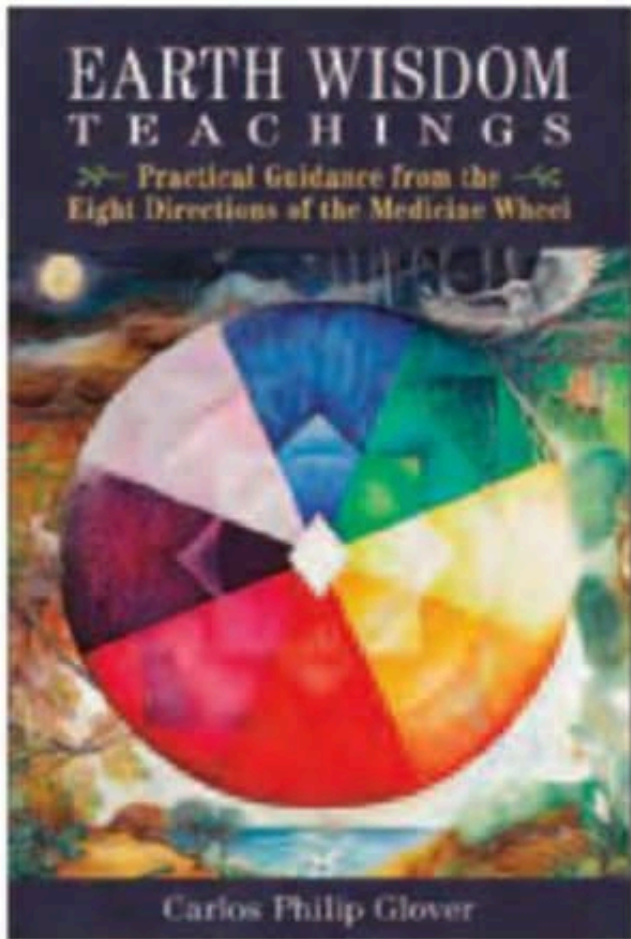
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EARTH WISDOM TEACHINGS
by Carlos Philip Glover
Findhorn Press, 2024
ISBN: 979-8-88850-163-4 (240pp)
www.innertraditions.com



Aware that personal transformation serves the collective healing, Carlos Philip Glover takes you on a journey of self-empowerment around the medicine wheel of Earth wisdom to ignite your spirit fire, awaken new levels of consciousness, and inspire you to meet outer challenges through deep inner work. Each of the eight directions of the medicine wheel opens different aspects of your innate inner Earth wisdom, including heart knowing and your creative, sensory, emotional, and intuitive intelligences. Experiential exercises and meditations allow you to deepen your relationship with the

Earth and all life on it. By accessing the wisdom of your body-mind and heart-knowing, you can meet this time of great change with clarity and courage.
Illustrated with heartfelt stories and inspiring images, *Earth Wisdom Teachings* is a practical guide for anyone who longs for a deeper relationship with Earth and spirit and wants to contribute to the awakening of consciousness.

CRANIOSACRAL THERAPY FOR GRIEF AND LOSS
by Diego Maggio, BSc, DO, CST-D
Healing Arts Press, 2024
ISBN 978-1-64411-819-1 (560pp)
www.innertraditions.com

Loss, abandonment, separation, and grief—many of life's most challenging experiences—are also the most common. But the trauma created by these experiences does not need to hold us back in life. As Diego Maggio shows, we can use craniosacral therapy (CST) and SomatoEmotional Release (SER) to understand, address, and overcome the stress that traumatic events cause, and transform the painful experiences inherent in life into opportunities for growth and expanded awareness.
Sharing Dr Upledger's techniques and his own innovative applications

of CST and SER across 20 years of practice, Maggio presents tools and exercises to facilitate your inner self-healing mechanisms and support yourself and others through the stages of grief and bereavement following a loss—whether the loss is large or one of the "small deaths", such as losing a job or ending a relationship. The author explores all of the biological and energetic evolutionary stages of the life cycle through the lens of CST and shares manual therapy techniques and self-help exercises to process emotions and experiences, assess the energetic framework of the body and the chakras, and recognise and transform destructive energies into constructive processes. He looks at how to combine CST techniques with other protocols for managing the grieving process, including the Holmes and Rahe Stress Scale and Elisabeth Kübler-Ross's stages of grief. He also explores how CST and SER techniques can help support the dying and those around them in the process of transition.
Revealing how CST can help us integrate challenges and traumas whether recent or long past, Maggio shows how our experiences can give us the opportunity to evolve and grow as we journey through the beautiful cycles of life.

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THE ARCTIC: THEATRE FOR WORLD WAR OR GLOBAL DEVELOPMENT?

directed by Jason Dahl
Rising Tide Foundation, 2024
(37 mins)
<https://tinyurl.com/2s3wnr7u>



In this film, Jason Dahl and Matthew Ehret present the Arctic as a strategic battleground over the future of the human species and as a pivotal point shaping the Russia–USA partnership that saved the Union during the Civil War. The film showcases how the Arctic represents either a domain of total warfare—currently the ambition of militarists managing NATO—or the basis of a new era of technological progress and friendship among world civilisations.

If you don't know why Russia sold Alaska to the USA, or why Russia saved the Union or why Russians and the USA fought to connect their continents by rail via the Bering Strait, this is a must. The film introduces a sweeping history, helping us understand the real reasons Canada remained loyal to the British Empire in 1867. It also helps us understand the real reasons Lincoln was murdered and how the age of assassinations and war ushered in the war-ravaged 20th century.

As narrator, Ehret introduces the positive vision of the Roosevelt–Wallace plans to build rail and roads across the Bering Strait during WWII, and Canadian prime minister John Diefenbaker's

plans to adopt a northern vision during his short-lived administration.

You'll discover why this strategic flank has sparked such fear into the hearts of oligarchs for generations, leading all the way up to Trump's plans to build the Alaska–Canada railway in 2020 and the Russia–China Polar Silk Road today. Essential viewing.

INVESTIGATING WAR CRIMES IN GAZA

Al Jazeera Investigations
Al Jazeera Media Network, 2024
(81 mins)

<https://tinyurl.com/bdfrwyt4>
This feature-length investigation by Al Jazeera's Investigative Unit exposes IDF war crimes in the Gaza Strip through the medium of photos and videos posted online by Israeli soldiers themselves during the year-long conflict.

The I-Unit has built up a database of thousands of videos, photos and social media posts. Where possible it has identified the posters and those who appear. The material reveals a range of illegal activities, from wanton destruction and looting to the demolition of entire neighbourhoods and murder.

The film also tells the story of the war through the eyes of Palestinian journalists, human rights workers and ordinary residents of the Gaza Strip. And it exposes the complicity of Western governments—in particular the use of the RAF Cyprus base for British surveillance flights over Gaza.

"The West cannot claim ignorance. Nobody can say they didn't know," says Palestinian writer, Susan Abulhawa. This is "the first livestream genocide in history! If people are ignorant they are wilfully ignorant," she says.

An extremely disturbing record of Israel's destruction of Gaza.



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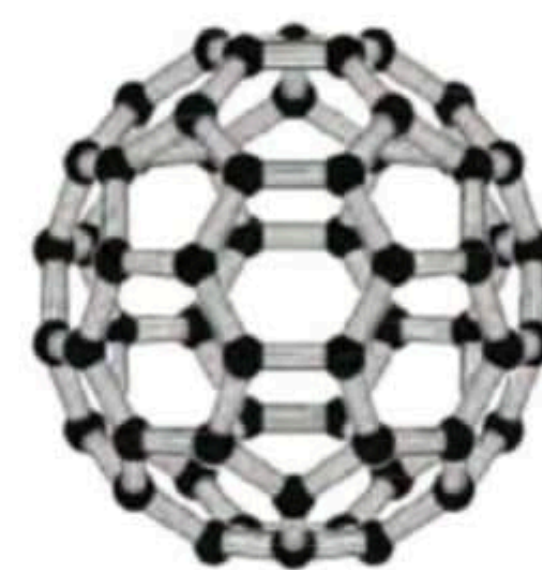
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A unique black natural mineral, SHUNGITE is an intermediate product between amorphous carbon and graphite; a mineral consisting of fine-dispersed globular carbon in a crystalline phase and fullerenes, a special form of carbon.

For centuries, Russians have been using shungite to treat high blood pressure, traumatic injuries, digestive maladies, inflammation, osteoarthritis, skin conditions, allergies, infections, depression and more. Shungite has antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and detox properties, in addition to helping the body manage the harmful effects of both ionising and non-ionising radiation.

It is shungite's unusual molecular structure which provides its unique properties. Within its mineral matrix are huge hollow carbon structures resembling soccer balls, termed fullerenes (or “buckeyballs”), which were named after the late Buckminster Fuller who was famous for his geodesic dome architecture.

Fullerenes are basically molecular hexagons and pentagons bound together into hollow cages. These fullerenes give shungite a high oxidative and reductive capacity.



C_{60} fullerene

Shungite comes from only one place on Earth—an area known as Karelia, which is a geographic area divided between Russia and Finland, just north of Saint Petersburg.

Find out more about shungite by reading the article “Shungite: An Electropollution Solution”, featured in Nexus volume 26, number 6 (October–November 2019), available at our website.

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Explore the range at
www.nexusmagazine.com/shungite

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Many people report feeling better when they have shungite around them. In her book “Shungite: Protection, Healing and Detoxification” (available via NEXUS), years of experimentation led bioenergetics researcher Regina Martino to conclude that having shungite around you greatly reduced the negative effects of EMFs.

Shungite’s capabilities are equally impressive when it comes to ionising radiation. A 2017 study showed how a topical shungite preparation protected hairless mice exposed to UVB radiation. Similarly, a Ukrainian study found that rats exposed to radiation and given shungite water for 15 days showed a 95 per cent survival rate, compared to 63 per cent for the control group.

Elite Shungite

Elite shungite stones can be used to make shungite water, which can be ingested or applied to the skin.



Shungite Shapes

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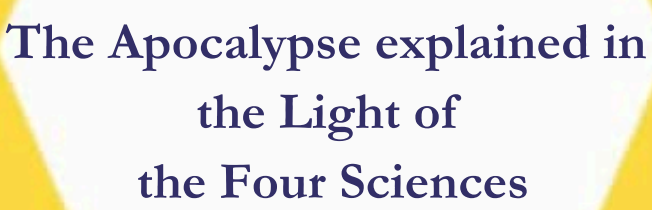
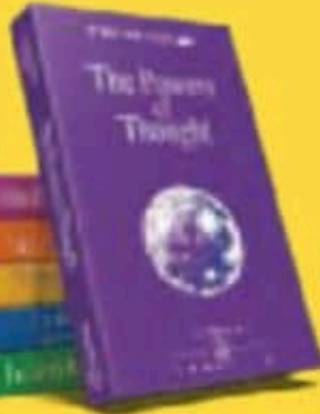
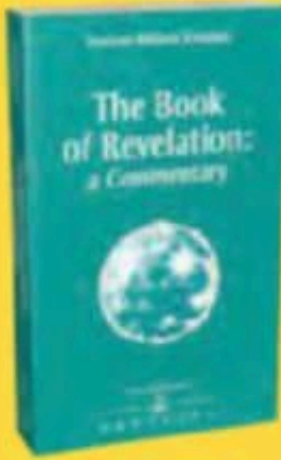
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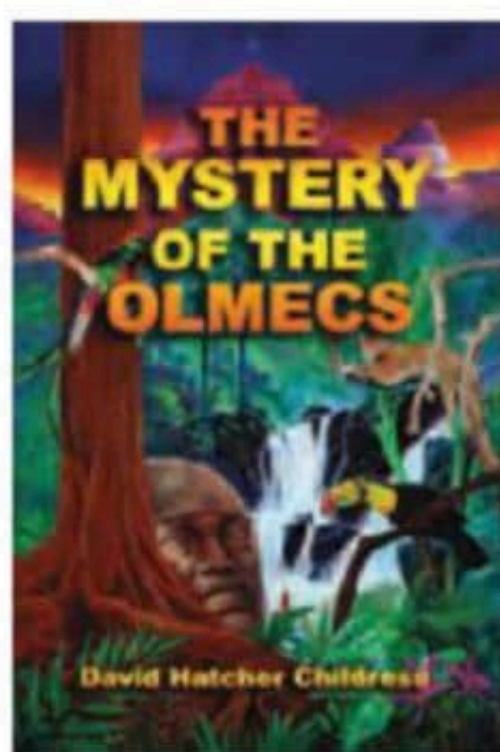


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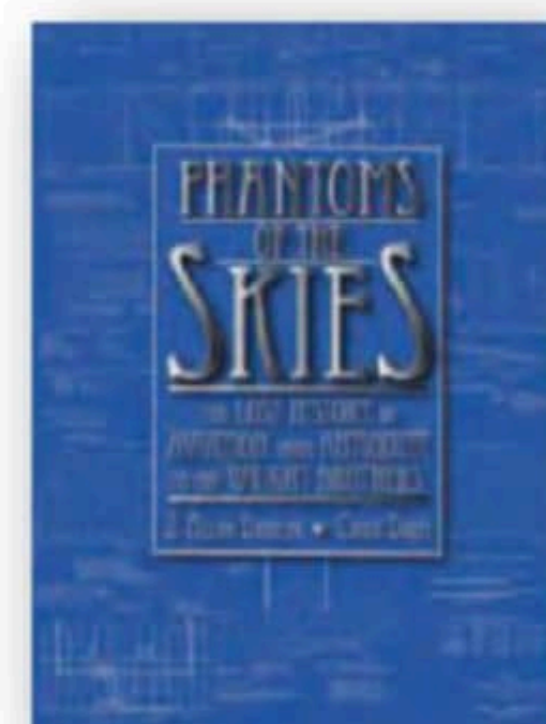
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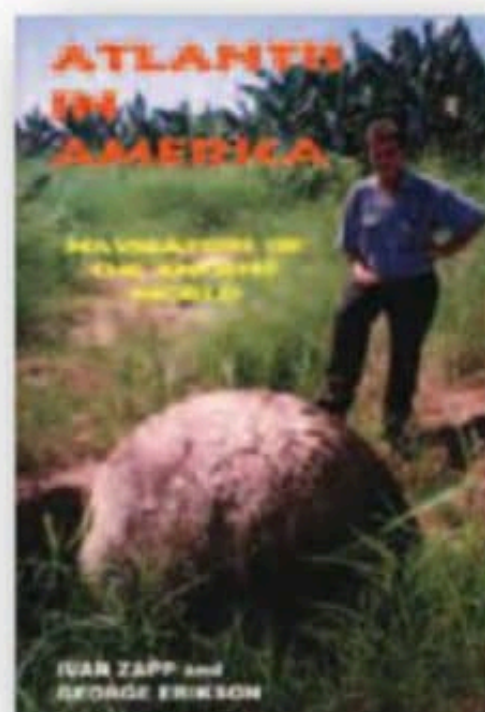


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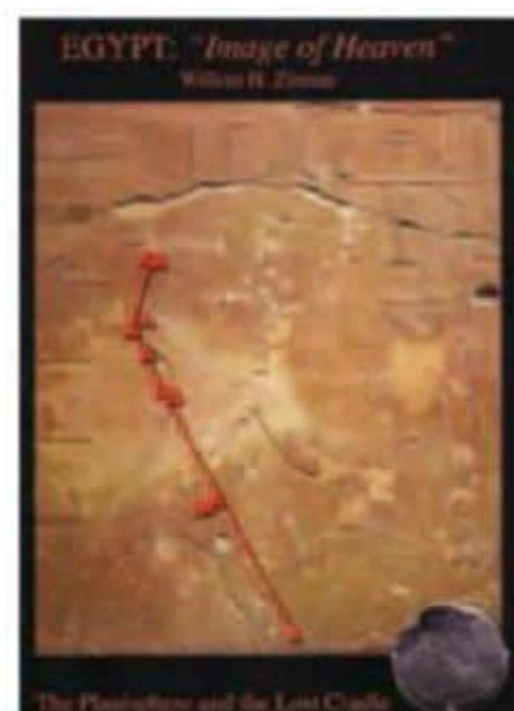
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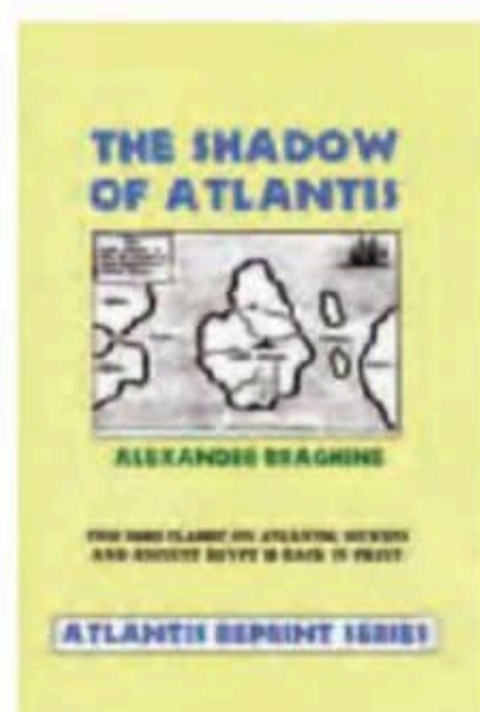
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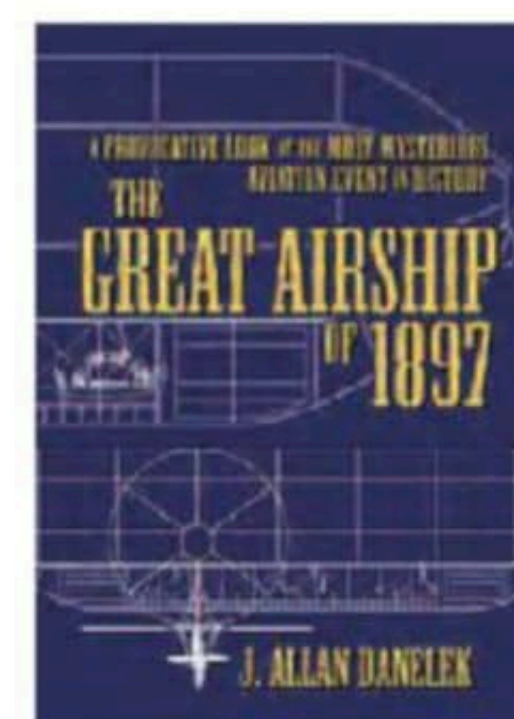
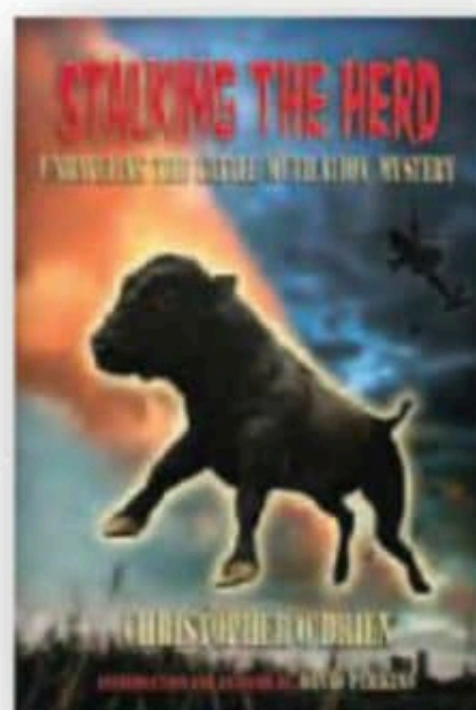
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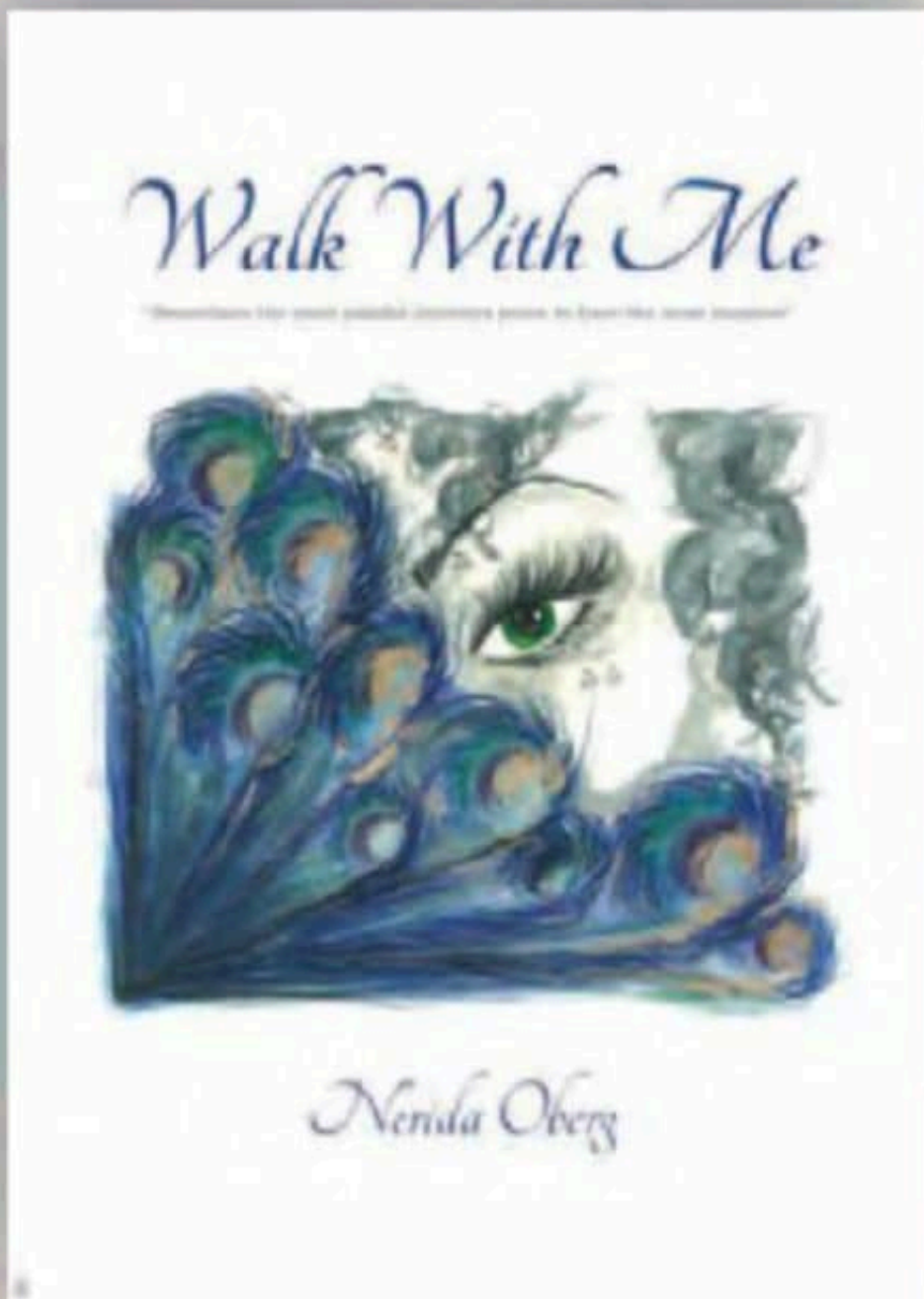
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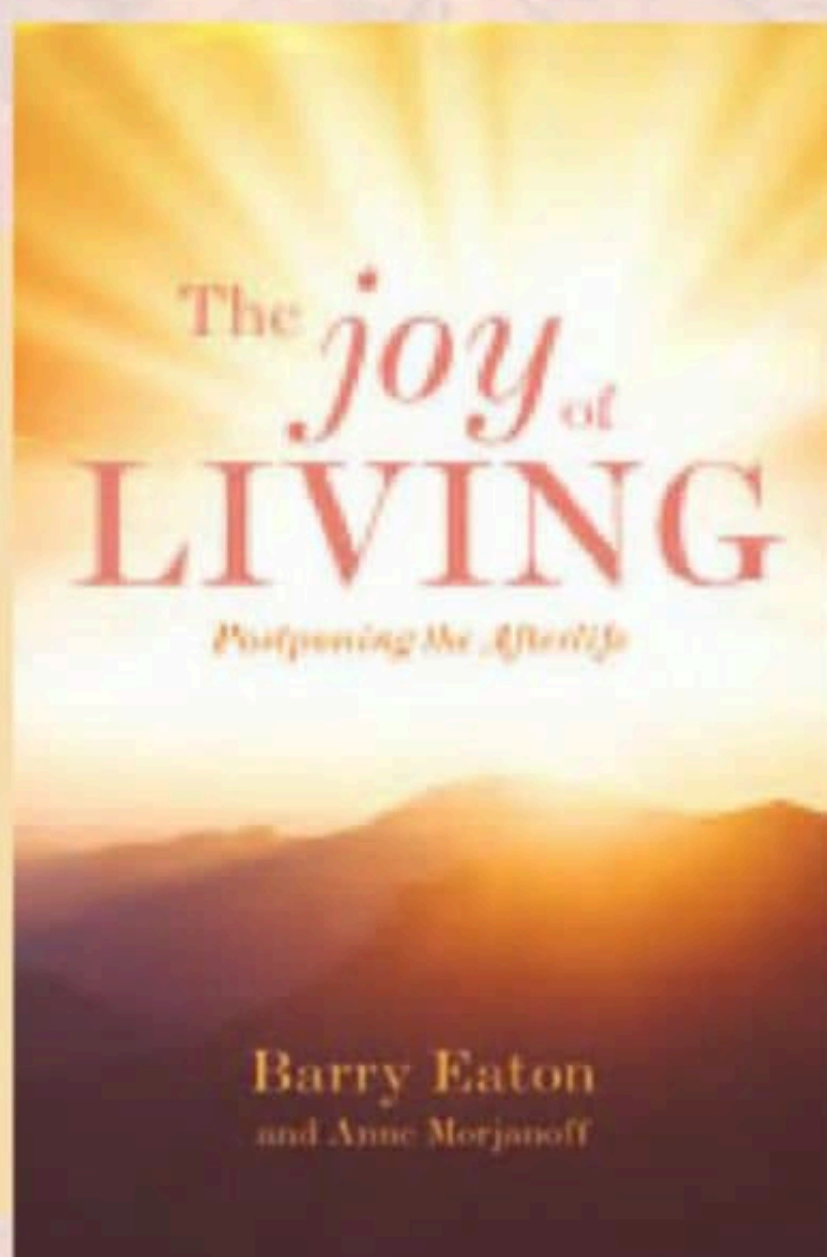
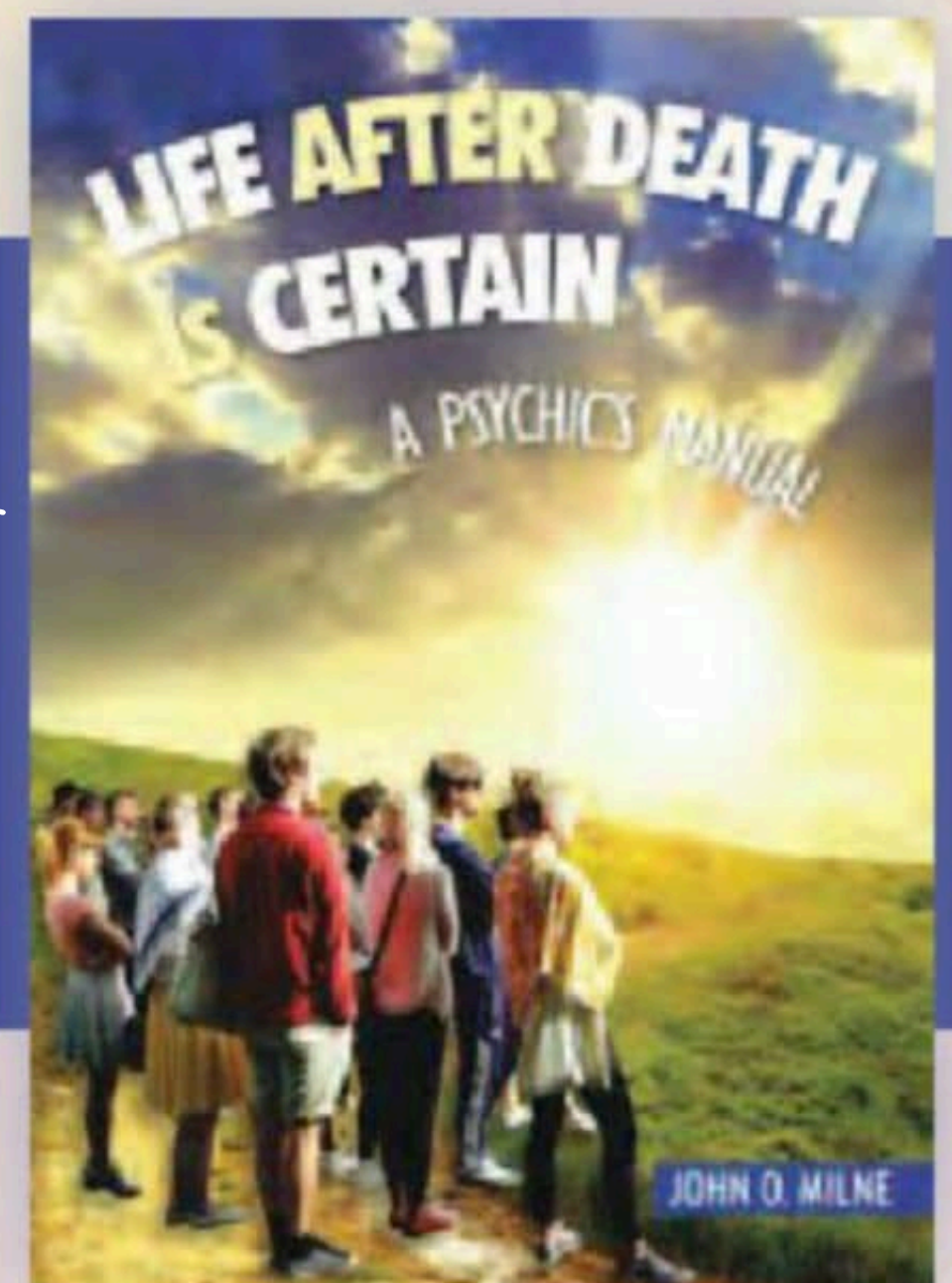
Walk With Me by Nerida Oberg

A prominent Sydney psychotherapist and senior college lecturer, who for twenty years specialised in grief counselling, is suddenly faced with the death of her own twenty-year-old daughter, only to then find that her whole academic and professional career is thrown into doubt when she starts to receive messages from her daughter after her death.

Join Nerida in a deeply moving and personal account of the transformational power of loss and the realisation that there is no death.

Life After Death is Certain (1968 rarity republished)

John Milne discusses the scientific, philosophic and spiritual aspects of survival after death and holds that spiritualism is the science of life, free of dogma and creed and focused on replacing the mystery and fear of dying with a reason and purpose for living. He explains the operations and purposes of spirit guides, helpers and mediumship circles, the nature of psychic gifts, and the various types of mental and physical mediumship.



The Joy of Living: Postponing the Afterlife

Barry Eaton has written two books on the afterlife, yet ironically this book is about postponing it. A well-known broadcaster and host of RadioOutThere, Eaton was diagnosed with throat and thyroid cancer. He had to confront his fears, but he'd already equipped himself with the know-how to overcome them.

In *The Joy of Living*, Eaton charts his path, sprinkling his narrative with heartfelt, harrowing and observant details, humorous anecdotes and much self-reflection. His supportive partner Anne Morjanoff tells her side of the story, and his son Matt Eaton contributes a chapter from his viewpoint.

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BUT THAT YOU WERE THE BEST YOU COULD.

HOW MUCH YOU ARE REMEMBERED, IS NOT THE THOUGHTS YOU KNOW,

BUT THE THOUGHTS YOU SOW.

HOW MUCH YOU ARE HONOURED, IS NOT THAT YOU WERE STRONG,

BUT THAT YOU CORRECTED THE WRONG.

HOW MUCH YOU ARE REVERED, IS NOT ABOUT YOUR SOUL,

BUT THAT YOU TOUCHED MANY A SOUL.

David C Bumblebee 2023 ©

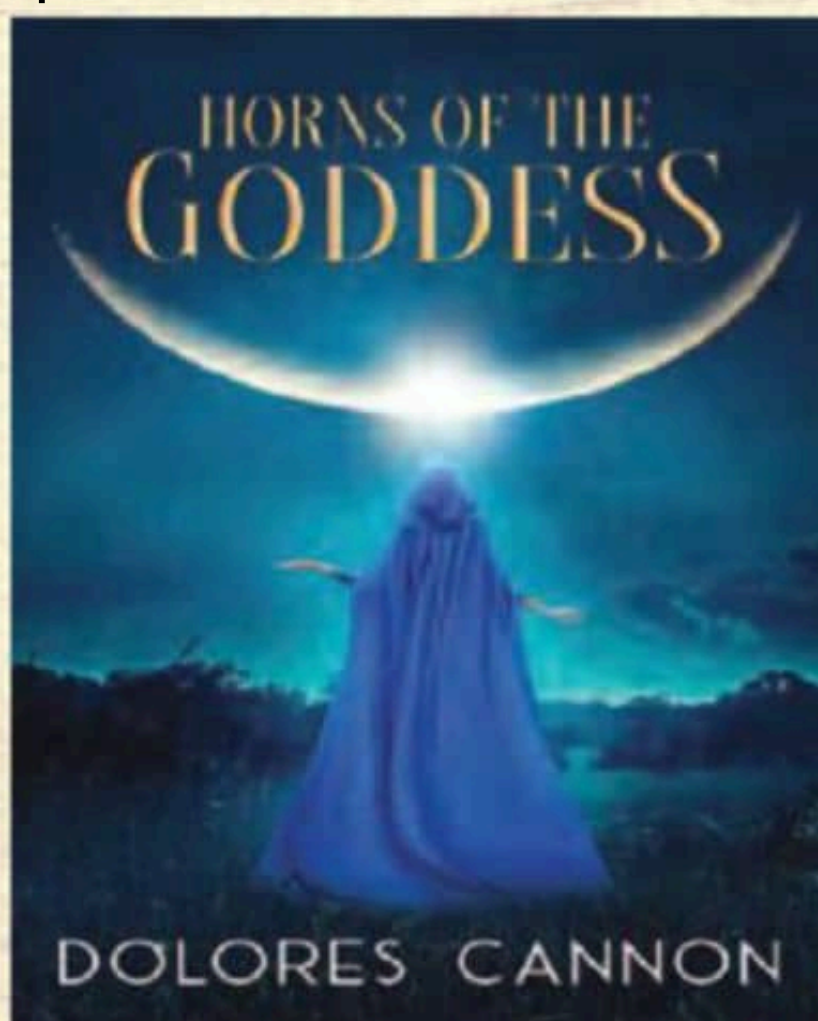
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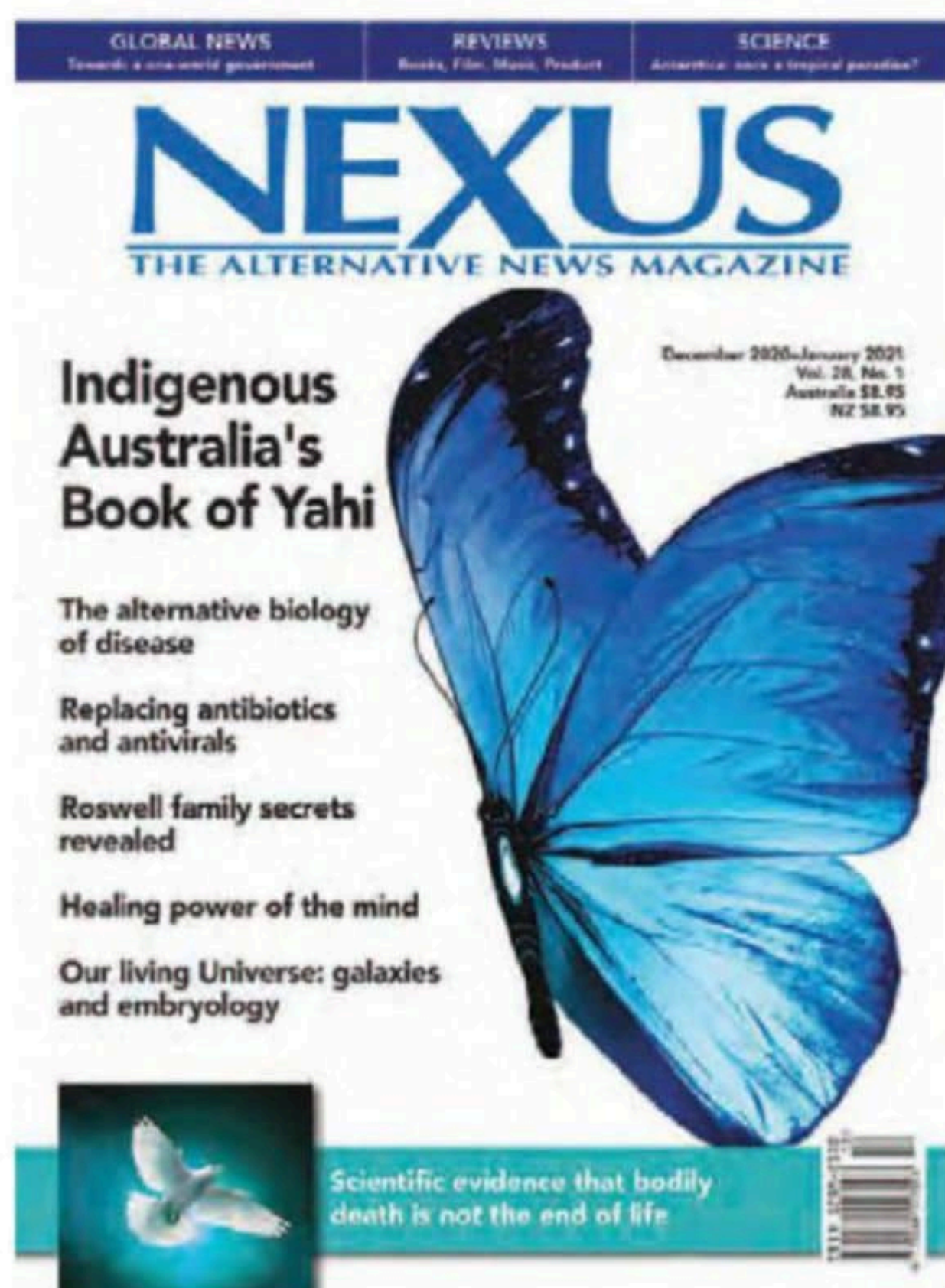
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Vol. 32 #06	Oct-Nov 2025	30th August 2025	8th Sept 2025
Vol. 33 #01	Dec 2025-Jan 2026	30th October 2025	8th Nov 2025

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AUST. Contact: NEXUS Magazine, PO Box 307, Maleny Qld 4552, Australia Tel: (07) 5442 9280

Editorial: editor@nexusmagazine.com

Advertising: advertising@nexusmagazine.com

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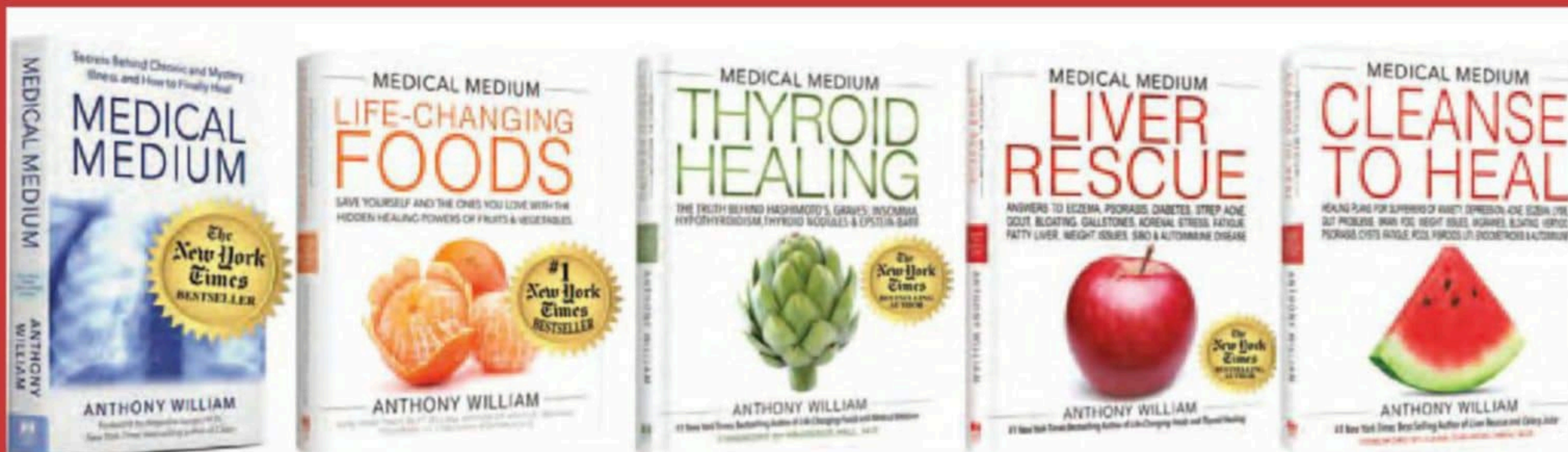
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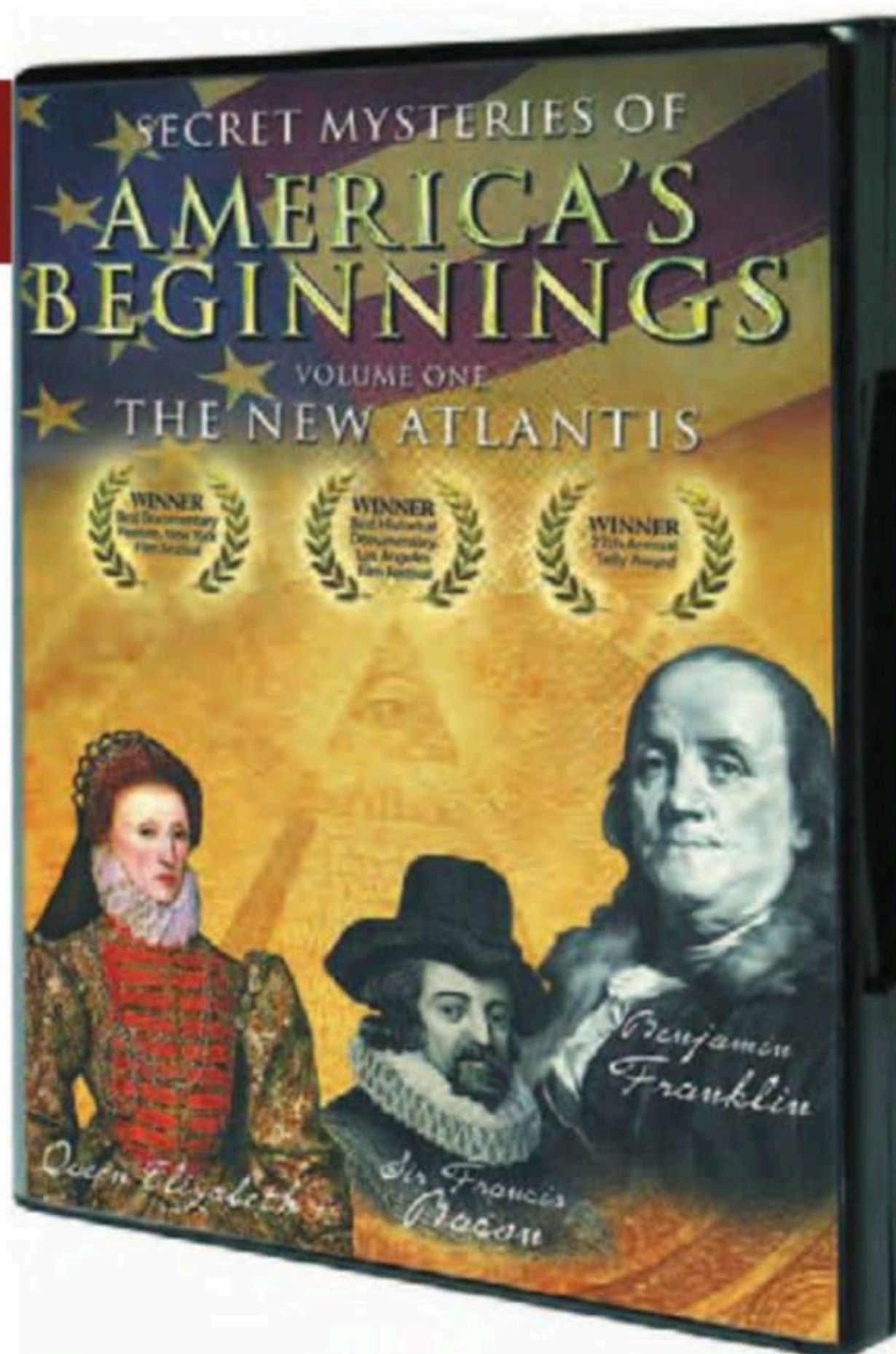
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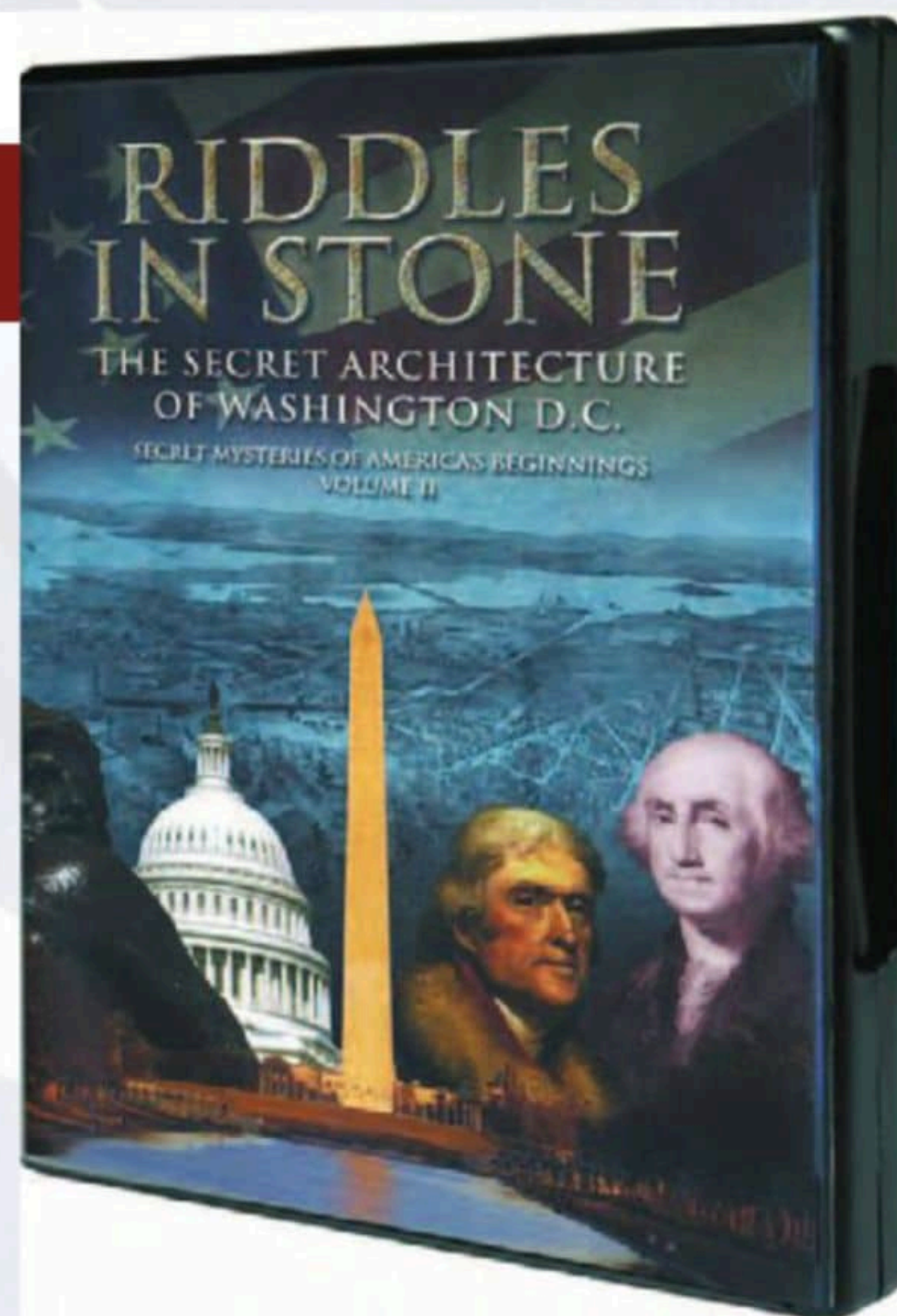
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