

Hello Friends



Wheresoever we may turn today, we find extreme tension, anxiety and suspense

prevailing everywhere. The root cause of this universal chaos is restlessness in our individual minds. Mankind has made tremendous progress in various spheres of life, but unfortunately has not focused on the subtle energy self, commonly referred to as soul or spirit within and is generally ignorant about it.

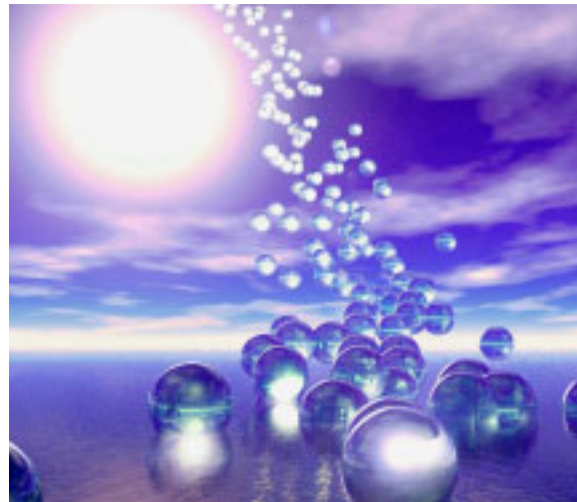
We have unraveled the mysteries of the solar system, sounded the depths of the seas, delved deep into the bowels of the earth, braved the blinding blizzards of snowy Mount Everest, and are now out exploring space so as to establish interplanetary relations, but sad to say, have not found out the mystery of the unmanifested Energy - Life Force - Consciousness self that resides within us.

With our book knowledge and learning we feel that we know Reality, little realizing that the infinite cannot be comprehended by finite means. It's power can be felt by the subtle energy self alone, if properly attuned and adjusted.

Here, I focus on knowing as opposed to accepting the suppositions and proposition presented by our own mind and the minds of others, which only creates confusion. Self experience is above everything. Become Conscious!

ENERGY - LIFE FORCE - CONSCIOUSNESS Drops From The Ocean

The terms Energy - Life Force - Consciousness, synonymous terms for the same "Thing" that cannot be described in words, are hard to define. The scope and extent of the subject is so vast and varied in its many aspects that it can hardly



be put into so many words. Suffice it to say that they deal with the immutable and eternal facts of life, the active principles that are enlivening the entire creation. The quest for these unmanifested, unseen aspects of our reality have ever been in the human breast from the dawn of consciousness in we humans. The subjects of Energy - Life Force and Consciousness are concerned purely with solving the puzzle of our subtle energy self, collectively referred to as soul or spirit (two more words synonymous with energy, life force and consciousness). What is its origin or source? What is it? Where can it be found in the body and what is its relation to the body? How does it function in the physical world? Is it possible to separate it from the body, mind and senses, and, if so, what is the process for doing so?

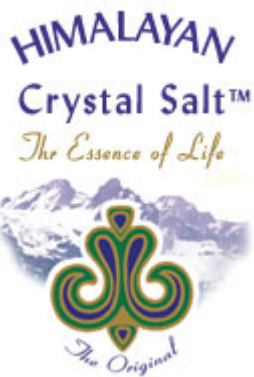
The various Books of the world all talk about and describe the existence of the Unmanifested Reality beyond the manifested. Writings like the Vedas, Upanishads, the Avesta of the Zoroastrians, the Tripatakas of the Buddhists, the Gospels, the Koran, the Adi Granth, and other canonical works with their commentaries, etc., medieval and

modern, all speak of that which is unspoken, beyond words, the all-pervading Ocean of Consciousness, of which we're all a part, a drop of consciousness. What we're all looking for is a transcendental experience of our Energy - Life

Force - Consciousness self. And, until we've had such an experience ourselves, none of us can accurately perceive Reality. Each of us must experience it directly, first-hand. Then, each of us will all be in agreement. Once we get a glimpse for ourselves, we will find that when we compare notes with someone else, we will be in total concordance, total harmony. There is only one "thing" existing and our minds can never comprehend it. It is beyond anything physical, intellectual, and emotional.

To the extent that we have a material body, we are governed by the laws of matter (e.g., gravity, cohesion, impermeability, conductivity, etc.); and to the extent that we are an animal being we are governed by organic laws (e.g., nutrition, growth, development, self-propagation, etc.). Again, we are a conscious entity or sentient beings and, as





Original Himalayan Crystal Salt is the perfect manifestation of Energy - Life Force and Consciousness.

such, the laws of consciousness (e.g., producing a sense of hunger, thirst, discomfort, and self-development) are also applicable to us, and we work for a happy, carefree and comfortable living. So long as we look only to matter, or material and identify with it, we are bound in matter or material. But when we submit ourselves to the organic laws of Energy - Life Force and Consciousness, we become happy, because we are free from the limits imposed upon us by the the material world. Eckhart Tolle, in his bestselling book, *The Power of Now*, says, *“But what we are doing here is part of a profound transformation that is taking place in the collective consciousness of the planet and beyond: the awakening of consciousness from the dream of matter, form, and separation.”*

But Reality, infinite as it is, can not be confined to dead and dry pages of books, nor is there any model outside with which it can be compared. Moreover, the writers with finite words and the limited intellect have no means to describe it adequately.

Science may tell us of physical objects and their inter-relations, but is totally ignorant of the creative power behind them. The goal of our life does not consist in mere book knowledge and book learning, but consists in knowing the life-principle that is working in the entire Creation: *Energy - Life Force - Consciousness - Word - Kalma - God - Logos*, whatever name we like to give it.

The word re-ligion comes from Latin. *Re*-means back, *ligare*-to bind. To bind back our subtle energy self to its origin. True religious thought is embedded in our hearts. It manifests in the form of a search, a quest, to return to our origin, to merge ourselves with the unlimited Ocean of Consciousness, out of which we came.

Dorothy, in the Wizard of Oz, gave us a clue. She left her home, her loved ones and all that she knew as Reality. She

awakened in an unfamiliar reality, a world of illusions and unreal possibilities. Her only burning desire was to return to her home, her origin, to be reunited with those who loved her and whom she loved. Like this world in which we live, hers was full of dangers and pitfalls. Her only hope of return lie in taking to the Golden Path, the *yellow brick road*, while being looked after and protected by the angelic Glenda, her trusting guide.

In order to assure her success in reaching her goal, Dorothy took three things with her; *Courage, Heart, and Intellect*, in the form of a Lion, Tin Man and a Scarecrow. Along the way she would be challenged and even thwarted in her attempts to reach her destination, home, by the wicked witch, representing the material or illusory existence to which we as physical beings are bound. But Dorothy had a passion, a burning desire to be released from the illusion of matter, to become her True Self, and make the return journey home.

We all know how it ends. Dorothy finally makes it to Oz, not only escaping the clutches of matter to which she is presently bound, the witch, but destroying the illusion altogether, by pouring water, (I'll bet it was saltwater) a metaphor for Energy - Life Force - Consciousness, on the witch, the only power to break the chains of her suffering in this foreign land. When she finally meets the Wizard, she discovers that he too is lost. He opts for a hot air balloon in the hope he can get back home. Lucky for Dorothy, she missed the ride. We never find out if the Wizard made it back. In utter despair, Dorothy is wrought with agony. Thinking herself destitute in this strange place, Dorothy forgets that she has some power looking after her, wanting to satisfy her every desire. Remember, her most fervent prayer or desire is to return home. With this, angelic Glenda appears. It's kind of cool the way Hollywood chose to represent Glenda in a ball of light energy. Light



is one of the most common metaphors for that which is Godlike or sacred.

What does Glenda tell Dorothy? She tells her that everything she has been searching for, everything that she needs to return to her place or origin, her home, is already inside of her. She need not look anywhere outside of herself to find her passport home. Wow! Everything is inside! It's not in books, in buildings, under stones, out in space, at the bottom of any ocean, on top of any mountain, it's inside of us. This is not to say that books cannot point the way and shed some light on the subject. But to get caught up in them as living truths, when in reality all they are are dead pages with words, is our greatest folly.

Instead of seeing the universal light, common to all mankind, we run after a ray here and a ray there and discard the Sun at the core of everything. In this way we so dwarf our visions and mental horizons that we cannot see anything beyond our noses, and gradually begin to lose sight of the truth, the eternal and unchangeable permanence.

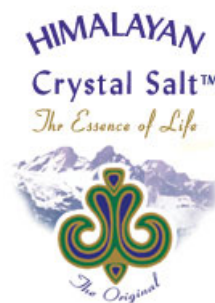
Like Dorothy, we too face the endless limitations with which our subtle energy self finds itself surrounded, the utter helplessness in the face of suffering. These all combine to stir up in us a longing to return home, to the source of all life, love, all happiness and peace. We seek a power with which to fight the dark forces and chase away pain and misery and be established with unchangeable permanence in this ever changing universe.

That power is what I refer to as Energy - Life Force - Consciousness and exists unseen behind everything that we see. Love and non-violence are steps in the right direction and point to the time when the whole world will be knit together in the bonds of one universal religion of love and humanity.

Isn't this the kind of world that you envision? Start imagining it today and together we will help to bring the unmanifested Ocean of Consciousness into Reality.



OHCS is an acronym for Original Himalayan Crystal Salt



Q How many grams of natural sodium are in 1 teaspoon of OHCS Sole? And, what is recommended as a daily intake of sodium?

A One teaspoon of our OHCS Sole contains 412mg of sodium. The USDA recommends no more than 2,500mg of sodium per day for the average adult. But, if you're losing a lot of liquid through sweating, then it's critical that you not only rehydrate with water, but also with electrolytes. Sodium and potassium are the two most important electrolytes your body needs. A heavy sweater can lose up to 3 quarts of body water

Q Can I give OHCS Sole to my pet?

A Absolutely! Animals require sodium as much as we do. That's why salt licks are used by ranchers for cattle. Sodium and potassium are the foundation for metabolism in all mammals. Without salt, there is no flow of energy or current. Without energy there is no life!

In fact, there is a company using our salt to make an electrolyte replacement for race horses. Because they want to have an advantage over the competition they asked me to sign a non-disclosure agreement, so I can't reveal the name of the product. What I can tell you is that this product has proven in clinical trials to increase the performance of race horses in over 90% of the cases. And, if a bucket of water containing our Sole is placed in the stall together with a bucket of plain water, the horse goes for the salty water every time. The company's president told me the horses love to chew our large chunks of crystal salt stones.

For small pets, we recommend 1/4 teaspoon of Sole per day. Try putting two bowls of water out, one plain and one with Sole. The animal will usually know when they have had enough salt.

Q Can my house plants and garden vegetables benefit from Sole?

A As amazing as it may seem, the 84 ionic minerals contained in our salt make a great fertilizer. Independent studies from an organic grower in Puerto Rico have shown that by adding 1 tablespoon of OHCS Sole to a gallon of water, either for root watering or for foliar feeding using a sprayer, all plants gained a 20% increase in growth over those not watered with Sole. Also, adding 5 drops of essential oils of thyme and oregano to the Sole solution makes an excellent natural pest control spray.

Q I'm an athlete who works out daily and I lose a lot of body water through sweating. How much OHCS Sole should I take per day?

A Sweat contains not only precious cell water, but also electrolytes like sodium, potassium and chloride. Athletes need to be aware of the amount of water they lose while sweating. Generally, a 3% weight loss through sweating is safe. Anything over this is considered dangerous.

A heavy sweater can potentially lose from 1 to 3 liters (quarts) of water during each hour of exercise. Even if you sweat less, know what you lose in water and replace it with 2 teaspoon of Sole per liter of water lost. In this way you will replenish your electrolytes naturally. Salt loss from 1-5 grams per liter of water is lost in perspiration. Inadequate replenishment will promote further water loss and electrolyte imbalance. Add a little lemon juice and natural sweetener and you've got an delicious, natural sports drink.



WATER MAN-MADE BY NATURE

I'm a skeptic by nature. I don't typically believe most of what I hear from others. If I don't personally experience it myself, either see it first-hand, hear it directly from the source, understand it intuitively, or feel the energy of truth as I perceive it, I tend to take most things with a grain of salt (no pun intended).

Recently, one of my customers told me about this water filtering device pictured here. Out of respect, I let him tell me about it, though honestly, I wasn't very interested or receptive. But he invited me to his website while we were on the phone and when I saw the simple, natural science behind the filter, my interest peaked.

First, I saw that the Japanese Ministry of Health endorses it and has the filters in public baths and spas and over 100 hospitals, the Japanese Olympic swimming team uses it, and independent university researchers witnessed an improvement in health and growth when compared to municipal water. This was good. I consider the Japanese to be meticulous in their attention to quality, details, and functionality. Their engineering is thorough and of significant integrity. And, a lot of groundbreaking discoveries about water and its information storage capabilities are coming from Japan. I wanted to know more.

What I found most interesting is the design of the filter. It utilizes 7 revolutionary materials that appear to have a profound effect on the water. It's not only about filtering the water, but introducing Energy - Life Force Information into the water as it passes through the various "zones" of the filter. The Wellness Filter not only purifies, but also enhances water. The enhancement process would

likely produce a water that has a faster rate of hydration and higher solubility, and most definitely that contains negative ions and specific beneficial trace minerals like silica, magnesium, and potassium. The treated water has also been shown to be naturally bacteriostatic and fungistatic.

I believe that the water from this filter would be very close to what Nature herself could create. And, it would be excellent for doing your Sole therapy.

Visit them online for more info at:
www.h2ohealthsolutions.com



The Wellness Filter™ not only removes harmful contaminants but it also enhances the water through a patented process that creates a quality of water beyond the reach of conventional water filters.

IT'S SEVEN UNIQUE FILTER ZONES



- 1 **KDF-85®** - A highly advanced material that aids in chlorine and chloramines reduction and extends the life of the carbon.
- 2 **Granulated Activated Carbon** - Made from highest quality coconut shell carbon. Removes chlorine, tastes, odors, and other harmful contaminants.
- 3 **SPG Sand** - Produces high efficiency filtration, removes parasites, adsorbs trace heavy metals, and yields very pure water. SPG sand is used in some Japanese dialysis machines to purify blood.
- 4 **Magnetite Stone & Tenko Seki™** are both part of a patent-protected magnetic treatment stage which creates magnetic fields for the structuring of and introduction of negative ions into the water
- 5 **Bakuhan Mineral** - Igneous mineral recognized by the Japanese Ministry of Health for its medicinal effects on arthritis, circulation, burns, and digestive functions.
- 6 **Taicho-Seki™** - A proprietary Japanese mineral known for the bacteriostatic and fungistatic properties it imparts into water.
- 7 **Quartz Crystal** - An engineered quartz silica designed to heighten the effects of the proprietary enhancement media. Believed to aid the body in fighting immune disorders, diabetes, cancer, and heart disease.



- WHAT MAKES ORIGINAL HIMALAYAN CRYSTAL SALT SO VALUABLE?
- WHY HAVE MEN BEEN WILLING TO RISK THEIR LIVES TO POSSESS IT?
- WHAT SECRETS LIE TRAPPED WITH-IN THESE CRYSTALS OF SALT?

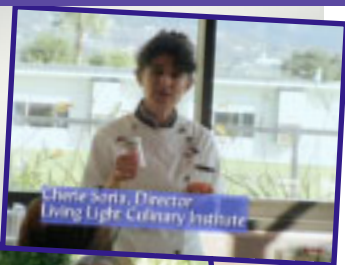
FROM THE FILM:

“Seventy percent of our planet is covered in oceans, a combination of water and 3% salt. The ancient Celts referred to the primal oceans as Sole, synonymous with Soul, as they understood that all life arose from the sea, the Soul of the Earth.

Over time, crystal salt from these primal seas became a standard of wealth and power. Kingdoms rose and fell in the pursuit of its possession, and generations of men have credited it with qualities far beyond price. . .”

Watch it online FREE
Click on this link:
www.himalayancrystalsalt.com

Watch and hear Pacesetters from the fields of nutrition, the culinary arts, sports, metaphysics, medicine and others who give their personal views and opinions about Original Himalayan Crystal Salt. Find out what these experts are saying.



Cherie Sortz, Director
Living Light Culinary Institute



Renee Lynn Daskerichler
Author, Nutritionist



Dr. Conrad Loreto



Andriana von Waldenroth
Owner, Yoga Center



Juliano Bortolin
Juliano's Raw Restaurant

Heroes Needed

Be Someone's Hero

Ever wonder what it's like to be a hero? No, not the stereotypical type caped crusader, the product of comic books and Hollywood. Rather, the unassuming, ordinary type whose actions positively effect the lives of others, usually without recognition for their human feat of kindness or sacrifice to others, but only because it gives them a good feeling. The hero's experience is really one that we all should enjoy often in our lifetime. It's so within our capacity and in our hearts to serve others.

I talked about resonance in the last issue, about “vibing” together. Sympathy is nothing more than “tuning in” or vibrat-



ing at the same frequency as another. We all need sympathy because we all suffer at some time or another. Sympathy demands that we “feel” what someone else feels when they're in need. These waves or sympathetic vibrations are what a hero is “receptive” to, his/her “call-to-action” message that happens on a subtle level, and without being asked, the hero responds.

A heroic act doesn't need to be a physical action undertaken to rescue or save someone. It can also be some kind, reassuring, supportive, or inspirational words given at the right moment to change the course of one's life. Such like acts of heroism are commonplace. A Chinese proverb says, “A little fragrance always clings to the hand that gives Roses.” Whatever we give, we also receive ourselves.

An everyday act of heroism could be sim-

ply to share your personal, beneficial experiences of life with one or several others. Many of you call us to tell us your personal experience with our products. Although we love hearing it, telling us is like telling the sun that it's light is bright. The sun already knows its qualities and just goes on giving, without regard as to who may or may not accept his gifts. We too can be like the sun, giving, knowing that many will accept our gift and be warmed by our words. Simply start radiating your energy, beaming it out, so someone can receive it.

And, the perfect transmitting method that guarantees that your voice reaches every corner of the world and everyone has an opportunity to receive your gift, can be found by clicking on the link below. Be someone's hero today.

[CLICK HERE TO GET YOUR CAPE](#)



THE FUTURE OF OUR LABELING IN A QUANTUM REALITY

HANDLE WITH EXTREME CARE: Original Himalayan Crystal Salt Contains Minute Electrically Charged Particles Moving at Velocities in Excess of Five Hundred Million Miles Per Hour.

ADVISORY: There is an Extremely Small but Nonzero Chance That, Through a Process Known as "Tunneling," Original Himalayan Crystal Salt May Spontaneously Disappear from Its Present Location and Reappear at Any Random Place in the Universe, Including Your Neighbor's Domicile. American BlueGreen, LLC Will Not Be Responsible for Any Damages or Inconvenience That May Result.

What is Mind? No Matter. What is Body? Never Mind.

SALT FACTS

No Salt, No Parmesan Cheese.

The difference between fresh cheese and aged cheese is salt. Italians call the curds that are eaten fresh before they begin to turn sour, *ricotta*, and it is made all throughout Italy. But once salt is added, once cheese makers cure their products in Sole to prevent spoilage and allow for aging, then each cheese is different.

All that's needed to make cheese is milk and salt. That combination was common in Europe. Just as goats and sheep were domesticated earlier than cattle, it is thought that goat's and sheep's cheeses are much older ideas than cow's milk cheese. The habit of carrying liquids in animal skins may have led to the cause of the first cheese making since milk coming in contact with animal skin will soon curdle.

The Romans made a tremendous variety of cheeses, with differences from region to region. Perhaps the most popular cheese, parmesan, now called *Parmigiano-Reggiano* because it is made in the green pasturelands between Parma and Reggio, may have had its roots as far back as the 13th century.

Drained curds are left in cheesecloth for a day, then divided and put into wooden molds. The Latin word for mold, *forma*, is the root of the Italian word for cheese, *formaggio*. After at least three days the ninety-pound cheeses are floated in a brine (Sole) bath and turned every day. The aging of cheese is a matter of its slow absorption of salt. It takes two years for the salt to reach the center of the wheel of Parmigiano-Riggiano cheese. After that, the cheese begins to dry out. So these cheeses have always had one year of life between when they are sold and when they are considered too hard and dry, even too salty.

Someday we'll see a forward thinking cheese maker take hold of the idea of using the finest quality of salt for his art. That's the day that we'll see Original Himalayan Crystal Salt Parmesan cheese.



Jay Leno's gives his benediction to our Original Himalayan Crystal Salt (OHCS) as he enjoys a lavish salted pretzel.

"Just Like Heaven", is how Reese describes our OHCS. This "Legally Blonde" actress knows the higher laws of Energy.



Hilary takes Oscar out to dinner. She always sprinkles on a little Life Force before eating, her secret to training and endurance while filming "Million Dollar Baby."



Knowing the importance and value of the 84 minerals and trace elements in our salt, Hugh Grant gives the gift of a box to a friend's child.



Eric and Debra attribute their synergistic screen charisma to the resonating effects of Original Himalayan Crystal Salt Sole which keeps them vibing together.

Arnie, ever the health-conscious Governor, prefers a sprinkle of OHCS on his sandwich to a good Cuban cigar.

Ozzy Osbourne instructed Carson Daly at a recent dinner, using chopsticks to pick up and eat one of our our OHCS Stones, in the fine art of using his saliva for making Sole.



"Presumed Innocent", Harrison Ford is no "Fugitive" to fine dining. He prefers eating "Solo" but occasionally grabs a meal on board "Air Force One" when travelling to the "Mosquito Coast". No one really knows "What Lies Beneath" his calm exterior but we know he gets "Frantic" when "Sabrina" doesn't remember to bring his OHCS when they dine out. He perceives it as a "Clear & Present Danger" to his health and wellbeing.

WITH A GRAIN OF SALT SCENE



Martha warns Conan about the potential Energy released from a box of our salt and he opts for safety by donning a welding mask.