

Hello Friends



The year 2005 was indeed a year of big change, effected by natural disasters like hur-

ricane Katrina, the Pakistan/Indian earthquake, and the Malaysian Tsunami. Each of these events signify Nature's impartial and detached execution of her duties—applying a tremendous amount of energy to facilitate change. This is Nature's way. To we humans it appears tragic as we cannot fully grasp the purpose disguised by Her apparent, flagrant disregard for life and possessions. Nature makes no distinctions, nor does She take sides in Her seemingly cruel and decisive execution of power.

We are beginning to understand that nothing in our material world is stable, that everything is subject to change, and that change is inevitable. Energy - Life Force - Consciousness is dynamic and cannot remain fixed in time or space. Change is the essence of this unseen, unmanifested, unlimited potential and Involution, Evolution, and Creation are its byproducts. What appears to us as destruction is, in reality, the clearing of the old to make way for the new. "Out with the old, in with the new," is a well-known aphorism.

If we were to live long enough, what inconcievable changes, brought about by the advancement of this unseen Power, would we be witness to?

No one likes change. Change asks us to leave our comfort zone and imposes its will upon our own. We may try to resist its whims and impulses, but to do so is pure folly, for change is always victorious.

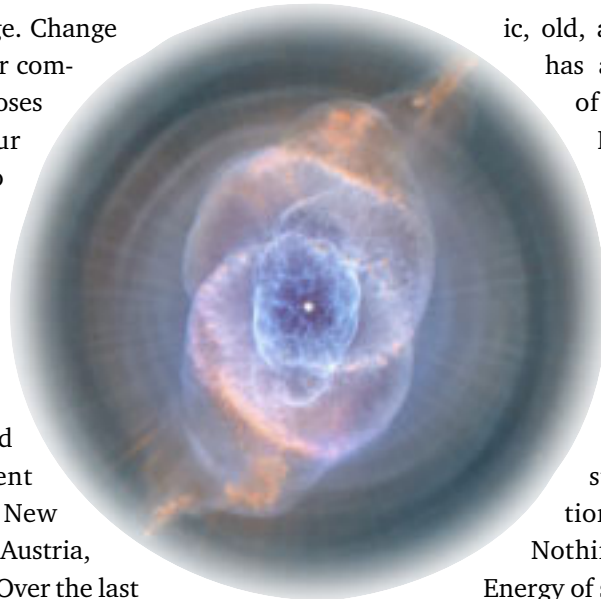
My wife, Ingrid, and I, spent the recent Christmas and New Year's holidays in Austria, her home country. Over the last 15 years I have had the good fortune to have traveled extensively abroad and have witnessed considerable changes which, on the surface appear to be bad or negative. Remember, there is nothing good or bad, there is only Energy, positive and negative, like two poles of a battery. The Energy just moves from the higher potential (+) to the lower potential (-) and back again, coming into and going out of form. As it descends from the unlimited Ocean, it comes into material form. As the material is destroyed, it returns to its un-manifested, subtle Energy form once again. Nothing is destroyed in Nature, but only changes from one form into another.

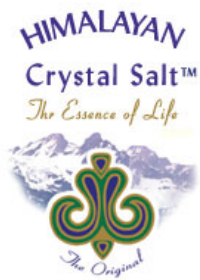
Looking at Western Europe, I can see the stagnation of Energy on a grand scale. Remember, Energy - Life Force - Consciousness (E-LF-C) is dynamic, it must be allowed to flow in order to remain vibrant and full of potential. It must have freedom to manifest into the next higher possibility. If its not allowed to flow, it becomes rooted in matter, in materialism, and becomes archaic,

old, and stale. Sure, old has an appeal. Millions of people flock to Europe each year to see the "old" buildings, artifacts and relics from ancient times. But in reality, this material of the past is holding Europe in a kind of suspended animation, a deep freeze. Nothing can move. The

Energy of society is so rigid, so firmly embedded in matter, that it requires the focused intent of an enormous amount of Energy to effect a change. The recent forming of the European Union will create the Energy to induce change.

An example of rigid or structured Energy can be found in the practice of mono-culturing or the planting of a single variety of tree or plant. This is totally unnatural. This kind of agriculture doesn't allow for diversity, one of E-LF-C's (also referred to as Nature) most obvious and crucial attributes. Without diversity, there is an imbalance, leading to decay in the environment. Monoculture tries to force Energy into a rigid structure. E-LF-C will not allow this. Energy is dynamic. It needs to flow freely. Nature will always apply Energy in this circum-





“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease,”

Thomas A. Edison

stance to regain Her equilibrium. She will breakdown the structure to provide for the creative flow of life Energy.

One method She might employ would be to manifest an over population of life-threatening insects and bacteria, whose very materialization is in direct proportion to the amount of Energy required to break apart the structure to restore balance. We perceive this as an assault, and will try everything in our power to prevent Her from having Her way. But Nature cares not whether the trees or plants live or die. Only we care. She only exists as an expression of E-LF-C to overcome the resistance to Her immutable law. As long as we continue to resist Her authority, Her dictates, Her commands, we prevent the Energy from manifesting as to Her plan. Resistance to Her Will causes suffering. Compliance or surrender causes happiness. When the E-LF-C is allowed to flow without resistance, or when we're receptive to and work in harmony with Nature, we can be as tuning forks, or instruments through which the music or frequency patterns of Her unlimited and perfect chords are played.

With this perspective, we begin to understand that all expressions of E-LF-C, including cultural, political, economic, social, or other systems or ideologies, all isms, everything in this entire physically manifested universe, is nothing but E-LF-C coming into and going out of form, from subtle energy into matter and back again into its essence. . . Energy. Empires rise and fall, civilizations come and go, but dynamic Energy is the only constant. By making a conscious choice to pay attention, we can witness the eternal, ever-changing and dynamic manifestations of E-LF-C as it appears and disappears from this world. If we're open-minded and willing, we can even identify those powers, those forces, both seen and unseen, man-made and natural, that have been brought and will continue to be

brought to bear to encourage and promote “change.” Remember, E-LF-C is impartial. It takes no sides, nor has it any affiliations or persuasions. Neither does it have any particular intent, or guidelines. It only exists to express itself through its unlimited possible forms. No one and no thing is safe from its crafty and clandestine plot to simultaneously create and destroy. It's the destructive aspect that troubles most of us, because this is the aspect we bring our attention to most frequently.

2004-5 gave us deeper insights into the casual regard that Nature (E-LF-C) pays to material, both animate and inanimate. The most powerful earthquake in forty years erupted under the Indian ocean near Sumatra on Dec. 24, 2004. It caused giant, deadly waves, tsunamis, to crash ashore in nearly a dozen countries, killing tens of thousands and destroying millions of dollars worth of property. Another massive earthquake, with a magnitude of 7.6, similar to the one that destroyed San Francisco in 1906, struck the region of N. Pakistan/India leaving over 1/3 of its 10,000,000 inhabitants homeless and the loss of lives in the scores of thousands. A whole generation of young children were literally wiped out. Here in the States, we witnessed the life-changing potential of Nature as She presented Herself in the guise of Katrina, a category 4 hurricane that claimed 1,300 lives, and left hundreds of thousands homeless. As I write this newsletter, snow-melt, due to an unseasonable rise in the temperature, together with a steady downpour of unrelenting rain, has caused the Umpqua River, just outside my window, to swell, threatening to overflow its banks and devastate the surrounding countryside. There's nothing I can do to stop the river's enormous flow of Energy. It has no regard for me, my offices, my property, my anything. It's a tangible reminder that each moment, our lives are in constant jeopardy. We're like the proverbial pigeon

Sickness is the vengeance of Nature for the violation of Her laws.

Charles Simmons



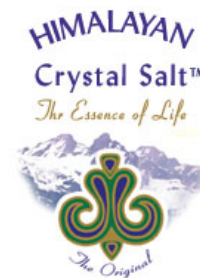
who closes its eyes when a cat approaches, thinking that as long as it cannot see the cat, the cat doesn't exist, and the pigeon feels safe.

Together with Nature's obvious, unassisted affronts, She oftentimes chooses human beings as Her pliable and willing, although unaware, accomplices. This is where I might lose some of my readers if I fail to communicate properly my understanding. Let's be frank here. Let's rise above petty differences in our political, economic, social, and national affiliations. Let's look at the Creation for what it is, neither good nor bad, but only a perfect example of the dynamic movement of E-LF-C as it manifests into its unlimited, myriad forms, specifically, human forms. As we are social beings, we all bear the labels of the society(s) to which we belong, either by birth or by choice as; democrats, republicans, boy scouts, Muslims, nerds, crack addicts, Americans, Chinese, billionaires, Christians, kings, peasants, queens, butlers, maids, Russians, milkmen, farmers, Buddhists, Hindus, rich, poor, etc. None of us have a choice as to what society we're born into. Neither do we have the choice as children as to what book is handed to us by our society's elders as the ONLY book of Truth (i.e., Bible, Koran, Vedas, Upanishads). At the core, we are all One and the Same, having the same Source as our origins. And, each of us is unique. No two humans ever were, are, or will be identical. Everyone represents one particular, perfectly manifested attribute of the unmanifested, unlimited potential Ocean of E-LF-C from which everything flows. Are we then not representations, mirror images, singular products of Nature's handiwork?

Oddly, Nature has no regard for Her own handiwork. She appears to destroy, with equal zeal, all that stands in Her way, all that prevents Her from carrying out Her duties; creating, sustaining for some time, then destroying. She must play sev-

eral roles, never overtly exposing Her involvement in keeping the status quo. Suppose that all isms, all dogmas, all credos, all that we humans cherish as "real," as something to hold onto, is in reality, just the temporary sustenance provided to us by Nature, to lull us into a kind of false sense of security that this material world is permanent, is unchangeable. And, just when we feel comfortable, just when we get to know the territory, just as we establish our authority here, She pulls the rug from under us. Why? I think She plays a very cunning and deceptive game. To perpetuate Her game requires Her to nurture our beliefs that the world is real and permanent, on the one hand, while reminding us that if we get attached to all of this material "stuff," we prolong our pain, suffering, and sorrow, and we delay our own happiness, we resist all Her innuendos to break the illusions that hold us, that bind us to matter. Her job is to assist in bringing into and releasing from material form, our subtle energy self, our true self, our spiritual self. She doesn't want us to become attached to that which is changing and unreal so She continually reminds us of our origins and forces us to seek that which is beyond the material, that which is permanent, that which we are. We are Her. She is E-LF-C. She is both the cat and the mouse. How long can this cat-and-mouse game continue?

It gets real confusing now. In order for Nature to play Her game, because everything at the lower, physical level is only a game, a grand play, She must assume dual roles. She must play the "good" guys and the "bad" guys simultaneously, with equal passion and with schizophrenic perfection. She must become Her character utterly and absolutely, entirely, from beginning to end, dispelling all memory of her "other" self, as the antagonist or protagonist. What choice does She have if She wishes Her play to continue? She assumes the roles of both, becoming you and me, the leading and supporting



actors. But in order for Her roles to be considered for Oscars, She needs to add a bit of deception to prevent the obvious from becoming exposed. The obvious being that you and I are one and the same. There is no "Two," there is only the "One," in the case of Nature, playing two separate roles. If the cat were ever let out of the bag, Her game would be over. We would all see that we are One. What fun is that for Her? Or, does She care either way?

When we hear someone speaking ill of another person's actions, whether it appears to us to be good or bad, remember the role that Nature has assumed in the guise of that person, whether priest or prostitute, lawyer or layman, terrorist or teacher, President or pauper. Each one of us is "used" as a marionette, with Nature pulling the strings, in fulfillment of Her play.

What we'll see in the next act, is the colliding of religious, political, economic, militaristic and social ideologies, as the stage of the world becomes crowded, all pushing to grab the spotlight and secure the Oscar. The suspense will build. There will be tragedy, romance, comedy, and drama, every element to create tension, to gain the favor of the audience and critics. But not all will succeed. Some will be cheered on and supported while others will be booed off the stage, perhaps never to return.

Change is inevitable. Without change, E-LF-C becomes static and degenerates. Are we prepared for the big change we all want, we all hope for? Can we accept the Will of Nature and allow Her to prepare the stage for the opening act of Her new play, whatever the price? It really doesn't matter, She doesn't care anyway.

LIFE FORCE DENSE FOODS

Restoring Nature's Values



There's salt in them thar sprouts! You're darn tootin! And it's Original Himalayan Crystal Salt™!

Most people who have explored the wondrously wide avenues of self-healing have heard about wheatgrass. One ounce of wheatgrass juice has the vitamin and mineral equivalent of 2.2 pounds of fresh vegetables. It contains most of the vitamins and minerals needed for human maintenance, including the elusive B12. Many of the benefits of wheatgrass juice stem from the fact that it is a living food, which is a complete protein with about 30 enzymes and is approximately 70% crude chlorophyll, the source of magnesium.

Up until now, it has been a widely held axiom that to be effective, wheatgrass juice had to be consumed immediately upon juicing. Therefore, it was not easy to grow at home in the quantities required for healing, and thus, did not achieve the popularity that it deserved. However, with the recent introduction of a synergistic mineral blend, using ocean water drawn from the deep Atlantic ocean, Make Scents, LLC, in Shiocton, Wisconsin, has made a significant difference. For some time, Make Scents has been applying ocean water, energized through a patented process (see Vortex photo), to grow their incredibly bio-ener-



Rotating the water in their patented vortex mixer constantly re-energizes the water.

getic wheat grass.

They have found that their ocean water fertilizer contains a full spectrum of minerals, perfectly-balanced, plus, enzymes and aerobic bacteria. Wheatgrass that is grown using ocean water as the primary fertilizer, when juiced, is found to have a shelf life of 12 days, in addition to having superior nutrition. Unlike conventional dry fertilizers, ocean water contains aerobic bacteria considered by many to be essential for healthy plants and soil. And according to consumer tests, their Ocean Gold wheatgrass juice tastes better than conventionally grown produce. How much better? Here's where it gets cool!

Kevin Keune and Rebecca Rickel, co-founders of Make Scents, LLC, heard about our Original Himalayan Crystal Salt through the ethereal "grapevine." After reading about our salt in the *Water&Salt, The Essence of Life*, book, Kevin was over amped. Intuitively, he knew that our salt would improve his already superior product. He surmised that the full spectrum of minerals and trace elements contained in our salt would possess even higher energy potentials than today's oceanwater salt. Aeons ago, when the Earth was a pristine ecosystem, the dissolved minerals in the ancient seas were of higher potential. Kevin knew that he could release and utilize this potential, this Energy - Life Force - Consciousness, simply by adding water to our salt, creating an ancient, highly mineralized, Sole. The results have been incredible.

Kevin says, "Our mission is to restore balance to the plant and animal kingdom by developing sustainable technologies for food production that maximize the nutritional content of crops, and thus improve the human condition. We feel that Original Himalayan Crystal Salt plays a key role in our vision. We grow and distribute the



Ocean Gold wheatgrass is grown exclusively with Original Himalayan Crystal Salt.

world's finest, most nutritious food for people that wish to affect positive change and unfoldment in their lives. We also distribute resources and knowledge to empower people to produce these nutrient-dense foods." Kevin & Becky have been following the practices of Dr. Maynard Murray who studied and wrote about the benefits of using sea solids in his groundbreaking book, *Sea Energy Agriculture*.

Not only do Kevin and Becky now produce the most vital, bio-available, nutrient-rich wheatgrass juice on the planet, they also have the intention of sharing their knowledge with the world. Through the efforts of the newly established 501©3, non-profit research institute, The Sea Energy Agriculture Foundation, their vision will be further fulfilled through research and education in the fields of plant nutrition, food quality, natural health, cultural diversity and fair trade programs, and, personal development using principles rooted in empowerment, consciousness and intention. Find out more by calling or visiting them online at:

Makes Scents, LLC
W8787 Old 54 Road
Shiocton, Wisconsin 54170 USA
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NEW PRODUCTS

NEW!

Improved Formula Crystal Salt Peloid



Available Mid-February

In the field of aesthetics, clay or mud is usually used for treatments against acne, cellulite, and flaccidity. In the field of clays or muds, Fango muds, or those of mineral-rich, volcanic origins, are thought to be the most efficacious. When it comes to Fango muds, one mud, coming from a particular remote region of Peru, is highly regarded and sought after. Also known as Inka-Bio-Mud, we call it PERUVIAN FANGO MUD

- Eliminates excess fat in the skin
- Decreases the uric acid levels
- Polishes and smooths the skin
- Re-hydrates at the deepest layer of skin
- Stimulates circulation
- Strengthens the skin and pores

Experience the ultimate hydrating, cleansing, and rejuvenating effects of our newly formulated CRYSTAL SALT PELOID, a combination of our extremely bio-energetic Original Himalayan Crystal Salt™, micro-structured AquaVibe™ water, and the virginal, additive free, Peruvian Fango. www.americanbluegreen.com/html/fango_mask.html

Coming in March

Original Himalayan Crystal Salt- OHCS Inhaler Salt Pipe



Breathing through our new porcelain-ceramic OHCS Inhaler for just 15-20 minutes daily draws air across the 250 million year old mineral-rich granules of

Original Himalayan Crystal Salt, the beneficial effects of which then reach every microscopic aspect of the respiratory system and can help to resolve breathing problems which may be caused by:

- Asthma, Allergies
- Sinus problem, Rhinitis
- Bronchitis, Chest infections
- Chronic Cough and Sore throats
- Breathing difficulty
- Respiratory problems caused by

HIMALAYAN
Crystal Salt™
The Essence of Life



Inside

smoking

Hundreds of thousands of people suffering from allergies, asthma, and other respiratory system disorders have found that prolonged visits to the salt mines of Wieliczka in Poland, Hallein in Austria, or Praid in Romania, or even to the shore of the Dead Sea, to inhale the salty brine air, have brought amazing natural respiratory relief and treatment of asthma, nasal congestion, sinusitis, breathlessness, bronchitis, pharyngitis, tonsillitis, night coughing, rhinitis, irritation and coughing caused by pollution and smoking, hay fever and other allergies. Now you can experience the benefits of salt air easily and simply and in the comfort of your own home with the OHCS Inhaler - the convenient way to benefits from salt air. Since the negative effects of air pollution

and electro-smog seem to be completely inescapable, it's only practical that we explore ways to take care of our respiratory system, just as we do with our skin, hair, etc. Major respiratory disorders, giving way to diseases such as asthma, allergies, and bronchitis, are all associated with pollution, especially prevalent in industrial countries. In order to maintain our health in this century, the benefits derived from ancient salt-cave therapies, well known and documented in Eastern and Central Europe, are now harnessed in a unique way to maintain optimum respiratory function. With frequent inhaling of the microscopic salt crystals through the salt pipe, we clean, relax, and revitalize the entire respiratory system. Inhalation of the Original Himalayan Crystal Salt vapors will deliver amazing, natural respiratory relief as a natural treatment for asthma, nasal catarrh, sinusitis, breathlessness, bronchitis, pharyngitis, tonsillitis, night coughing, rhinitis, irritation and coughing caused by pollution and smoking, hay fever and other allergies. More at: americanbluegreen.com/html/inhaler.html



MORE... FUTURE OF OHCS LABELING IN THE QUANTUM UNIVERSE

CAUTION: The Mass of This Product Contains the Energy Equivalent of 85 Million Tons of TNT per Net Ounce of Weight.

READ THIS BEFORE OPENING PACKAGE: According to Certain Suggested Versions of the Grand Unified Theory, the Primary Particles Constituting this Product May Decay to Nothingness Within the Next Four Hundred Million Years.

THIS IS A 100% MATTER PRODUCT: In the Unlikely Event That This Merchandise Should Contact Antimatter in Any Form, a Catastrophic Explosion Will Result.

PUBLIC NOTICE AS REQUIRED BY LAW: Any Use of This Product, in Any Manner Whatsoever, Will Increase the Amount of Disorder in the Universe. Although No Liability Is Implied Herein, the Consumer Is Warned That This Process Will Ultimately Lead to the Heat Death of the Universe.

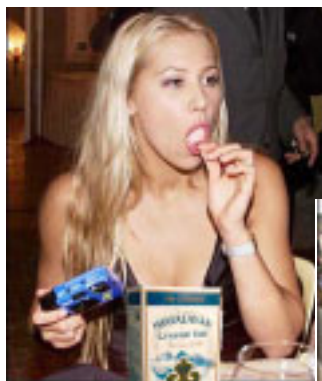
SALT FACTS

EGYPT - LAND OF SACRED SALTS

Long before the seventeenth-and-eighteenth century chemists began identifying and naming the elements of different salts. Ancient alchemists, healers, and cooks were aware that different salts existed, with different tastes and chemical, as well as bio-physical properties, that made them suitable for different tasks.

The Egyptians made salt by evaporating seawater in the Nile Delta. They also may have procured some salt from Mediterranean trade. They clearly obtained salt from African trade, especially from Lybia and Ethiopia. But they also had their own desert of dried salt lakes and salt deposits. It is known that they had a number of varieties of salt, including a table salt called "Northern salt" and another called "red salt," whose origin is unknown but believed to have come from somewhere near Memphis.

The Egyptians found a salt that, though they could not have expressed it in these terms, is a mixture of sodium bicarbonate and sodium carbonate with a small amount of sodium chloride. They found this salt in the *wadi*, an Arab word for dry riverbed, some forty miles northwest of Cairo. The spot was called Natrun, and they named the salt *netjry*, or natron, after the wadi. Natron is found in "white" and "red," though white natron is gray and red natron is pink. The ancient Egyptians referred to natron as "the divine salt."



Anna Kournikova knows that her hydration, energy, endurance, rapid recovery time, and her exquisite beauty, all depend on her daily intake of OHCS Sole. Take your cues from a leader.



Senator Clinton leads a super multi-tasking lifestyle, barely having time to eat a proper meal. What's her secret? She remembers her morning dose of Sole. Easy!

WITH A GRAIN OF SALT SCENE

OHCS = Original Himalayan Crystal Salt



"OHCS is the Beat of My Heart." Hilary Duff says she has "Come Clean" about her addiction to our salt but finds it impossible to give up.



The last word for the "Truth About Diamonds" author Nicole Richie, is that she equates our OHCS Stones to perfect, diamond-like gemstones possessing incredible beauty and power. She should know.



Courtney just absolutely loves her Original Himalayan Crystal Salt almost as much as she loves her "Friends." Better to speak only nicely about those that she feels endeared to, salt or person.



Getting "A Little More Personal" with Lindsay Lohan, she takes her OHCS to the pool for her afternoon delight.

What give Hobbits their incredible wisdom and innocent charm? Ask Elisia Wood. Here he does the OHCS two-step with some of his friends.



Natalie Portman is without question a sweet person, and has beautiful skin. She attributes her flawless on-screen complexion to our OHCS. To what does she owe her sweetness? You guessed it! OHCS

