

# The Shire

Glendalf's Guide to Cultivating Your Future Self

Glen Swartwout  
A.B., B.D., O.D., N.D., F.I.C.A.N., F.C.S.O.



Published by Healing Oasis  
Hilo, Hawai'i-Kingdom

Copyclaim MMXII by Rev. Dr. Glen Swartwout

This work is licensed under the Creative Commons Attribution-ShareAlike 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-sa/3.0/>

Explore these titles by Rev. Dr. Glen Swartwout:

Electromagnetic Pollution Solutions

Biofields: The New Physics of Health

Cataract Solutions: Prevention & Reversal Via Accelerated Self-Healing

Healing Glaucoma

Macular Degeneration... ...Macular Regeneration

Materia Medica: Vis Medicatrix Naturae

Nous Energy: Healing Power of the Pyramids

Refreshing Vision: Opening the Windows of the Soul

## Table of Contents

Foreward	iii
Preface	xiii
Introduction	xvii
Dedication	xxi
Prologue	xxvii
Metal Element	1
Fire Element	5
Earth Element	9
Water Element	19
Wood Element	23
Limits of Conventional Orc Culture	35
Risk Factors for the Unwary Self	45
Lifestyle, Stress Management & Exercise	57
Milieu: Water & Biological Terrain	63
Soul Food Diet, Food Sensitivities, and Allergies	77
Neuroprotection	85
Free Electrons & Antioxidants	87
Reverse AGEing	89
Immune Modulators	91
Minerals	93
Vitamins	95
Essential Fatty Acids	97
Amino Acids & Polypeptides	99
Communicators: Hormones & Neurotransmitters	101
Enzymes: Amplifiers	103

Glen Swartwout

Probiotics: Symbionts	105
Fiber	107
Botanical Allies	109
Signals: Homeopathy, Sarcodes & Nosodes	111
Quantum Energy: Color, Light and EMF	113
Gestation, Tissue Layers, & Acupuncture Vessels	141
Epilogue	155
Outro	159
Afterward	167
Conclusion	171
Postscript	177
Appendix	183
Glossary	187
Bibliography	195
About the Author	201



## Foreward

The Ishtari, the Wizards, come from the undying lands across the great Water... Like the Elves, we can taste our immortality... We come here to Middle-Earth, in this Middle-Time: the Now, from the Future, to assist in the unwrapping of the Present, the Big Gift that is this immortal Life of our Spirits, filled as it is to the brim with Love and laughter when rising to its best...

And even in the depths of darkness and despair that is the remnant of the great gift of Life that yet animates any Orc-like residues in our Nature, there is always Hope, a penetrating ray of Superlight illuminating the Way that brings us back home again to our Source, in whom all healing, restoration of Life and fulfillment of Divine purpose is not only possible, but assured, if we but offer up our grateful assent... "Let it be done according to Thy Word" in this Kingdom of the Divine Will ...as Earth Is in Heaven. "Take me Lord, for I Am already Yours!" "You are all powerful, make this humble Hobbit one of your Saints!"

### Tolkien's Symbolism in the Lord of the Rings

"Myth and fairy-story must, as all art, reflect and contain in solution elements of moral and religious truth (or error), but not explicit, not in the known form of the primary 'real' world." -J.R.R. Tolkien, Letter #131

Our 'real' world contains much enculturated unreality. What is Real is True. The Truth sets us free of enslavement to limiting ideas and the practices, which naturally flow from those ideas, just as culture flows from beliefs, or the operational model of this Creation that we imagine ourselves in. In fact, this imagining or imaging process from the seed-like infolded two dimensional sphere of our brain's neocortex can bring us into a fifth and final level of personal Coherence with our Source, of

## Glen Swartwout

which we shall say more later, as the sole Soul gateway to the three other transpersonal levels, akin as they are to the three persons of the Triunity of the Godhead: the Source of all Value, Summit of all Meaning and Circumference of all Grace, which flow in this Life like so many pads of butter melting on freshly baked bread... We are made in the Creator's Image, after all...

One of the insights in the Human's scientific conception is that of the Creation as a holographic process. Our multidimensional World may be accurately described by a mathematical projection of Space-Time from a two dimensional Sphere, which is the mere surface of the Mind of God. How godlike then, and thus in accord with our intended role in the Divine commerce, that our Friend, shall we dub him "Tolkien", "Sir J." or "St. John of The Shire" has created a world of Middle-Earth in his imagining, and as the Superlight beams of our Consciousnesses cross upon the two dimensional Realm on which his ink strikes the fiber of that luminous fiat of blessed paper, the darkness of ink sends forth ripples of communication, the word incarnating itself upon our very Souls as another world, but another world born of a viable Soul in this one ...A Brother of our Hearts, a Fellow Son of God. And Middle-Earth is nothing if not a mutlidimensional holographic Creation from a two dimensional domain of the Word.

You see, by our Nature we are Truth. We can truly say "I Am." I am that I am. Sometimes I think, therefore I am, Always! Identity is coherence in Time, it's just that thinking limits identity. I may think I am my Body. I can think I am my Mind. We think we are our social Value. I think I am all that is mine. Or... I think I am this Gift of my Soul: I think I flow from the sacred center of my Heart. I think I am Love working itself through by Grace. I think I am grateful for all that Is. I think I am one Cell in God's Body.

At the Time of Tolkien's birth in South Africa, his mother and father were members of the Anglican Church. Due to concerns for JRRT's health, mother and children traveled back to Birmingham England. His father remained in South Africa to tend to his business. Soon after, his father caught rheumatic fever and died when JRRT was 8 years old.

"Christianity had played an increasingly important part in Mabel Tolkien's Life since her husband's death, and each Sunday she had taken the boys on a long walk to a 'high' Anglican church. Then one Sunday Ronald (JRRT) and Hilary (his brother) found that they were going by strange roads to a different place of worship: St Anne's, Alcester Street, in the slums near the centre of Birmingham. It was a Roman Catholic Church. Mabel had been thinking for some Time about becoming a Catholic." - Tolkien Biography, pgs 24-25.

I myself was raised in the 'catholic' (essentially spelling universal with a lower case u) Episcopal Church and many years later joined the episcopal (run by the episcopate, the bishops) Catholic Church. If capitalization were a proper attempt to claim status as a Noun rather than an adjective (as was the custom in the not so distant past), then, which I ask is higher: A King who is sovereign over a vast Domain, in which this King is subject only to the Creator, or a Kingdom so vast that there is no foreign power, but only its King of Kings to serve. Do not both serve the same master? And according to their staying true to their Natures and their service, as they come closer to their source in truth, so shall they come closer the one and the other.

"The Lord of the Rings is of course a fundamentally religious and Catholic work; unconsciously so at first, but consciously in the revision. That is why I have not put in, or have cut out, practically all references to anything like 'religion', to cults or practices, in the imaginary world. For the religious element is absorbed into the story and the symbolism." - J.R.R. Tolkien, Letter #142.

And so it must be in the Truth of this World, Middle-Earth that it is... If religion stays only as an exterior adornment of this Life, it is dead, though pure white as a sepulcher. Only when intentional practice eventually makes perfect and gives Way to spontaneous action, and then acting to continuous contemplative doing, and doing in Time to loving service, serving to the radiant gift that is the full presence of being... does the Mind release its reign on the Soul in these stages, allowing a certain inner sanctuary of quietude and increasing spaciousness of freedom from the incessant worldly expressive vibration of the worldly reverberations of the Word to make Way for the unfurling of our Elvish qualities of

## Glen Swartwout

receptivity to the inner language of our Nature as Sons and Daughters of the Divine. That must be how the extra acute ears arise!

As Mother Theresa said about her prayer Life, "I mostly listen..." and when asked about what God says to her, "He mostly listens..."

"It is a monotheistic world of `natural theology'. The odd fact that there are no churches, temples, or religious rites and ceremonies, is simply part of the historical climate depicted. It will be sufficiently explained, if (as Now seems likely) the Silmarillion and other legends of the First and Second Ages are published. I am in any case myself a Christian; but the `Third Age' was not a Christian world." -J.R.R. Tolkien, Letter #165

"Actually I am a Christian, and indeed a Roman Catholic, so that I do not expect `history' to be anything but a `long defeat' - though it contains (and in a legend may contain more clearly and movingly) some samples or glimpses of final victory." -J.R.R. Tolkien, Letter #195.

Such reference points, or windows on our Future self are also seen occasionally by Grace in the process of accelerated self-healing and the accelerated personal and Spiritual growth that healing the biological Vessel of the Soul affords. One of the frequent Ways such a state of Grace appears, is when by Elvish science of listening and communicating with the body Vessel, the requirements are met, with volunteers from any of the Kingdoms of the Plants and the Spirit of their Flowers, the Minerals including the precious Condensates of the Spirit realm, and the Animal Kingdom including our own photoenergetic makeup with biologically activated Minerals (ions and vitamins in their cofactor forms), amines (including their many forms as laser-like communicators such as hormones and amplifiers including enzymes), sugars and other rings (as carrier-vessels, armor and crowns of Light and Spirit), indeed all the Angels of our higher Nature, our Divine design...

"But only one's guardian Angel, or indeed God Himself, could unravel the real relationship between personal facts and an author's works. Not the author himself (though he knows more than any investigator), and certainly not so-called `psychologists'. ...I was born in 1892 and lived for my early years in `the Shire' in a pre-mechanical age. Or more important,



I am a Christian (which can be deduced from my stories), and in fact a Roman Catholic. The latter 'fact' perhaps cannot be deduced; though one critic (by letter) asserted that the invocations of Elbereth, and the character of Galadriel as directly described (or through the words of Gimli and Sam) were clearly related to Catholic devotion to Mary. Another saw in Waybread (lembas) = viaticum and the reference to its feeding the will (vol. III, p. 213) and being more potent when fasting, a derivation from the Eucharist. (That is: far greater things may colour the Mind in dealing with the lesser things of a fair-story.)" -J.R.R. Tolkien, Letter #213.

"So it may be said that the chief purpose of Life, for any one of us, is to increase according to our capacity our knowledge of God by all the means we have, and to be moved by it to praise and thanks. To do as we say in the Gloria in Excelsis: ...We praise you, we call you holy, we worship you, we proclaim your glory, we thank you for the greatness of your splendour." -J.R.R. Tolkien, Letter #310

Other letters dealing with Tolkien's thoughts on his Christianity in relation to his works and general comments made to his family and friends are numbers 5, 43, 49, 89, 96, 153, 156, 163, 183, 191, 212, 246, 250, 306, 312.

## The Shire

The Shire represents Home. "I was born in 1892 and lived for my early years in 'the Shire' in a pre-mechanical age." -J.R.R. Tolkien. It's verdant green is the physically balancing quantum Energy of which we can never get too much, whether in our diet, or in the feasting of our eyes at The Shire.

## Hobbits and their Triune Nature

Hobbits represent the Saints. As Saints in training, they are Halflings, with a Soul half animal of this Middle-earth and half transcendent of the undying lands: 'Unless ye be as little children, ye shall not enter into the

## Glen Swartwout

Kingdom of Heaven.' Hobbits are a blend of the races of Men, of the Dwarves and of the Elves, and thus come variously dominated by one of those three Spiritual shades, the dark to azure Blue Watery hues of Men, the warm Earth tones and shiny Metallic colors of the Dwarves, and the radiant and transcendent Superlight that is the Fire of Divine Love, its verdant Green chakra center, which is the Home in the Heart and the Fire in the Hearth. As Hobbits, or Saints in training, we all work with the issues of healing: the foundational Mineral Nature of our Dwarf-like bio-body suits, the bridge-like Human Nature which links the Earthly body and Heavenly Spirit, and the Angelic Nature of our Elvish Soul itself.

### Dwarves

Dwarves represent the Angels of the Mineral Kingdom, as well as Spirits of Greed. Known for their skills in Metallurgy, they also touch upon the knowledge of the Arkenstone, the Heart of the Lonely Mountain, that glows blue as Orgone Energy from the Book of the Law, the Philosopher's Stone... It may be that the Arkenstone was one of the three Silmarils, the greatest achievement crafted by the ancient Elvish science. If so, it travelled 500 miles underground, a feat in no Way impossible for a gem that is a superfluid vessel of non-local Divine Consciousness. In Tolkien's Middle-Earth, this crystal made of Silima, containing the last Light of the two trees of the First Age: Telperion the Silver, and Laurelin the Gold, is once again in the Earth as it's Heart. Of the other two, one is set in the sky as a Star, and the third resides in the Waters of the Sea. In the real-world Middle-Earth, one of the two books of the Law is in Ethiopia. The location of the other is yet hidden... as is the Angelic Vessel of the Ark of the Covenant itself, and the rest of its contents: "the golden pot that had the manna, Aaron's rod that budded, and the tablets of the covenant" (Hebrews 9:4).

### Humans

Halflings are part Human... and those with more Human descent are drawn to live near the water, just as the ones with more Dwarf blood live  
viii

under the Earth, and those with more Elvish Natures inhabit the forests. As Hobbits, we are a blend of all three, but it is the Human slice which is the meat in the sandwich, between the Earthly Minerals of the body of clay, or Adam, and the Heavenly body of shewbread, the bread of Angels, Panis angelicus. Similarly, in the ancient philosophy of the Oriental, the Human stands in the center of the trigram, with Heaven above, and Earth below, symbolic of our Triune Nature.

### Elves

Elves represent Angels of the Plant Kingdom (wood elves) and of Water. Such willing and giving allies we have in the hosts of botanical extracts and tinctures, the homeopathic medicines, flower essences, and essential oils that are the perfect Gifts of God's pharmacopeia.

The Elves to me speak of the higher Angels of our Nature, our Guardian Angels, our transcendent Future sElves, which being more real and alive than we, await only our invocation, our invitation, to join with us in perfecting our thought, word and deed in the present. Thus manifests the contemplative inner Life, for example, the Zen conception of the not doing of doing... when we step aside and allow the Divine Order to act through Us.

### Orcs

"With regard to The Lord of the Rings, I cannot claim to be a sufficient theologian to say whether my notion of Orcs is heretical or not. I don't fall under any obligation to make my story fit with formalized Christian theology, though I actually intended it to be consonant with Christian thought and belief, which is asserted elsewhere." -J.R.R. Tolkien, Letter #269

Orcs represent Fallen Angels. Angels of past damage not yet fully healed. And our mistakes we haven't learned from yet. Orcs, and every character in the Middle-Earth of the Mind, like the characters in a dream, ultimately express some aspect of ourselves.

## Glen Swartwout

In the case of the Orcs, as sElves who have been tortured so long they have forgotten their true Angelic Nature, they stand for every wisp of damage we carry, fossils of an imperfect past, which is so necessary in order to know healing and ultimately to come face to face with perfection and not miss the opportunity, the gift to fall deeply and irrevocably in love with Our Divinity. This is the supreme Hope, the ultimate possibility, the Divine potential that is ordained from beyond Time, where we are already as we shall become in the fullness of Time, Space and whatever other Gifts of Love are held in the mysteries beyond our ken. It is our destination, our destiny. Our predestination, which on occasion, with the practice of opening oursElves as ever freer conduits of Grace, we may glimpse as a pre-membrance of the greatness which is immanent and yet to come... These reference points in our experiential landscape typically only last but about three Days. But in three Days, much can and does happen in the Spiritual frame. Christ resurrected in three Days, and thousands of people have experienced spontaneous remissions of deadly diseases like cancer typically in three Days as well...

## Goblins

Goblins represent Fallen angels, and Spirits of gluttony. We heal them in oursElves with Spiritual nourishment, God's body and blood, which is in the Life of the plants and animals we incorporate as our food. Life is precious, delicate and fleeting ...and yet so resilient it survives three generations without some Life in the food... three generations and no more. The Human scientist Pottinger observed this with his poor cats. The humans know this to be expressed in the activity of the enzymes, but few yet suspect that there are other nutrients in the living cell that may be incorporated into the vessel of the Consciousness, the Spiritual body itself, that navigational vessel which may know the Life of the eternal. These are the eleven Elven Minerals, rumored through the Ages, the...

## Sauron

Sauron represents the Illuminati, who have their all-seeing eye above their pyramid, one of the two Towers.

## Saruman

Saruman represents the Freemasons, who always wear white gloves as part of their ceremonial dress. The Freemasons are the other Tower. In fact, the two Towers feature prominently in Freemasonic lore and practice...

## Waybread

Lembas represents the Viaticum, the Eucharist, the Lamb. This Waybread feeds the will (vol. III, p. 213) and is more potent when fasting. In the history of the real Middle-Earth, Lammas, or loaf-mass is the occult feast of the Wheat harvest on August 1st.

## Aragorn

Aragorn represents the King of all Christendom. Aragorn II, son of Arathorn, Strider, Isildur's Heir, Ranger of the Dunedain, Last of the Numenoreans, King of Gondor symbolizes the rightful heir to the crown as human King of the Holy Roman Empire (France, Germany, Great Britain, etcetera). Prophecy among the Humans speaks of the Return of such a King in our own Times. And here in the real Middle-Earth, such a King we do indeed have... in King Keli'i. Of the other, I anticipate Word may yet come from France, perhaps about a certain Ranger from the North... so mostly "I listen."

## Galadriel

"I think it is true that I owe much of (the character of Galadriel) to Christian and Catholic teaching and imagination about Mary..." -J.R.R. Tolkien, Letter #320.

Galadriel is a type of Mary, fully human, yet perfect daughter, spouse and Mother of the Divine. ...Our holy Mother. ...Our mediatrix of all Graces by inheritance, by fiat, by Divine Gift. The greatest Gift possible for us:

## Glen Swartwout

opening of an Earth Embassy and Heavenly Bridge ...A starport to the undying lands, through the bridge that is the non-local union of the Sacred and Blessed Hearts of the Mother and the Son.

### Gandalf

Gandalf represents Christ who returns in Glory. "Thus Gandalf faced and suffered death; and came back or was sent back, as he says, with enhanced power. But though one may be in this reminded of the Gospels, it is not really the same thing at all. The Incarnation of God is an infinitely greater thing than anything I would dare to write. Here I am only concerned with Death as part of the Nature, physical and Spiritual, of Man, and with Hope without guarantees." -J.R.R. Tolkien, Letter #181

I Am your Glendalf, and I Am at your Service, but enough about me... There is much pressing healing wOrc to be done if we are to mend our Minds and restore the fullness of Heart to our hearths...

And Now, at least until we turn a new leaf, I will bid adieu, and, as we are fond of saying in these parts, "If I don't see you in the Future, I'll see you in the Pasture..."



## Preface

The Shire is a place for growing healthy Hobbits. And healthy habits make for healthy growth and development for all our Shire folk.

Hobbits are simple creatures, living close to the land (or even underneath it), caretaking the *aina*, the living and Life-giving land, of Middle-Earth, here at the highly energetic center point in the middle of the largest plate of the Earth's cruSt. Hobbits certainly enjoy their savory fresh produce, dew picked and preferably eaten at least six Times a day... at breakfast, second breakfast, elevensies, luncheon, tea, dinner, and of course supper, even if that ultimate repast of the day on occasion only consists of liquid bread and smoked salad!

The Shire is located at the very middlest part of the earth, at approximately 19.47 degrees North latitude, on the slopes of Mount Doom, er... the most active volcano and largest land mass on the planet, in any case. It is a cosmic center point, with the same relative location as Jupiter's red spot and solar system's largest volcano, Olympus Mons on Mars... This is no accident, as the Eldar, the Elves well know, since their generations yet carry vivid ancient memories of the Lightning bolts in the Heavens at the turning of the Ages!

The *Aina*, the earth itself here is magic, enlivened by that deep cosmic resonance. The youngest land on earth, it is made of interwoven layers of lava, soil, and air Spaces, making it the largest natural Orgone Energy accumulator on the planet, which is more than a little like the Ark of the Covenant... not merely a container, but a Sanctuary and amplifier of Spiritual Energy!

The Spirit of things is ultimately the most essential part, for from it, the rest can be reconstituted... The Spirit of Life has a Mineral substrate that

## Glen Swartwout

carries the Light of Consciousness, as surely as every waveform is carried by a medium according to its kind... These Spirit Minerals can come periodically from the Heavens, punctuating the Ages, and it also comes from the Earth, bubbling up more continuously here than at any other point on this globe. That is to say that the number one terrestrial source is vulcanism, the levitation of magma carried along by the navigation of the Spirit Minerals trailing through the bowels of the planet's foundations like a comet's tail from the advent of Ages paSt. Thus it is that we folk, and in particular, the wee folk of The Shire, come to live atop the dominant ongoing source of Spirit Minerals, or as it is variously called in the common tongue, Ormus, Monoatomic Minerals, M-state Minerals, the Philosopher's stone, white powder Gold, Manna, and the like. At present, the Human Priesthood of Science touches upon the surface of this great Knowledge with their Bose-Einstein Condensates, a fifth State of Matter, but there is more to the story than they yet suspect, as we shall begin to glimpse as our story unfolds...

How we integrate and utilize this natural resource supplied by Grace is affected by our own awareness, attention, intentions and actions... often guided by the Wisdom of those who trod this Way on the path, but a few steps ahead of us...

We live in a Time that begs for positive change. How can a few little folk help? ...In the little things we do, or can do, each and every day! And even in the things we fail to do, or choose not to do, the things we hold in deeper contemplation through Prayer and Fasting, such as our relationship with things false, fake, corporate and worldly... The Way we live can be a Light for others to see progressive steps toward positive change that otherwise might have gone unnoticed. And it is by our care and nurturing that others will know our Love. And by our Love, we come to accept each other, and to know Our Nature in the Truth.

In possibility there is tremendous potential... and a model of Hope for a joyful Future shared in Paradise... It may yet be our beloved halflings, the Hobbits, who can lead the Angelic host further along this Way of total Service with pure Heart, and the Divine Gift that is the essence of Love.



Glendalf





## Introduction

The Shire, proper, that is the Shire of my Vision, the Shire where I abide, the Shire of my Abode, is about a 21 acre Paradise of green grassy glades, perennially picturesque pastures, and fecund food forest with a seemingly endless variety of fruits and nuts virtually dripping off the trees just begging to be sampled, and populated primarily by especially good Natured creatures known as halflings or Hobbits. Of course, other Middle Earthlings abound as well, but they may be less obvious, with Elves preferring to stay more secluded, like their diminutive kin, the Minehune and the Mu, within their preferred Sanctuary of seventy acres of surrounding tropical rain forest in which The Shire's sun drenched greenery is nestled. Dwarves are more often found digging in the Earth, so keep an eye out, and you might just see one pop their head above the horizon! Perhaps one will come up for a bit of fresher air... or maybe it is for the view, to check on their underground tunneling progress... Humans visit here, too, on occasion, but... preferably, and hopefully, no Orcs, at least none that are so far gone that they are not ready, willing, and able to recover their Elven Nature with a little natural accelerated sElf-healing Wizardry!

To find your Way through Middle Earth to The Shire, you will most likely arrive at Hilo Airport, about a half an hour drive away by horseless carriage. There are busses for one dollar per person plus one dollar for any extra or oversized bag (or even for a bicycle which can be carried on a rack on the front of the bus). If you fancy yourself a grey or white Wizard (over 55) you can show your local Kamaaina ID and ride for free. The bus stop nearest to the airport is about a mile away, in back of the Prince Kuhio Mall. And remember, you are not in Hobbiton, yet... Orc Law forbids hitchhiking near the airport - until you get out to the main Highway. Hitching is challenging in town anyway... as Orcs speed by

## Glen Swartwout

one per car, with no Time to stop for a weary Wayfarer. They must all have very important business to attend to, indeed. Once you get out into lower Puna district, where The Shire is located, you will find many friendlier and helpful country folk who will gladly offer you a ride, sometimes right to your destination. We call these lovely Humans and their horseless conveyances The Shire Taxi Service, and we are super-grateful for them!! Perhaps you have a nice gift they will appreciate, like some gas money, some extra fruit, a special wand or crystal that might choose them, or the perfect mathom (a Hobbit's gifted item) that you have been carrying in search of a home.

So, if you do wind up taking the bus to the quaint village of Pahoia, in the rural district of Puna (where the volcano is located!), you will want to get off at Pahoia, either at Cash and Carry, which is across the street from Island Naturals (the local health food store), or at the High School, which is just before the lone traffic Light in all of Pahoia! From that traffic Light you can hitch or even walk about 1.3 miles toward Kalapana on Route 130, until about 130 feet past the 13-mile marker where you will see the entrance to The Shire where we will soon be building our farm stand. If you look closely at the mailboxes across the street, you will see one for The Shire, with its address 13-1367 Nunulu Road. Walk 1/3 mile straight in Nunulu Road, which means Resonance Road in the common tongue. It is a gravel road and the green crystals you will find if you look closely are Olivine (Peridot)! You will enter the realm of The Shire proper on your left as the rainforest gives Way to Orchards and fields as you bear left.

The Shire is unfolding like a Fibonacci spiral which has progressed from 8's to 13's. The Fibonacci sequence represents how growth occurs in the natural world, like a nautilus shell or a sunflower, starting slowly with 1 and 1, which makes 2. Then 1 and 2 makes 3, 2 and 3 makes 5, 3 and 5 make 8, and so on... Did you notice how many 13's are in the paragraph above? Now that you know they are there, you probably can't help but see more... Can you find three or four hidden in the address? At its inception, it was all 8's, being located on lot #8, it was estimated to have over 88 acres... Now we are well onto the 13's, and 21's are starting to pop up! The 13-mile marker is also the 21-kilometer marker. And 21 pieces of silver are also the price of a Life membership in our private  
xviii

community, just to make it legal in the de facto Law, which considers anything over 20 dollars to be a significant enough value to lend standing in their courts. Of course the Human's consider adulthood to start at age 21 in many Ways, though for Hobbits, who are much longer lived than Humans, those age 21 to 33 are Tweens, being between childhood and full adulthood. 33 is the age of Christ and the Saints in Heaven. Thus, 34 (the next Fibonacci number, naturally) begins full adulthood at The Shire. We have already mentioned the next Fibonacci, 55, as the age at which those with local ID can travel for free on the public buses. The size of lot 8, by the Way is technically 89 point something acres, bounded by a perimeter approximately 13,000 feet in length. And so the spiral unfolds, each fractal giving birth to the next, like an unbroken line of Creation from the beginning. As my father likes to remind me, "You come from a long line of successful lovers!" Bless his nonagenarian heart!

So, be sure to let me know if you catch a glimpse of 144 anywhere...

If you want a ride from the airport or from Pahoia village, calling and arranging ahead gives you the best chance. But you can try anyway, and someone may be available with a running vehicle to pick you up... Be sure to offer some gas money, though, if you want to start off on the right furry foot, and have a better chance of catching rides to the warm pond, the black sand beach, the steam vents and other magical places around the neighborhood in the future!!

See you in Hobbiton!





## Dedication

This book is dedicated to the immortal Spirit of J.R.R. Tolkien, the vision he shared with this world, and all hobbit-like creatures in it, who, finding mithreal threads of Timeless truth linking our own hearts to the Way, the truth and the Life embedded in the stories of Middle-earth, love him as he were a veritable Grand Elf, himself... Master Tolkien was a very Spiritual man, a man who embedded much Truth in his Wizardry with the Word, and who shared the Beauty of the World he created for his own son with all of us, his hanai, or Spiritually adopted, Family...

The **Truth** is, we are all one Family... and We Love Us!

Betroth means to enter an agreement to marry or join in holy union. The truth is that we are created to be in communion with our fractal source by our Nature. All that may be lacking is our agreement! We are the cells in God's body... and like the cells in our own biological bodies lack communication of identity, nutrition and cleansing, we experience degeneration of functionality in that tissue.

Seven is the number of blessing. To seven oneself is to bless oneself. In the seven days of the Creation account, God sevened himself. Modern mathematical interpretations of the Creation from the Divine perspective agree with the seven-day view from the creator's viewpoint, including the timing of various biological creatures appearing in the fossil record as we interpret it from our side of the Time equation. The seven sacraments are outward signs of our choice of agreement with the Divine plan for our destiny.

## Initiation of the Communion

The sacrament of baptism follows and affirms, either directly or by authority of parenthood or guardianship, the Soul's participation in the truth of the biological baptism we have each gone through with the breaking of the waters of Life, in which the membrane of the amniotic sac ruptures either before, during, or occasionally after birth. Children born within an intact amniotic sac are thought in some cultures to be destined to be healers. Baptism is an anointing with water, also called a Christening. Christ means anointed. In order to fulfill all righteousness, for Jesus to be King of Israel, he was also anointed head to toe with the oil of Kanebsem, Myrrh, and Cinnamon (in olive oil) described in Exodus, after which he spent 40 days in the desert receiving visions.

The sacrament of confirmation applies when the viable Soul has developed maturity to a level of reason or sentience, and positively affirms the union of Divine love with the source as a voluntary act of the will.

The sacrament of the Eucharist reveals the mystical truth that as Spirits, we do not live on earthly food alone, but on the Word of God. When Jesus broke bread and shared wine with his apostles at the last supper, he said, "this is my body" and "this is my blood." When God uses a pronoun such as "this" He is referring to all the infinite possible meanings and their unique individual nuances. This revelation of the Truth was quite difficult for many followers at the Time, and many even left to try and integrate the apparent cannibalistic reference. While the sacramental use of bread and wine traces back to the priest-king Melchizedek (meaning "My King Righteous"), Jesus revealed the truth that we live in God, that every food we eat is God's body, and every drink is God's blood, though the act of priestly consecration confers a special type of presence, in which, in some cases the transubstantiation of the wheat or wine actually transforms visibly to our senses, a non-local presence of our Lord's type AB blood or heart tissue, showing that He is indeed present there, in body, blood, Soul and divinity ...the model for the new man, sporting the newest blood type!



## Healing as a Reunion

Spiritual healing and growth is the focus of the sacrament of reconciliation, or confession and penance. When we speak the truth, we free ourselves. Too often we live mired in a culture where all around us there is pretense. We pretend even to ourselves that what is so is not. Forgiveness allows us to forget, and move forward. Otherwise, we continue to live Life knee deep in the muck of our own judgments. This is why we say “Judge not, lest ye be judged.” Our judgment is of our own making, day by day. And the truth can set us free...

The sacrament of healing of the sick uses the holy anointing oil, and is often used to assist in the Spiritual transition of leaving the biological body behind, when the Time comes for our rebirth into the Life after this one. We Now know that not only are we made in God’s image, which corresponds to the modern interpretation of the physics of this Creation using the technological metaphor or parable of the hologram, but that indeed this biological body has the potential to regenerate perfectly from the image it has impressed upon our Soul. This was seen in the laboratory when DNA in a glass tube was irradiated with lasers forming a holographic image of the DNA stored in the glass vessel. Later, the image alone was effective at completely regenerating the DNA structure and exact sequence of nucleotide bases in the presence of those building blocks. The miracles of this Life are our opportunities to observe the fullness of science... science with Soul, the science of the Spirit, the science of God.

## Consummation of the Union

The sacrament of marriage is intended to precede, with conscious intent, the biological marriage of sexual intercourse, which also is the essential consummation of the act of the will to join in the union of matrimony as one flesh. While the primary biological function of this sacrament of sexual love is the fractal reproduction of ourselves as a couple, a crucial Spiritual function is the facilitation of the partial union of the two Spirits, leading to stable bonding as mates. This effectively occurs with a frequency of intercourse over twice a week. When planning a family in

## Glen Swartwout

Times of constraint such as these, natural family planning becomes a help to maintaining the sexual bond between a couple, even when avoiding pregnancy for a Time.

The sacrament of holy orders is the conscious marriage of the Soul to our source, which reinforces the natural function of the conscious Spirit as a cell in God's body. The Christiascelli movement is about the opportunity each one of us has, each in our own unique and complementary Ways, to join in this holy sacramental union with the Divine, whether we are raising a family or dedicated to a Life of service as a Brother or Sister. In either case, we are fulfilling the role of sElfless service, whether it is to a newborn or to an elderly shut-in... feeding the hungry, or helping the overfed and undernourished of our age learn how to grow nutritious food from the earth on the fallow farmlands of the Church (still the #2 landholder on the planet, Now exceeded by MacDonald's Corporation)... visiting those imprisoned in this most imprisoned nation in history, or spending quality Time reading the Life of a saint as a model for a child to grow by...

### The Royalty Of The Heavens: Fractal Sovereignty

As sons and daughters of our creator, we carry the fractal sovereignty of our source. We are co-creators of this Spiritual experience of being human... Kings and Queens of this portable real estate (originally from the term Royal Estate) of this earthly body.

Where we went wrong... in governance, Law, medicine, pharmacy, commerce, economics, science and more...

How we can help... in the little things we do every day!

Whatever we keep foremost in our Hearts is what we are navigating towards. And while our maker is famous for drawing straight with (our) crooked lines, we can help ourselves by staying centered in our hearts, the only sanctuary where we can prepare ourselves to listen for that

gentle call of Grace. Next Time you say good-bye to a friend or loved one, remember that the term came as a shortening of “God be with you!”





## Prologue

During the First Age, Elvish science progressed mightily in its subtle understanding of the Ways of the undying lands. The culture of the Elves began to model for them the realization of their True Selves... opening their hearts and Minds to their authentic Future's Elves, or Future Selves, their transcendent Nature as viable inhabitants of the undying lands... only slightly beyond the pacific horizon of their foresight.

Hobbits and the like can still glimpse, on occasion, that fleeting world of the Elves in the forest reaches... and the World of their halfling kin, the Mu, as they enter the sacred Mountain upon which we Now dwell... through portals of rock, their subtle Spirits move with deft and agile Grace, not encumbered Now, as still are we, with the cares of Time in this departing, changing and soon to be renewing Age...

Glendalf





## The Metal Element

Metal is useful for many tools. When kept well oiled in our ‘marine’ environment, these tools are one of the most precious and lasting sources of utility and value we have. They are precious. We paint bright colors on their handles so we do not lose them or forget to bring them home to a dry Space when we are done using them. Otherwise, like other material things, they melt back into the jungle... and are lost, sometimes forever.

On first glance the Metal Element is known as a specialty of the Dwarf race, and thus also of particular interest to the Earth Hobbits who trace a good portion of their lineage to the Dwarves. They use Metal implements to dig in the Earth and harvest its riches of soil and rock, and even sparkling green olivine (peridot) crystals found at The Shire (just look closely at the greenish sand on the surface of the driveway!). Metal, of course, is also classically abused by the Orcs with their indiscriminate digging and scraping of the earth, often leaving linear scars and rectangular patches of ground flat, barren and... well, boring. Dead. We hear that they call these places ‘subdivisions.’ It all sounds scary to a poor Hobbit... But enough horror stories... We have glorious tales to tell of the hidden Truth within the Metal Element.

The Elves, being immortal, well remember a deeper knowledge of yore. There was a Time, and some suspect such a Time could be restored again with the much-anticipated return of the King, when finer Metals were openly known among the cultures of Middle-Earth. One of the few dates communicated directly and not encrypted by Nostradamus was 1996 for the restoration of this Knowledge, and worldwide patents were filed by 1995 by the inquisitive Human, David Hudson. Orc nations already using this material for black operations indirectly acknowledged

## Glen Swartwout

their occult use by concurring that the work was patent-worthy, but not patentable in those lands because of existing secret 'national security' uses, which probably include superluminal Spacecraft and the like. Hudson's patent covers Cobalt, Nickel, Copper, Silver, Gold, Palladium, Platinum, Ruthenium, Rhodium, Iridium, and Osmium.

These are Metals like the Mithreal Silver. Metals that are not like Metals at all... Transition Minerals that have gone by many names and have been hidden under many guises, for that is their Nature. What is it? Mfktz. Manna. Shewbread. EuchariSt. Soma. White Powder Gold. The Stone... The Philosopher's Stone. The Book of the Law. Bread of the presence of God. Elixir of Life. Starfire. ORMEs. Ormus. High spin or monatomic Minerals. Jing. Nous. Dew. Exotic Matter. Bose-Einstein Condensates or BECs of the Transition Metals. And it is of these finer things that we shall Now speak... Quietly... Lest these words fall on ears less pointy than our own... (for they may miss the point)

Scrolls and manuscripts amongst the collected works and cherished volumes of our wizard Glendalf, and others of the Ishtari, as well as the Royal families of the Elves, Dwarves, and yes, even of the Humans of old in the numinous days of Numenor, point and hint at such lost Knowledge... But the Times are nearing a change once more. The sky glows red with the activity of the new Earth birthing itself into a Time of the new Heavens and new Earth. There is much Knowledge hidden amidst the noise and bustle of the Age, and untold Gems can be gleaned, polished and placed in their proper setting amidst the cherished memories of old...

## Rings of Power

The legendary Rings of Power are more properly considered as Rings of Force, as their intended purpose, though it was at first hidden, was to serve the power of domination, which is death to the Spirit. The true Rings of real Power are to be found, rather, in the Life of the Spirit. Love conquers all... Light defeats darkness with the dawn faster than a fleeting shadow, like Shadowfax leading the Way against the Orcs at



Helm's Deep. Thus Life ultimately trumps death itself through the resurrection of the body in the full perfection of its design, which can never be corrupted, being out of reach of force and beyond the control of external domination. And so it is that the power of Life, which is Love and Light embodied, by its Nature and design, can overcome the greatest of forces, which is our own fear: false evidence appearing real. Hence it is said of old that the fear of the Lord is the beginning of Wisdom. When the Waters of our fear, which are a Gift of Life force received through Grace, are channeled into the Ocean of the Divine, carried by the super-fluid Transition Metals of our conscious intent, our vistas open to the horizons seen by the Wise. The Ishtari.

Welcome, my friend, to the riddle of Middle Earth. Say 'friend' and enter...

Amongst our handcrafts at The Shire our artists use the metallic forms for smithing, such as coppersmithing, silversmithing and goldsmithing. We use copper as a barrier to slug invasion of our crops, and it can even be used to keep invasive guava trees from re-growing from their roots after they are neatly cut down.

The Ormus forms of the Metals shown here are used in alchemical Medicine as food for building the Spirit body. This is a special interest of this healing wizard, Glendalf... In modern Human science, these forms relate to the State of Matter Now called a Bose Einstein Condensate (BEC) which help us model the superfluid, superconducting and other quantum dynamic properties of the Soul of our beloved Middle Earthlings.





# The Fire Element

The Shire is located adjacent to the Burning Land of Mount Doom, otherwise known as Kilauea, the most active volcano on Earth... The tropical sun, also shines its celestial Fire down upon this land, providing a year round growing season, balancing out the sometimes intense rainfall that keeps it a lush, green, flowering tropical Paradise, and providing frequent Rainbows, many double Rainbows, and even magical Moonbows that shine like Mithreal Silver. I have seen two in my Life... both at The Shire.

Fire is a useful tool, particularly in a place with an abundance of moisture. *Obia* is the ideal firewood, being the sixth densest wood on the planet. Of course we only harvest dead *Obia* trees! Fire can be used for cooking (yum!), heating water (ahhhh!), drying bananas (more yum!) and other fruits, as well as smoking fish and meat for food preservation. And, with forethought, all of these functions can be served by a single Fire, with a beehive lava rock oven with an inner layer of cinderized lava rock used as Fire-brick, and an outer layer of black rock. A single small Fire can efficiently heat a massive heat sink of rock and mortar for all-day cooking heat, and embedded air and Water pipes can carry this heat, or smoke and heat, as needed for adjunct drying, smoking and Water heating processes.

Cooking fires are legal. Food to be cooked must be within a hundred feet of the Fire according to Orc Law. Other Fires require a permit from the county, such as when The Shire was host to Rebirth, the regional Burning Man gathering of up to 650 interactive Artists for four days! It is also illegal to burn pallets (which are loaded with nasty Orc hardware that can do in expensive tractor and automobile tires, not to mention blowing out your flip flop). Burning anything green such as freshly cut

## Glen Swartwout

or incompletely cured live Wood produces extra greenhouse gases and incurs a \$1000 fine as well... Orc style slash and burn agriculture is definitely not the style at The Shire.

Another important form of the Fire element is to be found in all Life, including the cosmic Life of Creation itself. The Spiritual form of this Fire is often called Ormus in the common tongue, but has also been called Starfire in the long ago... Since the volcanic activity is the dominant terrestrial source of these Spirit Minerals, we live right at the Source! We breathe in Ormus, inviting it to join our living angelic Spiritual (meaning breathing) Community. *Ha*, as in *Hawai'i* and *Aloha*, means breath, the breath of Life.

Pyramid means Fire in the middle. There are many ancient pyramids on the island of Hawai'i. The Fire in the middle also reflects the Fire in the Heart, the core of the Chakra Energy system common to all sentient Middle-Earthlings. It is the Fire in the Heart that brings our Consciousness to bear on the Spirit Minerals as we breathe them into our Being, incorporating them into our growing and developing Spiritual navigation vessels, our cosmic Future sElves. This Fire in our Hearts of caring attention to all details ignites the Stars others see in our eyes. It is this Spiritual activation that is the true source of Value, and the reason that transcending the Orc money economy founded on principles of scarcity of goods, accumulation of material wealth, and leading to unquenchable need and greed, is so essential. Value in God's true economy of Sacred Giving and Service to others is transcendent, immutable and available to be shared and appreciated by all participants!

One of a Hobbit's favorite destinations, when venturing beyond the bounds of The Shire proper is the warm pond located along the nearby coastline of lower Puna. Geothermally heated hot springs feed this pool, keeping it warmer than the ocean water, which is itself much warmer than in many parts of the world our visitor and newcomers may be familiar with, such as the States. When going to the warm pond, we check the tide charts to arrive there as the tide is still going out and approaching low tide, as that is when the water is both warmest and cleanest.





# The Earth Element

Dwarves and Earth Hobbits have an affinity for digging holes in the ground. This is very useful for harvesting rock and soil, planting trees, building gardens, roads and paths, as well as providing material for rock and mortar construction of foundations and pillars, or dry laid rock construction such as traditional Hawaiian stone walls. The essential process of harvesting these useful materials is composed of exploring, discovery, and sorting.

## Lava Tubes

Lava tubes are fun! Not to mention intriguing entrances to the underworld of the Mu...

Sculpting underground rooms may not be every Hobbit's cup of afternoon tea, but there are those of us who have enough Dwarf blood to feel called to enjoy this sort of challenge! Just look at the underground Chapel at the Damanhur community in Italy for a little inspiration!

We are still searching for an entrance to the Mines of Moria, but we have discovered some lovely lava tubes that might be large enough for an Earth Hobbit or a Dwarf to inhabit... with a little sprucing up, of course... Although a hard hat might still be recommended, especially for Humans or the absent Minded...

Existing partial collapses of lava tubes and bubbles often provide multiple entrances to underground Spaces and passageways, ensuring cross ventilation as well.

## Glen Swartwout

Small lava tubes have beautifully sculpted arched ceilings, and frequently are studded on the edges with the outsides of lava tree molds, making perfectly integrated columns that transition seamlessly into the ceiling. From a Dwarf's perspective, all that is needed is to excavate the floor a few feet to produce an underground passageway reminiscent of the finest of Cloisters in Middle Earth.

Small lava bubbles and isolated chambers, typically up to about 100 square feet and up to a meter in height likewise hold tantalizing potential as underground rooms, with the excavation of the floors. Partial excavation of a floor could allow for installation of an underground hot pool that would mimic a natural geothermal spring. With some red LED rope Lighting (especially if it is placed so that the Lighting is indirect), you might begin to imagine that the water is being heated by the Earth rather than the solar hot water installation up in the world above!

Because much of the basaltic lava of the shield volcano is highly porous, ground Water rapidly percolates deep into the Earth here. Only dense "blue rock" flows hold Water longer in local depressions in that layer of flow. There are no basements or underground dwellings in any of the subdivisions of Hawai'i, of course... But here in Middle Earth, well, that is another story. A story that we are just beginning to write... carved in stone, you might say.

With wide overhanging roofs, the eleven feet of Rain that fall each year are steered clear of the building's foundation. When moisture wicking surface soils are gleaned for gardens from within that drip line, the underworld of a structure becomes significantly drier, which is of course good news for the longevity of Wooden framing lumber in the underbelly of the structure. When excavated further, typically by happily whistling Dwarves, this Space can transform from a mere crawl Space between footings to a veritable Undercroft. Guttering the structure of course will help even more in maintaining a dry Undercroft Space... and if there is anything that is essential to the agrarian Life in the Rainforest, it is dry Space!

Underground Spaces are naturally cool, and maintain a comfortable and even temperature day and night. A dry underground room with a natural



Water supply in one corner can be utilized as a Hawaiian style refrigerator by draping a cloth over a stick frame and allowing an edge or corner of the cloth to dip into the pool of Water. Water is wicked up into the cloth, and as it evaporates, it naturally cools the Space around and within it. This evaporative cooling technique can help to keep certain foodstuffs longer, such as root vegetables and fruits. Of course a food safe constructed with rodent proof wire cloth is an essential element in such a design, just as it is in the supra-terrestrial world of Humans, Elves and their Water and Wood Hobbit kin...

### Lava Cracks

Crevices in the Earth form near the Rift Zone of the most active volcano on Earth, as the land to our South (the unstable side of this fault line) sinks under the massive weight of the newest land on Earth, being deposited daily whenever the lava is flowing into the Ocean... And this is a fact you will easily detect when heading to the beach, as you will see the cloud-like plume rising a thousand feet in the air. At night if you get closer to the plume you may see it lit up by the red glow of lava exploding as it hits cool Ocean Water, as well as with internal Lightning, electrical discharges traveling through Plasma (ionized gas). It is reminiscent of the Shekinah Glory, the Earthly presence of the Creator, which appears as a pillar of smoke by day, and a pillar of Fire by night.

When surface lava flows pool up temporarily forming a lava lake, we sometimes even see the red glow reflected in the clouds from our cozy vantage point at The Shire, some five miles away. Now doesn't that make you feel safe? It's actually one of the safest volcanoes on the planet, because it rarely builds up pressure to produce an explosive eruption. You can often walk right up to a lava flow, if you can stand the heat... I wonder why the banks and insurance companies refuse to do Orc business here...

So, lava cracks hidden in the deep recesses of the rainforest of The Shire can be up to about 6 feet wide and up to about 30 feet deep, though this is a guesstimate at this point. Some adventurous dwarf will no doubt be the first to plumb the depths and report back... One should always keep

## Glen Swartwout

their wits about them when trodding off the beaten paths. And when in the jungle, most of those paths are trodden by the feral pigs. Unless you are a halfling or a dwarf, you may need to cut some brush to get through... but the trail tread is an excellent start for a foot path. In fact, if you make a new path somewhere else, it will just invite the piggies to explore that new territory as well, and that can damage the rainforest ecosystem. The pigs are Now the main source of fertility on the land, but they also spread seeds of invasive species like waiwi (red strawberry and yellow small fruited varieties of guava, pronounced vie-vee’).

Once we explore the depths of our several lava cracks, who knows? We may find that one crosses the path of a lava tube... Time for celebration! (But then, it’s so easy to find Times for celebration when one lives in paradise!)

### My Precious

Basaltic pahoehoe lava takes so many forms, that an astute hobbit or dwarf will always keep their Minds even sharper than their digging tools, to see what treasures they may unearth... Naturally, when an Orc digs out the same material using a diesel guzzling behemoth, all of these materials are broken and smashed together, and usually buried again without much thought...

“I’m off to the Lava Tree...” said one hobbit to his fellow.

“Mind you don’t fall in!” came a retort of caution....

You see, lava tree moulds are holes in the earth that can easily be ten feet deep and up to two or three feet wide, a mould formed around a tree by a lava flow, leaving a void where the tree once stood. At the bottom of the hole is typically a bit of a wider bell where the butt end of the tree broadened out into its root structure.

## Uses

If you see a Lava Tree sign on a small building that looks like a hobbit's hideaway, or maybe a tardis Time machine... It's a pun (remember we are located in Puna): if it were a real lavatory, it would have hot and cold running water, not just hot (and actually the best place for that hot nitrogenous water is just beyond the drip line of the Orchard trees, banana plants or best of all - coconut palms). Since a tree mould is like a glass bottle, a deep one is a perfect container for long-term humanure composting. When full, simply move the Lava Tree structure to the next deep gaping hole to fill, and plant a tree with a tap-root. It will be one happy tree!

When there is a dead animal or animal parts to dispose of, a nice deep lava tree mould is a perfect place for them to return to the earth. The same holds for disposal of oily food wastes that are best kept out of the compost bin. Fish parts is another story, as burying them near the roots of a fruit tree can bear fruits that make for happy hobbits!

A very large tree mould can serve many other purposes. It can be a very nice root, cheese or wine cellar (and preferably well stocked with all three!) beneath a humble earth hobbit or wood elf dwelling.

It can be sealed to make it water tight and thus become an underground cistern for water storage. (or if you choose to fill it with fermenting fruit, be sure not to tell your brethren about your cistern;~)

It can become a secret storage vault (shhh!!)

It might even be the start of a spiral staircase to be dug to an underground Space by industrious dwarves.

## Lava Tree Casting

With standard Orc methods of excavation, one would never see the wonders of the underworld known to dwarves and earth hobbits... Digging through layers of basalt with hand tools, what I like to call geo-

## Glen Swartwout

archeology, I have partially uncovered a lava tree casting under the core of our first structure. A lava tree casting occurs when a lava tree mold is later filled by a subsequent pahoehoe (hot) lava flow.

### Branch Moulds

Hollow cylindrical tubes form around tree trunks and branches, and occasionally a piece of one of these lava branch moulds will come out of the earth intact. Like a piece of pipe made of rock, it can then be used in a variety of Ways for interactive rock art construction, such as a rock pipe for a water fountain to emerge from, or a built-in sconce for holding a tiki torch.

### Iridescence

A rainbow of colors, plus gold and silver (reminiscent of mithreal silver?) may be found on the underside of the lava flow. This is one beauty of a lava flow that the top-siders rarely see. Whole chunks of flow can be carefully excavated and used as facer rocks in wall construction to show off their beauty. Care is needed because these surfaces are woven of delicate strands of spun glass. Shards also break off these surfaces and can be collected for mosaic work.

### Building rocks

Tabular rocks for construction are flat on the top and bottom. They may be in their original chemically reduced state, appearing black or blue depending upon their density and air content, and this will affect their strength, with blue rock being the densest, heaviest and hardeSt. Cinderized lava flows are red and softer, oxidized by pressure-cooking with water content as a subsequent flow covers and reheats them. These rocks beg to be saved and used experimentally as bricks for the interior of beehive lava ovens, as well as floors for underground utility areas.

## Rock fill

Large irregular chunks of flow can be used as is for filling equally deep depressions when constructing roadways into the forest edge, gaining access to harvest standing dead ohia trees and build pleasant sites for wood hobbits and elves... As this construction progresses, we cover large rocks with progressively smaller rocks, resulting in a finished surface that is both stable and well drained, with efficient use of material. Middle Earthlings take care to build roads that, when they are finished and naturalized, blend seamlessly into the terrain... After a short Time, with a year-round growing season, a new arrival might never suspect that any work had gone into making The Shire so smooth and accessible. The humility inherent in such a subtle and service oriented presentation perfectly balances the internal sense of pride in workmanship that comes with building a work of interactive art on the aina.

## Riprap

If riprap construction is being done laying each rock by hand, the desired thickness, most often up to four inches, becomes the upper limit of the smallest dimension of the rock for purposes of sorting. Roadbeds laid in this Way two millennia ago during the Roman Empire are still in use today! Hand-built roads at The Shire may not serve for that long, but only because they are likely to be covered by a fresh lava flow in about a thousand years or so...

Occasionally, three inch rocks make a separate sorting pile, when just that amount of depth needs to be filled, but typically two inch is an upper limit for filling similar depth potholes or as a top dressing on a freshly rubble filled road bed. Driving the tractor or a four wheel drive vehicle over the layer of two inch rock will compact it into a nice stable road surface. Even on a slope, runoff will not tend to wash out this size rock.

## Gravel

Gravel is the final icing on a roadway layer cake, and is also perfect for finishing walking paths. Sorting size limits can be adjusted to the purpose at hand, but typically road gravel can be from about a quarter or half inch up to three quarters or a full inch. When hand sorting, size categories can also be somewhat adjustable to the particular material makeup of each rock, so that a softer cinder that will break down when driven or walked on may be sorted into smaller size category, reflecting its final size when put into active use. Similarly, shape can be taken into account, so that a larger but thin rock can be sorted with smaller rocks, as it will tend to break and settle in to a layer of smaller rocks. Esthetic considerations can even come into play, according to the desires of the interactive earth artiSt. A pallet of colors is available in our Middle Earth materials, from red cinderized lava flows, cinders and cinder soils, which have typically been oxidized by their water content when pressure cooked by a subsequent lava flow, to black and gray lava and cinders of varying shades, as well as blue rock, which is the densest and strongest material, lacking any air bubbles.

## Soil

Soil colors also range from the red cinder soil through yellows, various shades of brown to black depending upon the state of oxidation/reduction as well as organic carbon content. We also find chunks of ancient charcoal (bio-char) buried for thousands of years underneath lava flows as we dig. These and the darker soils are particularly good for garden and agro-forestry use, while more oxidized soils are fine as a top dressing for smoothing pasture and Lawn areas.

The key to the future, and restoring the Garden in Middle-Earth is what is called regenerative agriculture in the common tongue... As the indigenous humans say in their Kingdom's motto: "*Ua mau ke ea o ka aina i ka pono*" which means in the common tongue: "The Life of the land is perpetuated in righteousness."

The plan of the Reinstated Kingdom is focused primarily on restoring the basis of sovereignty, which is sustainable local food production and the community infrastructure including farmer's markets within walking distance for what have been developed as 'subdivisions'. The Life of the land is in the soil based organisms, and in the heart and Soul of the hobbits, the *maka ainana*, as caretakers of the land, literally those who see the land. Collectively, they form the *makamaka*, those who see eye to eye, who are accustomed to giving to each other from the abundance of the greatest wealth there is, the Big Gift of all Creation. Their economy is the sacred economy of the gift, the truth that sets them free. Their school of Life is Makamaka University... offering degrees of freedom, not merely degrees of letters.

Say friend and enter...







## The Water Element

Humans and water hobbits have an affinity for water. While The Shire rainforest environment famously supplies over 11 feet of rainwater each year, keeping the *aina* lush and green, and blooming round the seasons, there is no naturally occurring surface water feature in the lands of Puna, except during floods, of course. That is because the land itself is holey. Holy, too, yes, sacred... But that is not wholly my meaning, for it is full of holes as well. Lava tubes carry underground streams to the sea. Ground water percolates through many of the cindery, air pocked rock layers like it would through a sponge. Only the dense blue rock of thick *paboehoe* flows slows it down, or hold a bit in localized depressions in the flow. That is why we dream of building a series of ponds, connected by waterways and wetlands, in addition to water catchments, cisterns, warm ponds, hot tubs, bath tubs and other water technologies.

One of the water technologies we look forward to developing is aquaponics, a combination of aquaculture and hydroponics for efficient utilization of resources for growing both plants and fish such as tilapia. Growing the plants in raised aquaponic beds with copper feet in a greenhouse environment produces perfect slug free produce with zero waste and minimal need for processing.

Another water technology we are targeting to integrate into our systems as they roll out is the use of diluted seawater plus nitrogen (which can come from recycling the nutrients in urine or fish waste) as fertilizer. In high rainfall soils such as ours, nutrients are rapidly diluted and depleted simply by the amount of water flowing through the ecosystem. Seawater systems using a thirty to one dilution factor produce remarkably vital and nutritious plants, so this should be a valuable addition to the current state of the art in aquaponics practices. For example, wheat grass juice grown

## Glen Swartwout

in this Way has none of the offensive or odd flavor and aftertaste caused by the plants defense mechanisms triggered by environmental stresses in its growing conditions. We will experiment with homeopathic potency combinations called chords to produce the desired safe dilution of at least thirty to one, while at the same Time effectively stimulating, balancing and/or moderating the energetic effects of the sea Minerals. This can be done by blending a 1X (10:1 dilution) base solution with about twice its volume of more dilute potencies, selected for their particular resonance effects, such as 5C (stimulation), 7C (balancing), and 9C (moderating). Additional potencies can be added for effects such as 12X for its resonance with the cell membrane.

Monitoring of protons (acid/alkaline balance, measured by pH), Electrons (redox, measured by rH2 or ORP) and Photonic Energy (ionization, measured by conductivity) is yet another element that we intend to integrate as funding permits. Based on the work of French water health pioneer Louis-Claude Vincent, the field of Bio-Electronics of Vincent (BEV) is known in Europe as the Medicine of the Future because of its predictive value. The three measured values related to protons, Electrons and Photons together determine the physics of Energy in a fluid, whether biological (such as blood) or ecological, such as a pond or wetland. The actual microwatts of Energy can then be calculated via the Nernst equation, and most importantly, the terrain is revealed by the balances of Electrons and protons. This work is the basis of Glendalf's teaching model called the Five Phases of Health, a roadmap for the journey from degenerative diseases back to balanced and vibrant health.

Currently we purify filtered water for drinking using UV Light to oxidize fungi, bacteria, viruses and organic toxins, starting with rain catchment water collected on-site. We also bring in healing water from our Hilo Oasis, made by filtration and electrolysis, resulting in micro-clustered water that is a better solvent than other waters, and penetrates into the lymph and cells ten Times better than normal filtered water. Being a better solvent, it carries nutrients to the cells and carries toxins away from the cells more efficiently. This special water is charged with Electrons, making it an antioxidant (an Electron donor by definition), much smaller and more efficient than any of the nutritional antiOxidants.

By serving this function efficiently, the nutritional antioxidants, which we also count on to serve other functions such as cofactors for enzyme catalysis, are preserved for those other crucial functions. In addition, the water is highly alkaline, which helps reduce inflammation, supports detoxification and frees oxygen for utilization. The reason plants and animals die from acid rain is due to the binding up of oxygen under those conditions of high proton concentration.

The other side of water, in what we like to think of as a marine environment, is simply keeping ourselves and our materials dry enough. Folks in these parts like to say you need a roof over your roof, such as a tarp over your tent, or over your car. Even many botanicals that we can grow here must be grown in a green house in order to avoid damage from excess rainfall.

Beyond The Shire, even beyond Orchidland, in the realm of Orcland... we hear they add halogens to their water and then drink it! That means Chlorine and Fluoride! Yuck!! Chlorine is a deadly oxidizing agent. And fluoride was first added to water in Nazi concentration camps and Soviet Gulags to make prisoners dull and docile. No wonder Orcs are dumbed down... enough to sit in their boxes all day staring at smaller boxes... It makes a hobbit shudder to hear the tales...





## The Wood Element

Wood elves enjoy the remote reaches of deep rainforest, while wood hobbits rarely stray very far from comfort of the The Shire, but prefer to inhabit the cool forest edges. These Middle Earth dwellers are caretakers of forest glen and glade... they take care in how they interact with the trees and the other creatures of the wood... And even help restore the forest magic, nearly visible amongst the ferns, moss and faerie rings, which can entice the return of the Mu.

Sometimes humans or even an occasional Orc make their Way into the forest, and one can tell where they have passed. They use machetes to slash their Way through the underbrush, wasting no Time and taking no care to leave the forest in better shape than they found it. Saplings slashed carelessly to a point create a weaponized forest terrain, where one slip on a wet guava root could be deadly. That is why the hobbits and elves, when they cut a tree, cut it flush with the ground with a limb saw. One can even step on the remaining stump by chance and not realize it. No pain. No danger. No harm.

Ohia trees in particular are sensitive to having their toes stepped upon. When we work near them, we can sometimes use their root zone as a site for composting brush piles. This keeps us and the feral pigs from injuring their tender roots. It also serves to feed the ohia trees over Time as the brush piles slowly break down adding to the soil.

At The Shire, we harvest standing dead ohia trees and utilize the straightest trunks as saw logs for square posts to build partial walls on, for example for a kitchen building that will be enclosed by partial walls and screening to keep critters from sharing in our food. Boards cut from the largest logs at six quarters on a band saw mill, can be used to make

## Glen Swartwout

floors or furniture. Medium diameter straight sections of trees are perfect for posts. A little smaller and short sections with curves make nice braces, while long straight thin poles make exquisite railings. The smallest poles are perfect for building stick doors and stick walls. And wood elves and hobbits always keep an eye peeled for a curved segment of a branch that will make a perfect handle, especially when matched up with another similar set of curves for a matched set on a piece of furniture, or on two doors facing on the same room or hallway. Any leftovers of ohia make a perfect wood for heating, cooking and drying processes, as it is the sixth densest wood on earth. A small fire in the morning in a beehive oven made of lava rock will provide heat for cooking for the remainder of the day. Water pipes run through the masonry of the oven will heat water to bathe and soak in. Heat exchanged through the masonry or air vents can serve to dry fruits, while heat and smoke diverted from the flu can power a chamber for smoking meat and fish for preservation.

All of these resources beg to be harvested and utilized (or at least stored in dry Space) much faster than we can currently keep up with. We need help. We need resources for dry Space, a mill, and even a track machine to access the trees as they die. The rainforest is dying because of increasing burning of rock oil by the global Orc culture. Middle Earth's jet stream, high above the clouds that move with the lower elevation trade winds, comes from China, which is Now being enslaved to produce plastic doodads that don't work very well, sold, for example, at Walmart in Hilo. Sometimes we wish we could return the broken plastic stuff and get the trees back...

Wood is the element of wisdom... a precious and useful commodity in all of its forms. And one of the most enjoyable uses for trees and other plants is to grow fruits, nuts, vegetables and all manner of food!

Everything grows at The Shire... well almost everything. And some things grow faster than we might want, like grass and vines around Orchard and garden plantings. Cultivation is a process requiring our regular attention to help our favorite tasty food plants grow and prosper...

## Orchards

The Orchards are planted as food forests, with mixed varieties of fruits and nuts... Sounds much like the rest of Puna, if you add vegetables from the garden! (It's true, and a joke, too...) The best Time to cultivate and feed plants is around the new moon. They can be fed nitrogen by urinating just outside the drip line of the plants leaves, stimulating roots to grow out to get the nitrogen they need. The chicken tractor can also be moved periodically through the Orchard areas, keeping it away from main structures so chickens don't try to roost in them.

Because grasses grow year round and some can grow six or even twelve feet high (most of our cane grass is already gone, thank goodness), and because maile pilau ("stink vine") can grow up to several inches in one day under optimal conditions, regular attention to plantings is crucial. A good goal is to develop a bed of mulch and a ground cover around each tree. Perennial peanut or low growing desmodium are good potential choices, since they are both nitrogen fixers. Nitrogen help feed the tree, rather than competing with it for the same nitrogen, like grasses would. A good mulch is grass clippings once they are brown from the sun after cutting. They are usually available close by and can be gathering by the handful in a five gallon bucket.

Some of the Orchard trees we have planted so far include:

Abiu (very sweet butterscotch caramel flavor, eaten out of hand - just cut it in half, and spoon out the soft translucent flesh in the center, avoiding the sticky latex from the firm outer skin.

Acai Palm (an amazing anti-oxidant fruit; need to plant lots more of these in the jungle as an understory crop)

Acerola Cherry (high in Vitamin C)

Allspice

## Glen Swartwout

Avocado (Hawaii has more varieties of avo than any other place in the world! As we collect more grafts, we can eventually have year round production)

Bamboo (edible shoot variety, in addition to the large structural Guadua bamboo, thick walled and solid core furniture bamboos, black bamboo and Buddha Belly bamboo used for flower arrangement)

Banistereopsis vine (the entheogenic medicinal used in making ayahuasca)

Betel Nut Palm

Brazilian Cherry

Breadfruit (an important staple Hawaiian food; where breadfruit trees are growing, the people do not starve)

Breadnut (the origin of the breadfruit, and the nuts are an excellent source of protein)

Bumpy Lemon (a variety of citrus that is true to seed)

Cacao (source of chocolate, but also the sweet white flesh around the beans is particularly good...)

Cashew (both the nut and the fruit can be eaten raw, just avoid contact with the irritating white latex sap)

Chocolate Pudding Fruit (also called Black Sapote and Chocolate Persimmon, it looks and tastes like chocolate pudding when it is ripe, without the theophyllins and theobromines of cacao, so it is also an excellent chocolate substitute for those who avoid the mild stimulant effects of cacao)

Cinnamon

Coconut Palm (loves salt, so a great place to deliver urine)



Coffee

Curry Leaf (cooked in food for flavor, kind of like Bay Leaf, that is you don't eat the leaf; the remarkable flavor is what curry is trying to emulate)

Durian (imagine a fruit so amazing that it is illegal to eat in public in its native Thailand... but you either love it, or you don't)

Eggfruit (a unique texture and flavor slightly reminiscent of boiled egg yolk - very nutritious, and delicious)

Fig (need to plant several varieties)

Grapefruit (the variety with pink flesh)

Guava (large yellow fruit with delicious pink flesh; guava is a fabulous source of beneficial dietary fiber; just don't try to chew the seeds or you will break your teeth - just learn to swallow them...)

Hibiscus (the edible leaf variety provides protein, but use it sparingly in your dishes or its mucilaginous quality will be overpowering; a pinch of young leaves of the red leaf variety adds a nice citrus like sourness as well as dramatic color to salads, and the seed pods of this plant are used to brew Hibiscus tea)

Ice Cream Bean (Yes, we have one planted in a strategic location, and Heaven knows we only need one... these are tasty treats, but very prolific and they grow huge; a mature tree can cover more than an acre)

Jaboticaba (a slow growing tree with sweet grape-like fruit that grow from the trunk and branches; an excellent resource for hobbit brewmasters...)

Jackfruit (both fruit and seeds are important cancer medicines)

Koa (a native nitrogen fixing tree, or NFT for short, which produces an amazing wood; at our elevation the wood will be blonde due to the pleasantly warm temperature range)

## Glen Swartwout

Kukui (an important native tree whose nuts are used for pressing the finest skin oil, and also called candle nut as it was traditionally used for Lighting; builds soil, so plant the nuts everywhere through the rainforest!)

Lilikoi vines (the common sour variety is called lemon water, and we also are growing Giant lilikoi, which is picked ripe off the vine and eaten like a melon, as well as sweet varieties from Maui, South America and Jamaica)

Lime

Longan

Loquat

Lychee

Macadamia Nut (excellent protein and EFAs)

Malibar Chestnut (raw and sprouted nuts taste a bit like peanuts, while cooked nuts taste like chestnut)

Mamake (a native that grows extensively along our entrance road, and the Mamake berries are particularly good, as well as being a tonic like the tea made from the leaves)

Mame Apple (this is what Tang was trying to taste like, but it is the real thing, an amazing citrusy fruit with a satisfying crunchy texture)

Mame Sapote (soooooo deliciously sweet, with a salmon colored flesh - just be sure it is ripe enough before you pick one - scratch the brown surface of the fruit, and if it is orange, not green... it will ripen the rest of the Way off the tree)

Mango (these will occasionally fruit with extended sunny, mild weather, but look to the sunny coastline for harvesting; the tree is beautiful and the wood exceptional, so a few volunteers still have a place at our elevation)

Mangosteen (need to plant these in the forest)

Mountain Apple (a delicious native Hawaiian fruit)

Mulberry (soooo good...)

Naranjilla (one of South America's most popular drinks; a member of the nightshade family)

Naval Oranges (three varieties, for an extended winter season)

Olive (two varieties that will fruit in our climate)

Papaya (please only plant non GMO varieties - buy large Hawaiian, Thai, Mexican or Polynesian varieties at the health food stores for seeds)

Pau D'Arco (medicinal bark and rot resistant wood)

Persimmon (two varieties that are best grown a half mile apart)

Pomello (a delicious and giant citrus fruit, sweeter than grapefruit, and also known as Jabon)

Psychotria (the medicinal shrub used in making the entheogenic medicine ayahuasca)

Rambutan

Rollinia

Soursop (may or may not fruit at our elevation, but leaves are a very important cancer medicine)

Star Apple

Star Fruit (delicate fruit, great for juicing)

Suriname Cherries at The Shire

## Glen Swartwout

Suriname Cherry (high in Vitamin C)

Tamarind

Tea Tree (*Melaleuca alternifolia*)

Tree Tomato (a delicious nightshade that fruits out of reach of most critters, and has a tough skin that resists ovoposition)

Tropical Apricot

Waiwi (strawberry guava and small yellow guava, which are sweeter)

Yuzu Lime (Japanese Citron, a cooking lime)

## Bananas

The first place to gather grass clippings from is all roadways and paths. The next place is the shoulders of the roadways as these are designed to be parkable Space. That is why we have bananas planted 30 feet apart lining our roads. The banana roots will extend out about 15 feet from either side, utilizing the entire road area without complaint! It leaves enough room on both sides to park a car without blocking access. And whenever driving by, perpetually hungry hobbits can keep both eyes peeled for the first sign of a yellowing banana on each mature rack, a sure sign that it is ready for harvest!

After Orchard trees are cultivated and mulched, any extra grass clippings to be composted can always be used to mulch around the bananas, and even the entire bed containing double rows of bananas. Bananas are grasses, like bamboo, and grasses are heavy feeders. The bananas are happy to receive just about any organic contributions you wish to make other than animal Matter and oils. Woody materials are also better sent elsewhere, especially around coconut trees, and in particular any coconut circles are idea locations for long term mulching of wood.

Our goal is to plant 1000 bananas, and we are only at about 200, so there is always room for a dwarf or earth hobbit to get a work out digging a nice hole for planting. The holes are ideally 2 feet in diameter and 2 feet deep, as long as the lava flow in the area will cooperate. A little convincing with an o'o bar, a pick and a sledge sometimes helps... Bananas of most varieties have no seeds, so they are propagated vegetatively, by digging up a portion of the root of an existing clump. These keikis (children) do not necessarily need to have developed stalks, but do need both root ball surface area and a spot that will sprout into a stalk.

Our most popular and abundant bananas are, naturally, dwarf apples! But we have also collected other varieties for hobbit connoisseurs to sample and savor. Our Mai'a (bananas) include:

A'e A'e, Koa'e, or Manini (native Hawaiian medicinal banana with variegated green and white leaves)

Blue-skinned Ice Cream

Chineses dwarf

Cuban red

Dwarf apple

Variegated Blood Banana (native Hawaiina medicinal banana with variegated green and red leaves)

Williams

## Permaculture

Interplanted permaculturally with the bananas, you can find:

Katuk (one of the most complete and bioavailable plant proteins; raw or cooked edible parts include immature seed pods which taste like green

## Glen Swartwout

beans, leaves cut up in salads, flexible shoots as tropical asparagus, and mature seeds for delicious sweetness, oil, protein and crunchy texture)

Mexican Sunflower (this is the bees favorite food, and a prolific green mulch to feed the bananas - just whack it back: chop & drop permaculture style)

Mulberry

Sugar Cane (mostly mulched to feed the bananas, but with a press, we can make our own fresh sugar cane juice)

Sweet potato vines

Tree Spinach

## Gardens

Biointensive garden beds are being built, with four 50 foot by 4 foot beds under Way and another 26 to go! Some of the plants we grow in garden areas include:

Blackberry (will grow; looking for starts)

Blueberry (several varieties that fruit in our climate)

Blue Flag Iris (medicinal and beautiful)

Camellia (green tea)

Cardamom

Cassava (tapioca root)

Cherry Tomato (small tomato varieties are much more resistant to ovoposition and other issues than their larger relatives)

Chinese Ginger

Citronella (a grass that looks nearly identical to Lemongrass)

Comfrey

Day Lilly (edible flowers - yum!)

Desmodium (a nitrogen fixer, the low growing variety makes a nice volunteer ground cover)

Dragon Fruit (Night Blooming Cereus)

Ferns (including an edible variety)

Gotu Kola (medicinal herb and an attractive volunteer ground cover)

Lemongrass

Malabar Spinach

Mint (assorted varieties)

Miracle Berry (anything will taste sweet after eating one of these - even a lemon!)

Nutmeg (need to plant one!)

Okinawan Spinach

Orchids (many kinds)

Pepper Vine

Pineapple (white is our favorite variety)

Raspberry

Strawberry

Sweet Potato (white, yellow and purple flesh varieties)

## Glen Swartwout

Thai Ginger (a spicy edible ginger root)

Thimbleberry (these grow best in partial shade under the trees at the forest edge - very tasty)

Tropical Blueberry (a small tasty fruit slightly reminiscent of a blueberry, on a beautiful blossoming shrub which is a relative of guava and ohia)

Turmeric Ginger (a wonderfully medicinal and edible member of the ginger family)

Vanilla Orchid Vine (must be hand pollinated to set vanilla beans)

Yacon

Please do come help us add to, and enjoy, our collections!





## Limits of Conventional Orc Culture

Culture is like a play... it is made up of acts. And all the world is the stage... we being the actors. When lines are memorized and rehearsed, Elves turn to Orcs with Time and repetition, as they forget their true Nature and potential as viable Cells in God's Body present, Here and Now, pre-sent from the Future in which the living Soul, the true sElf, truth's Elf, becomes the fullness of all that is possible and ordained by our omnipotent and loving Creator.

The acts of the Life of culture, whether agriculture (cultivation of the field), sylviculture (cultivation of the rainforest), or Spiritual formation (cultivation of the Soul), spring to Life with spontaneity from our model of understanding of the World in which we Live, that is to say our Faith beliefs, that which we know as Truth. When this model is rooted in the Wisdom of Ages, it will stand firm even against the winds of change. When the model divides Hearts from Minds, and neighbor from neighbor upon an illusory footing of Value such as the fool's gold, fiat 'money', it may blow in the wind some day like so much paper and ink, or be Spirited away like the tortured Electrons Orcing to back it up, in the next solar storm... becoming a mere ghostly memory of keystrokes in the silent dust of mainframes in the face of the Age of Divine Will that looms ahead...

The most lucrative industry in the human world today is pharmaceuticals. Just say no to drugs.

Healing is fundamentally sElf-healing. No doctor or medicine heals a wound, but merely support and stimulate, or even interfere with the body's intelligent process. The body forms granulation tissue to mend

## Glen Swartwout

itself. Health care can interfere with the body's wound healing process, like anti-inflammatories and anti-biotics do by over-alkalizing the tissue from a sol to a gel state, or support it like how Methyl-Sulfonyl Methane (an organic sulfur nutritional supplement) helps reduce any excess scar tissue and restore circulation and function, when taken after a wound has sealed itself... Even if that wound happened decades before!

I have only heard of two double blind studies on surgery, and both found no advantage to real surgery over a mock procedure. One was on open-heart surgery, and the other arthroscopic knee surgery. Blood-letting may be more evidence based, as long as it is performed on people in high Energy terrain (Phase 4 in my 5 Phases of Healing model), and preferably not performed by humans. Leaches do a much cleaner job!

With untold resources poured into patent medicine for nearly a century Now, we should be able to see the results of this modern experiment. We are spending more on disease care, but our increases in longevity are attributable to improvements in public health knowledge and practices, not those of our medical system. There are systemic issues in our current approach involving financial incentives in the most lucrative industry in the world today. Most pharmaceutical research is funded by the industry, and most of the unfavorable results go unreported, while some of the favorable results are fictitious. In the typical best-case scenario, a drug may actually work for the parameter being manipulated, but does it make us healthier? Were we really deficient in a toxin?

One study in England took a broader perspective, looking at the effects of blood pressure medication. All the physicians in the study, as expected, agreed that the prescribed drug therapies improved the patients' health status, based on statistically normalized blood pressure. This study did something unusual. They surveyed the patients, their family members and people in the community to rate the perceived health effects of the drugs. These people were as unanimous in their opinions as were the doctors... but their observation was that under treatment, patients seemed less vital! So who is right?

In New Zealand, an important asthma medicine was slated to go off the market. Everyone was worried that it would mean more asthma deaths.

When the Time came and the government followed through, taking the drug off the market... the death rate actually went down!

Most prescription and over the counter drugs are extremely toxic as a rule. They are the leading cause of death and disease in our culture. It can be shown that over a million Americans a year die because of them, though some estimates are somewhat lower, since most of the negative effects go unrecorded. With all the negative effects of drugs, and the fact that the placebo effect is a full half of the effect of medicines, large, expensive statistical trials are needed to even begin to know if they are doing what is hoped. Individualized medicine, personal attention, primary prevention, innovation and intellectual honesty take a back seat...

The best hospital based medicine with all its diagnostic instrumentation and budget, probably only achieves a proper diagnosis in one out of three cases at the best institutions. This is based on comparison of diagnosis with results of autopsy at Harvard Medical School. So most of those receiving toxic and invasive treatments are being treated for something they don't even have...

Oncologists know how much their patients suffer from radiation and chemotherapy, both of which cause cancer. That's probably why 90% of them would not take the treatments they recommend for their patients if they had cancer. Meta-analysis of all cancer research shows that those living longest are the controls, who had no radiation, chemo or surgery.

Physicians are so good at managing disease today, that they have little clue even about their own health. The average medical doctor lives to age 58.

Perhaps one of the most telling stories is what happens when physicians go on strike: the death rate drops. This has happened at least three Times in different parts of the world including California and Israel!

What is the leading form of medicine in the world today, in terms of numbers of people treated? It is still the much maligned, misunderstood, and underestimated field of Homeopathy. Homeopathic medicines are

## Glen Swartwout

non-toxic. They produce no side effects. Where they stimulate symptoms, called provings, it has been shown that these effects actually improve health. The costs are minimal, and the whole world can be treated without straining anyone's resources. In contrast, the World Health Organization acknowledges that there is no Way the entire world could afford to receive modern Western medicine... Only indigenous natural medicines, like botanical medicine, as well as essential nutrient supplementation and subtle and safe approaches like homeopathy are sustainable. These are the medicines of the past... and the future!

Having studied and practiced many modalities of natural, behavioral and biological medicine, the approach I recommend is to support and stimulate accelerated sElf healing. "Just say no to drugs!" I recommend using some of the many methods of individualized bio-communication to select energetically balancing natural medicines in real Time. Statistical approaches used in patent drug medicine were not originally designed for use on humans, but for plant monocultures. You deserve better than to be treated as a statistic or a diagnosis code. Bio-energetic and bio-Electronic test methods, in contrast, are completely individualized and actually help to stimulate the body's own healing processes. They follow well the first rule of medicine: *Primum non nocere* (first do no harm). Without these methods, I myself would have been dead over 16 years ago, with over 99% certainty.

What is needed to heal our health care system?

For physicians, we can restore our sacred oaths to first do no harm.

We can seek to treat and remove causes rather than battling symptoms.

We can treat people to enhance abilities and functions, rather than fight contemplated disease entities.

We can select from a broad spectrum of natural and non-toxic remedies individualizing treatment to suit the unique needs of each person as they change in real Time during the healing process.

We can focus on education (doctor means teacher) for primary prevention through improvements in public health, Lifestyle choices and cultural knowledge and application.

One day the bubble of modern medicine will pop. Today it is still being kept inflated primarily by cancer management, which is causing tremendous suffering as well as shortening the average Lifespan. If people only knew... they often think, "I will use natural medicine to deal with this or that little symptom" but when it comes to something serious... well, we all know the rest of that story.

The silicon bubble, the real estate bubble, the derivative bubble, the banking bubbles... How many bubbles must burst before we see that worldly economies are puffed up with foam? If we allow Time and grace to readjust our vision to the delicate and friendly Light of the stars and moon, we will begin to see that the GNP is a measure of damage to the living. Few things are better for the economy than slash and burn cancer treatments, or things like car accidents. The Grossest National Product is war, which means confusion. We hear rumors of wars on cancer, and drugs. On 9/11, three days after the end of the Egyptian calendar, a new war was declared by the media, the war on freedom... A whole fresh product line from the major media owners, which happen to be the major military suppliers... To boost sales, the name was quickly changed to the war on terror, fear being the greatest motivator of externally imposed action. The heat of Fear often reflects a mirage of False Evidence Appearing Real.

Banks, corporate weapons suppliers and their governments (the best government money can buy!) win wars. People lose. On both sides of the imaginary line... Always. Bankers have learned how to play house in the betting game of war. They loan money to both sides, allowing wars to be prolonged and vicious, and they obtain promises from both sides to repay the debts not only as the victor, but also those of the loser ...at interest! Nice people. You see, the problem is that greed can never be satisfied ...by its very Nature. We must re-engage in the culture of Life, the cultivation of the Virtues. Peace can only start in the center, and radiate outward from where we live... our own sacred hearts.

## Glen Swartwout

The makamaka are building a private economy, the sacred gift, the Way we have always lived before the Gods of Mesopotamia gave us the Law of Hammurabi, and the Goddess Monetas of Rome ruled over the copper, silver and gold of commerce with the iron fist of a blind and adversarial Goddess of Justice. We return to giving 'com merce', with mercy. We govern ourselves, wise as conscious-activated DNA serpents, accepting that man's Law of code and scarcity-economics exists, allowed by God for contrast, for our learning of the Laws of Nature and the abundance of our richness in the truth. Yet, we maintain the coherence of our hearts with the beating of the wings of the dove of Divine peace, in league with our King's King, the Prince of Peace. All is as it is meant to be. All is perfect in this moment, as it is. Light shines on darkness, and the truth is revealed. Good illuminates the heart, and where is evil? Golems, living only as they do by the letter of the Law, as they have no heart, cannot live when our gifts of Life are reclaimed for ours, elves. Evil is reversed to Live again...

## Golem

A Golem in Jewish folklore is an artificial human being given Life by supernatural powers. A Golem is also an automaton, a robot that moves automatically. Source: WordNet As a modern acronym, G.O.L.E.M. means Genetically Organized Lifelike Electro Mechanics. When the US (really just us) supposedly landed on the moon and drove the L.E.M. (Lunar Exploration Module), the wizards of scientism cheered "GO! L.E.M.!"

Golem as a noun comes from the Hebrew word gelem, as in the modern Hebrew term: xomer gelem, meaning "raw material". Golem is an ancient Hebrew and Medieval term for a metaphysical Creation or alchemical man, such as the "Homunculus" of Paracelsus: an image or form made of clay or stone that is animated for beneficial purposes by a Spiritually advanced Rabbi (teacher) or Wizard using magic, a religious inscription, scroll, parchment or a charm. Ancient stories of Golems tell of resurrection of the dead by putting a Shem, a name of God, such as Emet or Emeth ('truth' in Hebrew), on a clay tablet under the tongue, or written on the forehead or arm. A golem is a mixed blessing, since it

lacks intelligence, but can repeat simple tasks ad infinitum, like a computer. In fact, Israel's first computer was named Golem. The problem is stopping Golems, as they tend to grow into Beasts.

Golems have great strength for tasks like lifting and defense, they feel no pain, and they are practically indestructable so they are low maintenance. Golems are mute servants who follow the instructions of their master without question. Golems are incapable of speech, because they are made in the image of man, not in the image of God. Because golems are the Creation of man and not of God, golems do not have Souls. Golems are thought of as genderless and typically referred to as male, although there was one female golem created by Rabbi Shelemo ben Gabirol. If something goes wrong and the golem begins destroying the village, destroy it by (1) removing or **erasing the first letter** alef (Hebrew "a", the first letter of the aleph-bet) in Emeth if that is written on it's forehead to change it to meth (death), (2) by **removing the name of God** if that is in it's mouth, or (3) by reciting the **words of Creation backwards**, if it was created through a verbal incantation. It is crucial for golems to observe the Sabbath. In one case, the Rabbi temporarily deanimated the golem each Sabbath, so the golem would stop working, and all was fine. But one day, the Rabbi forgot and the golem became uncontrollably violent, rampaging through the village, destroying half of the homes. The Rabbi had to destroy the golem.

A Golem is a servant of his creator, but tends to develop dangerous powers, growing day by day like a governmental organization or a crime syndicate. To keep the Golem from taking over the estate from the living, the Golem must be returned to duSt. The unrestrained power of the elements (power, greed, love of money) can bring about death, destruction and war. The Golem may have supernatural prescience, and may follow the orders of his Cabalistic creator with alertness, like a well-paid agent. Today's government schools and television programming perform a related, but diabolical feat, making Spiritually and intellectually dead automatons, Golems, out of intelligent children instead of clay directly from the earth.

A modern day Golem was created at Montauk on Long Island by an underground black operation of the US government that grew out of the

## Glen Swartwout

Philadelphia Experiment. When the Golem began destroying the base, it could not even be destroyed by smashing the massive computers used to help create it from the Mind of the experimental subject. Electrical power being drawn from as far away as Connecticut had to be shut down completely. The most powerful Golem today is probably the cabal of the International Monetary Fund and the World Bank.

Living human beings, in a sense, are like God's Golems: dust, clay or earth-Minerals animated Spiritually by His breath and inscribed in our hearts with His Laws. The Golem is outwardly a real person, yet he lacks the human dimension of personality and intellect. He is created from the ground, as was the first man. When his mission is over, the name of God is removed from him and he returns to the ground. Without God, we are nothing. Only with God's grace do we hope to overcome the mortal Nature of our body vessels, and achieve the eternal Life of the Soul.

Golems are used in metaphor as entities serving man at Times, but doing harm to man at others. In Yiddish, Golem is an epithet for someone who is clumsy or slow. A Golem is essentially an ancient name for an android and is Now the name of a major project in robotics. In Discworld, Golems are a sub-type of troll (as in: Pa-trolling the world for the ruin of Souls -wizard). Role-playing games have Golems of clay, stone, iron, wood, rope, straw, flesh and other materials. In Dungeons and Dragons, golems are giants 7-12 feet tall and are granted Life by spells cast by a magician or prieSt.

## Legends

Golem is in the Talmud and the Bible as a hapax legomenon (a single occurrence). Golem means an embryonic or incomplete substance. Psalms 138:16 (Protestant versions: 139:16): The Hebrew has the Psalmist David saying ""Thy eyes did see my imperfect being (Latin Vulgate: informem), and in thy book all shall be written: days shall be formed, and no one in them."" Informem means without form, unformed, shapeless, or to shape, mould, or fashion. The informem is an embryo, unformed shape or unfinished form before the Spirit of Life is



breathed into it by the Creator. The book is Sefer Yetsirah: the Book of Formation, in which the secrets of Creation are encrypted. The Midrash puts this verse in the mouth of Adam. In his "pre-formed" state, God showed Adam all of future human history.

The related verb: gaalam is in 2 Kings 2:8 in reference to the mantle of Elijah. "And Elias took his mantle, and folded (Latin vulgate: involvit) it together, and struck the waters, and they were divided hither and thither, and they both passed over on dry ground." Involvit means to roll, roll upon. Elijah wrapped, rolled or folded his mantle together. The noun Golem applies to anything folded up or undeveloped such as a fetus. Before our embryo has any distinct form, we are known by God.

Idel, Moshe. Golem: Jewish Magical and Mystical Traditions on the Artificial Anthropoid (SUNY Press 1990)

Kaplan, Aryeh. Sefer Yetzirah: In theory and practice.(Weiser, 1990)

### How to handle a Gollum: Sting with Divine Love.

An artifact from J. R. R. Tolkien's fantasy Universe of Middle-earth, Sting was an Elvish knife made of mithril [myth-real] in Gondolin in the First Age. It was used as a sword by Bilbo, who found it in a troll-hoard together with Glamdring and Orcrist. Bilbo gave Sting to Frodo, just before the Fellowship of the Ring set off from Rivendell.

It has the magic ability to detect an Orc presence near it. When this presence is felt, it glows blue, as it did before the fight in the mines of Moria when the Orcs attacked the Fellowship.

Gollum is afraid of Sting (one meaning of which is a pang of conscience, another is to catch doing wrong). This fear helped Bilbo when confronting Gollum under the mountain in The Hobbit. It also helped Frodo tame Gollum (temporarily) in The Lord of the Rings. (Source: Wikipedia)

## Glen Swartwout

Tolkien's focus on mercy and grace, especially apparent in the kindness Frodo shows to Gollum, is Christ-like, as is Gandalf's self-sacrifice in Moria (Mor = Death; Moria = land of the dead at Law; prison) and his glorious return evoke Christ's death and resurrection.

When we give of our own Spiritual substance, for the sake of our Fellowship, we make an irrevocable deposit in the Heavenly coffer.

### Banking at The Shire

It is said that every culture builds the tallest monuments to the gods it worships most highly. Today, in many cities that niche seems to be cornered by the banks, with occasional competition from insurance, retail and worldly government. For over half a millennium, the tallest buildings in the world were churches, until the completion of the Washington Monument in 1884.

We make regular deposits in our own banks at The Shire... whether they be seed banks or soil banks, they are banks in the Truth... and the Truth sets us free. It is our Hearts that set all value, our Hearts that create all worth, and when we give value to our Fellow Makamaka, both the giver and the appreciating receiver store up value in Heaven that is always available for the good of all Universal servants, and can never fade... In the common tongue, this might be translated as Good Will, an acknowledged value even in the midst of worldly commerce...



## Risk Factors for the Unwary Self

70,000 new chemicals have been introduced to the Orc culture since World War II, and over 100,000 new drug products. The bio-body suits of Souls experiencing this Middle-Earthly Life as Elves, Dwarfs, Hobbits or Humans are not adapted to these brave new experiments. The Humans believe in evolution by survival of the fittest over millions of years, yet torture their bodies so painstakingly evolved with treatments they never could have had a chance to be designed for... As they do adapt, they become more and more Orc-like. They go to wOrc each day, at their wOrc-place, usually in a big box, and often in a little cubicle inside... The air is robbed of its rejuvenating freshness and cleanliness as all its Electrons are sucked away by Metal ductwork, the Water is stripped of its Life blood of Electrons by Chlorine, which continues to strip away Life giving electricity once it is inside the body as well. They often drink stimulants like coffee and cola, drawing down their Life Energy reserves, just as they are trained to pay interest to their Master cards. These sElves have forgotten that interest is a natural property of God's Gifts of Life, not of Monitas' Metal money, Now made of Zinc and Electrons, yet they accept usury by applying interest to their money, which is mostly made of Electrons... Ah, that must be where all the Living Electrons are going! Being put to wOrc!

But the real risk of modern materialist culture is missing the point of Life itself... The reason for healing the Body is to free the Soul to choose and learn and navigate... even unto the Heavens!

How does the body of the Creator manifest in the Creation? The Nature of this World is ultimately unique and individual for each perspective. Yet, like our unique Source, we are inseparably linked to that individuality

## Glen Swartwout

from whence we arise ...Fractal Beings from fractal Beings ...Life from Life.

In the Vortex of the Shekinah Glory, God the Father's undeniably manifest presence on Earth, the Souls swirl around as a cloud of smoke by Day, and the Light of glory shines through as Fire by Night. If we accept the ancient accounts, do we know Our Father's presence in this by His power? Or is it by His purpose? The Shekinah Glory guided and protected those who were escaping the slavery of Egypt...

And what of the Son, our Redeemer... Did he not make us all Sons and Daughters of God. He taught us how to pray... "Our Father..." and he adopted Us to His Mother at the foot of the cross, through John... His ultimate Gift: His Divinity. We are of the Royal Family of all Creation. Look at the Stars and see the vault of the Cathedral of the Heavens!

Yes, we are made in His Image. The blueprint is secure... indelible... perfect. Is this Universe a holographic Image of its Source? Must we not make an act of Creation, aligning Our Will's magnet with the Divine Will as Our compass in order to participate in Our own Redemption?

What kind of Souls are in that Eternal Shekinah Glory? Why precisely those who in this Life were Hobbits, as a Type of the Saints, the viable Souls in this Womb of Heaven. Let us Prophet from a few examples of those who were ordained from above to teach Us, the Doctors (meaning teachers, from the Latin *docere*) of Our Holy Company.

### A Real Life Hobbit: 'The little flower

Before she turned 10, Therese of Lisieux had a high fever, seeming near death, but as she prayed to the Blessed Virgin, she saw a statue of Mary animate and smile at her. She was instantly better, not that anyone believed her experience... Therese had a good heart, desiring to do good, but did not feel called to do housework or make beds... And if she imagined that she wasn't being appreciated for some reason, she would burst into tears. As the tears subsided, she would then cry for having cried.

At her Christmas ‘conversion’ at age 14, she experienced a shift, where she could Now regulate her own emotions based on greater compassion for the feelings of others, starting with her father. He had said, about her childhood custom of putting a shoe out to receive gifts, “Thank goodness that’s the last Time we shall have that kind of thing.” Up until this Time, she would have had a tantrum, but I suspect that, through grace, she received this as a sign that she would be in a convent within the year, rather than as a personal affront. This formerly shy girl asked to join the convent, and after being turned down due to her age, went to the bishop, who refused to over-ride the decision. She went to the Pope, to whom she was forbidden to speak, yet she begged him to let her enter the convent, as two guards carried her away! Impressed with her courage, he interceded for her.

Experiencing dryness in her prayer Life at the convent, she said “Jesus isn’t doing much to keep the conversation going.” She often fell asleep during prayer, and would note how much mother’s adore their babies as they sleep in their arms, so God must love her when she sleeps during prayer!

She thought, “Love proves itself by deeds, so how am I to show my love? Great deeds are forbidden me. The only Way I can prove my love is by scattering flowers and these flowers are every little sacrifice, every glance and word, and the doing of the least actions for love.” She smiled at sisters she didn’t like, and ate whatever leftovers she was served, showing outward gratitude even when she wound up being served the worst of the lot! She gave these gifts to those around her so congruently that they never even knew what sacrifices she was making inside... This is because her true concern was on how she could become holy, a saint...

In her own words, “I have always wanted to become a saint. Unfortunately when I have compared myself with the saints, I have always found that there is the same difference between the saints and me as there is between a mountain whose summit is lost in the clouds and a humble grain of sand trodden underfoot by passers-by. Instead of being discouraged, I told myself: God would not make me wish for something impossible and so, in spite of my littleness, I can aim at being a saint. It is impossible for me to grow bigger, so I put up with myself as I am, with

## Glen Swartwout

all my countless faults. But I will look for some means of going to heaven by a little Way which is very short and very straight, a little Way that is quite new.”

“We live in an age of inventions. We need no longer climb laboriously up flights of stairs; in well-to-do houses there are lifts. And I was determined to find a lift to carry me to Jesus, for I was far too small to climb the steep stairs of perfection. So I sought in holy Scripture some idea of what this Life I wanted would be, and I read these words: “Whosoever is a little one, come to me.” It is your arms, Jesus, that are the lift to carry me to heaven. And so there is no need for me to grow up [she had been made a permanent novice to ease politics within the convent]: I must stay little and become less and less.”

St Thérèse of Lisieux (1873-1897) was one of three women to be named “Doctor of the Church” during the 20th Century.

“I feel in me the vocation of the Priest. I have the vocation of the Apostle. Martyrdom was the dream of my youth and this dream has grown with me. Considering the mystical body of the Church, I desired to see myself in them all. Charity gave me the key to my vocation. I understood that the Church had a Heart and that this Heart was burning with love. I understood that Love comprised all vocations, that Love was everything, that it embraced all Times and places...in a word, that it was eternal! Then in the excess of my delirious joy, I cried out: O Jesus, my Love...my vocation, at last I have found it...My vocation is Love!”

When she began coughing up blood, it took a year for others to realize how sick she had become. Despite tremendous internal suffering, she maintained a smiling and cheerful disposition toward others, so much that some questioned if she was really sick, or just faking it. Her one dream was to help us here on earth after her death. “I will return,” she said. “My heaven will be spent on earth.” She died at age 24. She saw this as a great blessing, as she always felt called to be a priest, and so she completed this Life at the age that she could have been ordained had she been born a man...

Therese, “Little Flower” was canonized a Saint in 1925, and named a Doctor (teacher) of the Church in 1997.

### More Historical Hobbits as examples for Us: Robert Bellarmine

Bellarmino took a position based on principles Now regarded as fundamentally democratic, that authority originates with God, and is vested in the people, who entrust it to fit rulers.

Bellarmino also opposed severe action in the case of Galileo. In 1616, on the orders of Paul V, Bellarmine summoned Galileo, notified him of a forthcoming decree of the Congregation of the Index condemning the Copernican doctrine of the mobility of the Earth and the immobility of the Sun, and ordered him to abandon it. Galileo agreed.

When Galileo later complained of rumors that he had been forced to abjure and do penance, Bellarmine wrote out a certificate denying the rumors, stating that Galileo had merely been notified of the decree and informed that, as a consequence of it, the Copernican doctrine could not be “defended or held”. Cardinal Bellarmine was ambiguous about heliocentrism, personally noting that further research was needed to confirm or condemn it.

From his research grew his *Disputationes*, published in 1581-1593, the earliest attempt to systematize the various religious controversies of the Time. It treats of the Word of God, of Christ, and of the Pope; the authority of ecumenical councils, and of the Church, whether militant, expectant, or triumphant; of the sacraments; and of Divine grace, free will, justification, and good works. Bellarmine also wrote for Spiritual seekers *The Mind’s Ascent to God* (which was later translated into English as *Jacob’s Ladder* without acknowledgement of the source), *The Art of Dying Well*, and *The Seven Words on the Cross*.

## Doctor Universalis

Against the wishes of his noble family, Albert became a friar while a student. He excelled in the natural sciences, gaining encyclopedic knowledge. He related the findings of science with philosophy and laid the foundation for the proper use of reason in Matters of faith, which his pupil, Thomas Aquinas perfected. He taught at Ratisbon, Freiburg, Cologne, and Paris. He was dubbed “The Great” and “Universal Doctor” by his contemporaries because of his holiness and knowledge, and he is the patron of natural scientists.

When he died, his body was placed in a temporary vault. After three years when the permanent tomb was complete, the body was in a state of perfect preservation with a delightful fragrance. Two centuries later a mausoleum was constructed. During the transfer the body was reduced to a skeleton, but still emitted its sweet perfume. After being placed in a glass case, miracles of healing and many visions were recorded.

## Saint John of the Cross

Juan de Yepes, the son of a weaver, credited the Blessed Mother with saving his Life from drowning twice as a child. After he was ordained, he met Teresa of Avila, who persuaded him to help her restore the original rule of the Carmelites. During this challenging endeavor, he was kidnapped and imprisoned for nine-months.

In Teresa’s words, “He was one of the purest Souls in the Church of God.” It was here at Avila that the sisters witnessed many of his levitations during ecstatic prayer.

His mystical writings include *The Ascent of Mount Carmel*, *The Dark Night of the Soul*, and *The Spiritual Canticle*. John’s works “possess the same authority in mystical theology as the writings of St. Thomas Aquinas possess in dogmatic theology.”

Following his burial, the friars observed a great Light, which burned for several minutes. His body was found intact when the tomb was first



opened nine months later. Eighteen months after burial, upon opening the tomb, they perceived a fragrant perfume and found the body perfectly fresh and supple. One of the fingers “was then cut off... as proof of the preservation of the body, and when this was amputated, blood flowed profusely as would be normal in a living person.

After another nine months, the body was still perfectly preserved under a layer of lime. The perfume of the body filled the entire area. The body was exhumed and carefully examined in 1859, 1909, and 1955 and found perfectly moist and flexible.

### Teresa of Avila

Born to a noble family, she was a very pious child, attempting at age seven to convert the Moors and suffer martyrdom. During her adolescence she was fascinated with romantic literature, and then a serious illness kindled her interest in religious Life.

At the Time she enjoyed many privileges that were allowed contrary to the original rule of the order. Then at age 38 she experienced a further conversion reading the Confessions of St. Augustine. Restoring rigorous interpretation of the rule, she attained heights of mysticism, with countless visions, and the phenomenon of levitation.

She was a reluctant writer, but left three Spiritual masterpieces authored under obedience: her Autobiography, The Way of Perfection, and of course The Interior Castle, the title of which was given her by Christ.

The sweet fragrance which frequently enveloped her during her Life, and which was so strong at the Time of her death that the door and windows of her cell had to be opened, continued to emanate from her grave, and so many wonders were occurring there that curiosity concerning the condition of the body was great. The coffin was open nine months later. The clothes had fallen to pieces. The body was as fresh and whole as if it had been buried the day before. There spread through the whole house a wonderful penetrating fragrance, which lasted for days. The body exuded oil.

## Glen Swartwout

Doctors examined the body and decided it was impossible that its condition could have a natural explanation, and that it was truly miraculous, as after three years without being embalmed, it was perfectly preserved, and a wonderful odor issued from it.

Theresa wrote in her Autobiography of her vision of her transverberation:

“I saw an angel close by me, on my left side, in bodily form. He was not large, but small of stature and most beautiful - his face burning as if he were one of the highest angels who seemed to be all of fire. I saw in his hand a long spear of gold, and at the iron’s point there seemed to be a little fire. He appeared to me to be thrusting it at Times into my heart and to pierce my very entrails; when he drew it out, he seemed to draw them out also; and to leave me all on fire with a great love of God.”

Her heart was meticulously examined in 1872 by three physicians of the University of Salamanca who noted the perforation made by the dart. They unanimously agreed that the preservation of the heart could not be credited to any natural or chemical means.

The last exhumation of the body of the Saint occurred in 1914. The body was in the same condition as before including the flowery fragrance, while a tube of lead containing official documents was reduced to powder.

Teresa of Avila bore the title Doctor of the Church for many centuries by public acclamation. In 1970, she became the first woman to be officially added to the list.

## Francis De Sales

Francis was born of a distinguished family but became a priest rather than following his father’s ambitions. Francis had saintly friends in Vincent de Paul and Philip Neri. His success in speaking, direction of Souls, and conversions brought him to be appointed Bishop of Geneva. Out of humility, he declined the same position in Paris when offered.

His entrance into Heaven was announced supernaturally to many friends and relatives. At his autopsy the body was embalmed and the heart extracted. A clear oil exudes from the heart periodically. Ten years after death, his body was found to be still perfectly preserved.

His most most popular writings are Introduction To A Devoted Life and Treatise On The Love of God and he is the patron of writers.

### Catherine of Siena

Catherine was the 23rd child of Jacomo and Lapa Benincasa. Both pious and wise as a child, she made a vow of virginity at an early age and received visions. At age 6, she saw a magnificent vision of Our Lord seated on a throne. When her brother finally pulled her from her ecstasy, she cried and said, "O, did you but see what I saw, you would never have disturbed me in such a sweet vision." After this her thoughts, conduct and Virtues were quite precocious, and she soon decided to join a holy order. Cared for the sick, visited and converted prisoners, distributed alms, and attracted disciples and friends to her mysticism, in which she exhibits a wide range of miracles: stigmata, clairvoyance, visions, virginity, living on the Blessed Sacrament alone, healing, invincibility against fire, levitation, and incorruptibility after death.

### Worthy Contemplation

These are a few of the officially declared Doctors of the Church who, among many other accomplishments and miracles, showed, like several hundred other declared Saints, signs of grace related to their biological bodies, even after death. Doctor means teacher, and these Souls and their experiences have much to teach us about what is possible in this world and in the world to come.

What mystical truths can they reveal through their lives and their writings?

## Glen Swartwout

What are the types of miracles that occur? As we just saw broadly illustrated by Catherine of Siena, the full range of miracles we must account for in our Theory of Everything includes:

### Incorruptibility

Protection of the biological body against deterioration after death: incorruptibility (over 250 Saints in varying degrees, mahasamadhi)

Biological Life sustained without basic material nutrition: living on the Blessed Sacrament alone (Theresa Neumann...), breatharian claims

Restoration of Life in part: instantaneous healing (Jesus...)

Restoration of Life in whole: resurrection (Jesus...)

Protection of Life against external forces: invincibility against fire (Daniel...)

### Subtlety

Non-local resonance transcending both Space and Time: stigmata (Francis of Assisi, Padre Pio...)

Non-local resonance transcending Space and numerosity: bilocation (Padre Pio...), multiplication of food (Jesus...)

Transcending of gravitation: levitation (Padre Pio...), walking on water (Jesus), ascension (Jesus, ), assumption (Mary's body after her death), house of Loreto (Mary's birthplace and home of the infant Jesus levitated and moved from Nazareth to Loreto, Italy in several stages between 1291 and 1294), New Jerusalem

Subtlety: entering or leaving an enclosed Space (Jesus, Paul...)

## Consciousness

Non-local Consciousness transcending Space: clairvoyance, clairsentience, clairaudience

Non-local Consciousness transcending Time (reverse-time causality): visions, prophecy, immaculate conception

## Material and sensory

Oil: associated with incorruptibles, healing

Aroma: Sweet fragrance, rose (Mary...)

Light: Pigment-free photographic images on cloth (the Sudarium of Oviedo - Veronica's veil, the Shroud of Turin, the tilma of Our Lady of Guadalupe)

## Quantum dynamics

The quantum dynamic behavior of all Matter offers a foundation for understanding the science of the Spirit. These observations include superposition, tunneling, entanglement, non-locality, teleportation, and Time-reverse causation.

Bose-Einstein Condensates can have macroscopic extent and still function as a single quantum state, a single coherent wave function in which the individual atoms of the normal state of Matter do not appear as individual localized standing waves, thereby bringing quantum behavior to a sensible and biological size domain. These behaviors includes Josephson tunneling (subtlety), superposition (bilocation), entanglement (instantaneous action at a distance) and Meissner fields (a strong degree of incorruptibility by outside forces).

Closely related ORMES (Orbitally Rearranged Monoatomic Elements) of the transition elements with high spin nuclei, found in living organisms at

## Glen Swartwout

high concentrations (5% dry weight in brain tissue) are 4/9 non-local relative to their mass in the familiar states of Matter (solid, liquid, gas, plasma). They have been demonstrated to show levitation, invisibility, and teleportation. A brilliant flash of Light can be associated with some of this quantum dynamic activity (Iridium). ORMEs have a sweet taste and oily texture. They are superconducting (capable of magnetic levitation) and superfluid (subtle).

Miracles do not, indeed, cannot happen outside the ultimate Laws of the Universe. They happen outside our model of those Laws. A miracle is a natural process for which our scientific models lack explanatory or predictive power. It is our models, our faith, which requires healing, growth and maturation. By what mechanism might such miracles happen? That is what this book is fundamentally about... A new theory of everything, a unity-field theory, including Life, healing, Consciousness, Spirit and God. Why include these in our operational model of our World? Because Spirit Matters! It is all that ever has...



## Lifestyle, Stress Management & Exercise

Instead of doing something meaningful like gardening or building a hale' (structure) out of rocks and trees, Orcs that still remember their physical Nature seem to like wOrcing-out on machines at the gym. They build up their muscles until they can hardly move. Sometimes they puff themselves up with steroids...

What better Way to maintain a fit body and an agile Mind than to enjoy living with Nature, alive with God's Body and Blood. Hobbits know the delicacy of grazing on fresh Elvish berries and Green shoots from their favorite Citizens of the Plant Kingdom, most likely katuk. One bite of a living Plant, willingly sacrificing its vital Nature to become incorporated in the Fellowship of the halfling experience, seems to provide more Life, satisfaction and mental acuity than a semi truckload of Orc in the box (aka Junk-In-The-Box), pizza Orc (aka Pizza Butt), or Orc fried chicken (can't eat yucky fried chicken), the World's largest land owner and despoiler, OrcDonald's and the like...

If we wish to change the world, Archimedes shows us we must become an unmovable point for the Divine power to apply leverage through. We must accept the Truth of exactly how everything is right Now as our starting point. There is no point in confusing Peace making with fighting against a war machine. Acceptance is the first step in making a difference in the Way things are... After all, things are the Way they are at this and every moment, no Matter how much we might want them to be different. As we let go, and let God, we also realize that God helps us as we help ourselves... and even more so when we help each other! And so we come to face the mystery of willing to do God's Will... The acceptance of having all that Is, of not doing of the doing, and the allowing of Divine being to inflame in our midst.

## Glen Swartwout

Christ redeemed us all, nunc pro tunc: Now for then (or in this case, then for Now). Historically, just as fields sustain better yields of nutrition when periodically allowed to lay fallow so the Herbs and soil based microbial Organisms can regenerate the health and nutrition of the Earth, people were traditionally given a rest from their debts through the 7 year cycle of Jubilee even in a culture of open slavery. The modern commercial redemption process facilitates reinstatement of this fundamental need for rest and freedom from the relentlessly grinding wheels of commerce, bringing to bear, among other key concepts, the power of acceptance for full value. When we write Our well considered Words indelibly on Our Souls, they command great power... the only power that can overcome death and separation: the power of Love.

The only thing We can own in the Truth is our mistakes, our errors, our sins, as we miss the mark of perfect Virtue. And the only real mistake is one we have not yet learned from....

Yet.

The Virtues are among the few things we can take with us when we leave our material possessions and even our biological Bodies behind...

In the Humans' history, the Philosophers Aristotle and Plato contemplated four cardinal Virtues:

Temperance or restraint: control is a fundamental function of Life. Physiology is a complex feedback system, which regulates the physics, chemistry and biology of Life. The ability to regulate our own thoughts, feelings, emotions and actions is a great Spiritual and physiological challenge, since these complex functions respond to both biophysical and psycho-spiritual parameters. We are made to be sElf-governing, but when and to the degree that we fail, we call in external forces, such as worldly government, to govern us through forceful means such as threat, duress and coercion. The Church, like the many earthly states, has a complete set of Laws for governance of our people, the Kingdom of Israel. The difference is that in the Church, the communion of saints and viable Souls destined to become saints, we are sElf-governing beings.



There is no part of the Law dealing with enforcement. It is a Law of Peace for a people of Peace.

**Wisdom:** Wisdom is insight into the true essence of things and their operation in Natural Law. It is a dominantly visual process operating within the medium of the Wood Element of Oriental Philosophy.

**Justice:** Fairness requires the transcendent capacity to see multiple points of view simultaneously, and how the ethical stances involved interact in the Natural Law. It thus grows from the capacity of wisdom, as expressed into the sphere of social navigation.

**Courage or fortitude:** fear is what courage feels like. When we continue to express acts of our will in the face of challenge and adversity, we strengthen the will, developing fortitude. This is the Energy of the Water Element in Oriental philosophy.

The early Church Fathers added to these the three theological Virtues from the letters of Paul:

**Faith:** Faith is our model of our world, based on past experiences of all types, both direct and by proxy through truSt. It is ultimately our love of God founded in God's Natural Laws as observed by humanity in the past.

**Hope:** Hope is our model of the future of our world, again based in our trust and love of God, and in the Natural Laws by which Creation operates, including the most important Laws of Grace.

**Charity or Love:** Agape love and charity operate in real Time, founded in the abundance of our true Divine source. Love is the only coherent emotion, as observed in sentics, the science of sentient touch. Love is inexhaustible by its Nature. It is transcendent. And charity flowing from love therefore shares in this boundless source, even to the extent of multiplication of loaves and fishes by Jesus, and rice in a modern day South American mission. Such multiplication is one of a set of behaviors classed as miracles that obey the Natural Laws also seen in quantum dynamics. For such quantum effects to manifest on the macroscopic

level requires great energetic coherence. This is the great work of being a saint in training... Faith working itself out through love.

## Virtues trump Sins

In the 5th Century, in the book "Contest of the Soul", came the idea that each of the cardinal sins was opposed by one of seven heavenly Virtues. Based on that brilliant juxtaposition, let's explore our notion that rather than a battle of opposites, the Virtues are the center points of these spectra, the points of perfect balance and coherence, making them uniquely true and transcendent.

Chastity is regulation of desires, neither succumbing to suppression of the passions, nor to unbridled lust. Thus chastity is the perfect balance point between lust and repulsion, or wanting and not wanting. The original meanings of chastity include purity, knowledge, honesty and wisdom. Chastity applies to hygiene, health, honesty, wholesome thought and avoidance of intoxication, hostility, temptation and corruption.

Temperance is the balance point between gluttony and self-denial. Temperance implies self-control, restraint, honor and justice. The process of periodically scheduled feasting and fasting stimulates development of the regulatory capacity of temperance and therefore leads to greater coherence in its function.

Charity or love is the balance between greed and malice. Charity involves the will, benevolence, generosity and self-sacrifice. Agape love is necessary for salvation, and with it none can be lust. This function is founded in the Water Element of Oriental Philosophy.

Diligence is the balance between sloth and compulsion. Diligence involves elements of persistence, effort, ethics and rectitude.

Patience is the still point between wrath and apathy. Patience is built upon elements of peace, mercy, kindness and sufferance.

Kindness lies perfectly between envy and tyranny. Kindness is made of satisfaction, loyalty, compassion and integrity.

Humility is the absolute truth dividing pride and false humility. Humility is composed of bravery, modesty, reverence and altruism.

The common thread in each of these abilities is development of a balanced self-regulation through simultaneous inner and outer awareness, leading to a state of sustained coherence. In Eastern cultural traditions this corresponds to the high Spiritual value placed on equanimity, as well as the middle path as the Way of Daoist philosophy, a perfect balance of both Yin and Yang.

Thanks go to Father Phil Harmon, an Eastern Rite priest at Kahumana, an interfaith anthroposophical intentional and therapeutic community on the island of Oahu for initiating my thought process on Virtues as the center points of the spectra of errors.

Another set of seven holy Virtues are developed through selfless pursuits: Valour is said to develop through the pursuit of Knowledge; Generosity through pursuit of Charity; Liberality via pursuit of Will; Diligence from pursuit of Ethics; Patience with pursuit of Peace; Kindness from pursuit of Love; and Humility as the fruit of pursuit of Modesty. In Eastern cultural roots, this is paralleled by a focus on loving kindness, as well as the selflessness at the root of the Confucian conception of culture.





# Milieu: Water & Biological Terrain

The following are notes from a presentation on Biofield-Science to fellow visionary eye doctors gathering in New York to study healing with light, the medicine of the future.

## The Language of Health

"Pathophysiology is the study of the biological mechanisms underlying abnormal functions and disease. It is the understanding of how and why each body tissue responds in its particular way to the array of environmental (endogenous and exogenous) challenges with which it is presented. Clinical pathophysiology represents the understanding of how these changes manifest themselves clinically in a way that provides information concerning differential diagnosis, rationale and response to treatment, and prognosis."

Energy is the unifying principle of biophysics, providing a common language with which to describe all pathological and therapeutic processes. Biological Energy must be understood both quantitatively and qualitatively to achieve a coherent concept of the physics of health and disease. Biophysical mechanisms of pathophysiology most fundamentally include processes of oxidation-reduction, acid-base metabolism and ionization. These three elements of biophysics are objectively measurable, providing a quantitative evaluation of biological Energy in microwatts via the Nernst equation. Graphical analysis of oxidation-reduction and acid-base status further provide a clinically useful qualitative description of the biophysical terrain of pathology and

its treatment. Clinical studies of these factors provide evidence for the pathophysiology of visible Light frequencies.

Through decades of laboratory, clinical and epidemiological research, useful biophysical models of pathophysiology have emerged, together with practical clinical and laboratory techniques for biophysical assessment and therapy. These may be applied safely and effectively to supplement existing methods of diagnosis and treatment by doctors of optometry.

## Biophotons

Biophotons in Cellular Photoregulation:

In vivo studies of laser-like coherent biophotons by Professor Popp show increased activity during differentiation and degeneration.

In vitro studies show photonic transmission of pathophysiological response between cell cultures divided by glass.

In an animal model, the pharmacodynamics of a high potency homeopathic pharmaceutical was demonstrated in rats with prior arsenic exposure. Two thirds of the arsenic had been stored in body tissues after the initial exposure. Following a non-toxic energetic stimulus of arsenic, half of the stored toxin was released and eliminated.

In another animal model, young fish raised in a tank were continuously exposed to an energetic homeopathic hormonal stimulus through glass, resulting in significant effects on their growth and development.

Quantum Quality Control laboratory methods have been adopted in Germany, where the technology now exists to record the energetic signal of a medicine, store, transmit and reproduce the therapeutic waveform electronically.

High frequency and voltage Kirlian photography is used for photodocumentation of vital biofield energy patterns around the tips of

the fingers and toes, where most of the electroacupuncture vessels begin or end.

In a study of the response of living cells to natural remedies, homeopathically potentized shark essence stimulated the highest level of biophoton release.

Photon absorption occurs at specific quantum resonance frequencies, which are the identifying fingerprints of the chemistry of life. Nobel Prizewinner Albert Szent-Gyorgi summarized that every vitamin, mineral, enzyme and hormone absorbs selected frequencies of light, typically turning their functional activity level on or off by 500%.

## Biophysics

The basic science of understanding the terrains of Biophysics starts with the three fundamental factors: pH (magnetic factor), redox (Electronic factor: parasympathetic = reduction; sympathetic = oxidation), and ionization (photoelectric determination of electrical conductivity or impedance). The Nernst equation calculates the energy in microwatts in a biological fluid milieu using these three factors.

The Epidemiology of water and its effect on the terrain of the body was studied by Professor Vincent in France. This was the origin of the science of Bioelectronics of Vincent (BEV). Laboratory tests to make accurate clinical measurement of physiological fluids required the development of special electrodes that could measure the state of the living blood before it is exposed to the atmosphere.

In vivo studies of the effects of photon frequencies on pH and redox status found that the quantum energy in the photons as measured by the wavelength determined the terrain:

Long wavelength visible (yellow) light produced alkaline-oxidized (depleted) Phase 1 Energize (viral, degenerative) terrain.

## Glen Swartwout

Short wavelength visible (blue) light produced alkaline-reduced (electron rich) Phase 2 Rejuvenate (bacterial, parasitic, aging) terrain.

The longest wavelength visible light (ruby or scarlet), darkness and IR produced acid-oxidized (proton rich) Phase 3 Regeneration (fungal) terrain.

The shortest wavelength visible (violet), full spectrum and UV light produced acid-reduced (excess energy) Phase 4 Cleanse (allergy, toxicity) terrain.

Intermediate wavelength visible (green) light produced Phase 5 Balance terrain, which deals with stress and hormonal issues.

Therapeutic frequencies for the various terrains are therefore:

Phase 1: Violet maximum visible quantum energy activates immunity and cell metabolism, moving biophysics toward higher energy terrain with reactivation of hexagonal sheet water structure for energy storage.

Phase 2: Ruby minimum visible quantum energy gently recapitulates nurturing uterine gestational photoenergetic terrain to stimulate rejuvenation, and move biophysics toward Phase 3.

Phase 3: high energy Blue light balances and soothes overly acidic, fungal terrain, bringing it toward balance, while energizing rejuvenating cells to achieve 50 mV charge needed to regenerate cells to replace dead material that was potentially nourishing fungi.

Phase 4: dominant solar and visible spectrum Yellow light stimulates cleansing via lymphatic system, the waste collection system of most tissues.

Phase 5: Green light, at the center of the visible spectrum, stimulates and maintains physiological balance, as do the nutritive properties found in green dominated environmental ecosystems.



## Electrophysiology

Radiographic evidence shows that radio-opaque dyes injected into the extracellular fluid flow in the direction of the acupuncture meridians and electroacupuncture vessels. Circles form on these radiographic films at each electroacupuncture point, including the classical acupuncture points.

The histology of each acupuncture and electroacupuncture point is a neurovascular bundle as it penetrates a relatively high impedance layer of subcutaneous fascia. These points present a holographic window on the interior energetic state of the body in real time. They respond instantaneously to homeopathic and other photoenergetic stimuli within the body's biofield which extends a centimeter beyond the biological body suit.

Electrophysiology has clinical applications in diagnosis and treatment developed over the past 60 years, beginning in Germany:

Dr. Voll developed Electroacupuncture According to Voll (EAV) applications in the quality control of acupuncture as a case control method. This was followed in 1953 by the serendipitous development of medication testing, or Med Testing protocol. Laboratory studies confirmed that the informational stimulus was by photonic resonance able to cross a 1 cm vacuum, the same spatial extent seen on high frequency photography of the biofield.

Dr. Schimmel developed the Vegetative Reflex Test method (VegaTest) for bio-communication through filtering techniques using standardized resonance samples. This also facilitated causal chaining techniques to elucidate the role of causality within the active causal layers of the photoenergetic physiology in real time.

Dr. Von Benschoeten applied the homeopathic pharmaceutical potency effects of Photon frequency filters to facilitate efficient testing and interpretation of biological response characteristics.

Dr. Morrel & electrical engineer Rasche developed instrumentation for clinical application of constructive and destructive interference as the

## Glen Swartwout

basis of MORA bio-information therapy with the body's own physiological and pathological oscillations. A familiar sound wave model of noise cancellation technology was already being employed at Heath Row Airport by that time. The MORA technology also made use of the homeopathic pharmaceutical potency effect of the frequency of the electron carrier wave.

### Kinesiology

Shows 80% agreement with other functional response tests. Problems include higher subjectivity and fatigue on the part of the person tested, as well as the lack of filter protocol to determine effectiveness and tolerance. Not always specific enough to comprehend correctly the body's responses, e.g. glandular preparations that test well by AK protocol which are often not tolerated energetically on Vegatesting.

### Radionics

Stick plate provides feedback on tester's autonomic responses as a surrogate for the person being tested. This demands that the tester be very clear energetically and mentally. The advantages include testing and therapy at a distance (broadcasting).

### Pendulum/Dowsing

These are very similar to radionics with different forms of feedback (pendulum, L-rods, etc.) to access the tester's internal states.

### Intuition

Intuition is a learned process based upon awareness of sensory imagery (visual, auditory, kinesthetic) and can be expanded through training and developmental therapies. It is fundamental, if not always explicitly so, in the art of medicine.

## Iridology

The color and structural patterns in the iris provide a good long term indicator of tissue constitution in the organs. It is not specific enough or rapid enough in its responses to act as the best guide to treatment.

## Kirlian Photography

The tips of the fingers and toes provide tremendous amounts of information in their radiant Energy fields. Each digit gives 360 degrees of data, not just the two meridians of EAV.

## Color Therapy

Light is the ultimate Energy of Life and healing. The key to its effective use is in the diagnostics. Much can be learned from the systems developed around the world and over the years. Energetic testing Now adds new dimensions to understanding the applications of color and Light.

## Objective and subjective elements

Combinations of objective and subjective elements within the same method foster simultaneous use of left and right cerebral hemisphere functions.

Whole brain test methods like EAV and Vegatest are a means of training whole brain function in the tester.

## Functional response testing

Testing functional responses to remedies and test substances (challenge testing) provides information about the individual's unique response characteristics before initiating treatment.

## Purpose of stressing

Stressing temporarily disrupts the Energetic Compensatory System (ECS) in order to unmask underlying pathology which would otherwise be functionally compensated for and therefore not show up on either muscle testing or electroacupuncture diagnosis.

Stressing provides an opportunity to observe the organisms response to stress: Regulation, which may be classified in 3 Ways:

**Positive Regulation** is the normal adaptive response to stress, in which an increase in stimulus gives rise to an increase in response.

**Negative Regulation** is a fatigue response in which the application of stress further weakens the functional response of the organism, serving to conserving what little reserve remains.

**Blocked or Rigid Regulation** is a depleted response pattern in which no change in function is elicited by a normally effective stressor. This indicates exhaustion or suppression of the normal homeostatic mechanisms.

## Methods of stressing

DC stimulation (piezo-electric point stimulator: PM 2001): Hand points to stimulate: EAV points Lymph 1, Allergy 1, Triple Warmer 1 on both hands, or ends of all EAV meridians and vessels of both hands (both sides of the tips of each finger)

Stimulation of function (e.g. testing immediately after a vision analysis in which ranges of motion are measured for all the intraocular and extraocular muscles and their relative degrees of freedom very often reveals stress in the eye or eye segments which would otherwise be compensated for and go undetected.)

Dental testing: near ends of Conception Vessel (CV 24) and Governing Vessel (GV 26)

AC stimulation (13 Hz) can be used to decompensate the energetic compensatory system in one of two modes: hand to hand or, in cases of head or heart stress, foot to foot.

## Biological Score

Each score level represents an energetic frequency at which healthy connective tissue resonates. These are like the strings in a piano. Ampoules to which the individual reacts are like notes, which are out of tune or do not play. The higher and more energetic the note which is affected, the more toxic is the connective tissue. The more notes that are non-functional or off-key, the greater are the total stresses on the immune system. The total performance of the system is disharmonic.

Toxicity Level = BSI Level

Each BSI level reacting represents one or more organs, parts of organs or tissues, which are resonating at that toxicity level. Thus the most toxic areas can be identified by cross filtering the organ ampoules with the highest score.

Common resonance patterns of higher scores:

BSI 12 = beginning of degenerative processes; when score is decreasing, the beginning of regeneration.

BSI 13 = beginning of increasing probability of malignancy

BSI 14 = most eOrcopeans score at least as high as this level of toxicity

BSI 19 = most Amerorcans score at least this high in energetic interference

In decades of running these tests which were originally developed from skin wheal reaction tests in Eastern Europe, I have only ever tested one organism that scored energetically perfect without adding any Angelic helpers. This organism appeared to be as healthy as a horse... and in fact it was a horse, the prize stallion on my Brother's farm. He had decided

## Glen Swartwout

to test the tester and provided two horse hair samples as antennae to tune in and evaluate the energetic health of a sick horse being nursed to health at his farm across the great Water. The second sample was his control sample, the healthiest horse. I was to test both and make recommendations accordingly... without being told which was which horse. The injured horse, in comparison, needed more MSM to reduce over-exuberant scar tissue formation, and a couple other remedies.

### Multitasking as an Immune Stress

1 score = unusually strong constitution; clear, focused, coherent systemic action

2 scores = normal healthy immune system (most people have a background toxicity level and a weak area which resonates at a higher level.

3 scores = stressed immune system; look for adrenal stress

4 scores = severely stressed immune system; look for adrenal exhaustion, sodium intolerance, allergies, and generally less flexible adaptation. At 4 scores and above, classical homeopathic treatment is too slow and insufficient alone to manage the case. Gentle detoxification, along with supplementation of vitamins, Minerals and enzymes and organ therapy are recommended.

5 scores = critically stressed immune system; look for auto immune reactions, depletion of cellular enzymes and reserve capacities, and generally exhausted capacity to maintain positive adaptation (see negative regulation under Stressing). I never saw anyone who lived in Los Angeles County with less than five critical stresses. This is multitasking that with chronicity turns elves into Orcs.

6 scores = immune deficiency; look for overburdening and rigidity (see blocked regulation under Stressing)

7 scores = terminal breakdown, anergy (low Energy), requiring testing 1 to 2 Times per week

This is recorded as two numbers: e.g. 21 x 5 means the highest BSI level reacting was 21 and a total of 5 scores reacted. This indicates both extreme toxicity in the connective tissues as well as critical stress on the immune system. The prognosis for the expected length of treatment can be given at approximately 2 years. If the test result is 15 x 3, major healing may be accomplished in about 1 year.

### Regulation Test

Filtering Procedure: with Cuprum D400 in the circuit, repeat the BSI test protocol. Record the highest score and the number of scores reacting. This is the ideal BSI, which you will strive to achieve with your therapy program at this Time. Try testing some remedies, foods, allergens, toxins or other substances that you think you may respond to, and see what effect they have on your BSI. Try your favorite healing modalities, testing BSI before and after treatments. Which modalities bring you closer to your ideal score? How long do the effects last?

The BSI and the Ideal BSI will both change as the patient progresses.

In the U.S., much higher Biological Scores are typically seen in practice. The clinical population distribution is highly leptokurtic at the upper end of the BSI scale. In other words, Americans' mesenchyme is generally 'maxed out' in its carrying capacity for toxins, whether or not the toxicity has penetrated the cell membrane and started depositing intracellularly.

For a highly sophisticated approach to energetic diagnosis and therapy, combine any method of functional response testing of the body's Energy system with a few homeopathic filters derived from the innovative German Vegatest protocol. In this Way, you can evaluate whether a proposed therapy is effective, non-suppressive and tolerated.

A growing community of health practitioners in all fields is applying this invaluable tool for clinical investigation. EAV, Eclosion, Vegatest

Glen Swartwout

Method, VBK (Biokinesiology), Biofield Analysis and other modalities comprise Bio-Energetic Regulatory health care.

## The Five Phases of Health Renewal

I designed The Five Phase System to guide and educate today's increasingly health conscious consumer in regaining balanced health in the face of the multitude of daily health threats. Even the longest health journey must begin with a single step. From the quagmires of chronic fatigue and degenerative disease all the Way up to vibrant health and renewed zeal for Life, the Five Phase System maps out the terrain of Life. It serves as a guide and constant companion through the worthy challenges and valiant triumphs of sElf-renewal. Let's take a brief look at the terrain, and see if you can identify which Phase you may be in...

### Phase 1: Energize

Phase 1 is called Energize. If you are in Phase 1 terrain, you will need to be energized at a cellular level to extract yourself from this quagmire of sinking health and degenerative disease. Cellular Energy is so low in Phase 1 that even viruses, which are virtually inanimate strands of toxic DNA or RNA can penetrate the cells defense shields.

Initially, cell Energy production in the mitochondria may be blocked by the penetration of a toxin into the cell, often long after initial exposure. Lack of cellular Energy is then directly linked to the buildup of metabolic sludge in the cells as they fail to burn their fuels efficiently.

More and more cells in the body begin to cast aside their normal functions to serve as cellular garbage dumps, moving ever closer to the final stage of the process called cancer. Fortunately, most people can sustain relatively normal function for 10 or 20 years in Phase 1 terrain before they are diagnosed with cancer or some other chronic degenerative disease. During this Time, many actually feel relatively healthy. This false sense of security is partially due to the inability of the immune system to respond with its normal gusto. While others in the



same environment get colds and flus periodically, those in Phase 1 seldom even get a slight fever. Don't make the mistake of confusing this asymptomatic period with having a strong immune system. The sooner you start to energize your tired cells, the sooner they will start to burn off the accumulated debris and get about the business of returning toward health. So, if you have problems with viral infections, low Energy or even chronic health problems, you may be in Phase 1 terrain.

## Phase 2: Rejuvenate

When your cells are re-energized, just like putting new spark plugs in your cars engine, you have the Energy to get some work done. In Phase 2, also called Rejuvenate, you are trying to do that work, which in the Life of the cell is done by enzymes. So, if you have the Energy, but can't produce the enzymes to get the job done, you have frustrated cells. This leads to rapid deterioration and aging. It also sets up the conditions for unfriendly bacteria to take over the job for the cells, resulting in bacterial infections. Fortunately, rejuvenation is typically a rapid process, often taking place within one month. So, if you are having difficulty with bacterial infections, rapid aging, or just difficulty digesting your food, you may be in Phase 2 terrain.

## Phase 3: Regenerate

Once the cell is properly supported to rejuvenate its enzyme systems, it is functioning normally. Neighboring cells, though, are continuously getting old and worn out or over-stressed, perhaps from chemicals or computer radiation exposure. In many tissues, the rejuvenated cell can then Regenerate (Phase 3) to fill in the gaps. If you find yourself stuck in Phase 3, unable to effectively replace damaged cells, dead and decaying cellular debris can collect, providing a perfect growth medium for fungi, such as *Candida albicans*. Depending upon how much damage has accumulated, repairs and regeneration can take quite a few months once proper support is in place. If you have had problems with Candida or other fungi, or notice a slow metabolism with difficulty taking off weight, you could be stuck in Phase 3 terrain.

### Phase 4: Cleanse

In Phase 4, called Cleanse, you have normal cells, but the tissues are overloaded with the effects of stress. This triggers the response of the immune system. Allergic responses and other attempts at cleansing the tissues on site often points to the blood and lymph being overwhelmed with the cleansing process and not able to clear completely of the toxins. So, if you experience allergy or sensitivity responses, you may be in Phase 4 terrain.

### Phase 5: Balance

When the elimination systems are working right and you are avoiding major sources of environmental and other stresses, you get to experience Balance, Phase 5. This is rare today, but the beauty of Phase 5 is that whatever helps you maintain balance can also help you achieve balance, no Matter how far you are out of balance to start with. So, whether you still have the vitality you did on the best day of your Life, or whether you look forward to the day when you can surpass that achievement, Phase 5 is for you. Even if you are an athlete in super-health, you may well already be in Phase 5 terrain. You will have some new Ways to sustain that experience, and even take it to new heights of performance.



## Food Sensitivities, Allergies and the Soul Food Diet

Good nutrition is important for a healthy body. And a healthy body helps provide us with the opportunity to develop our Spiritual gifts of the Mind and the heart.

Hanging on the wall of my office for years I have displayed a favorite quote, adopted as the mission statement of the Hawaii Center for Natural Medicine: “The power of nutrition enables one to exercise the senses and from sensory experience, the intellect gains concepts and so the will is freed to choose.” What is most remarkable to me about this statement is that it was written by Thomas Aquinas by the year 1273 A.D.

By rotating our foods with the seasons, according to that which is fresh, raw and ripe, we minimize the tendency to become allergic or sensitized to our foods, which is such a common state of affairs in Orc culture, with over-reliance on wheat, sugar, cow dairy, soy and other major food allergens on a day after day basis... like Chinese water torture or other repetitive strain injuries. As with medicine, frequency is crucial, along, of course, with dosage, purity (source) and intention. Eating intuitively is even being rediscovered by some humans, as in clinics in France, where they are curing themselves of Orc diseases like cancer, by choosing one fresh food per meal to enjoy fully. Such explorations can bring us closer to ancestral or paleo diets to which our Middle-earth body bio-suits are adapted. Even the genetic blood type can provide clues to what our ancestors thrived on during the most recent few hundred generations.

But is it also possible that there is food for the Soul itself? What is the substance of the Soul? Does it have a material substrate?

## Glen Swartwout

I visualize existence as composed of hierarchies angels (God's creative thoughts) living in 9 states of which science Now confirms the first 5 by direct measurement, with indirect observation of another 2, and the final two remaining in realm of contemplation, revelation and faith:

### Plasma

Plasma is the energized, conductive medium filling cosmic Space, named after its likeness to the plasma of the blood and the cytoplasm of the cells, being ionic media and therefore electromagnetically active in similar Ways. 90% of our biological Energy comes from release of high Energy Electrons stored in carbon-carbon bonds in the Electron transport chain of the mitochondria, the symbiotic bacteria in every cell, inherited from our mothers. The Photonic Energy carried by these Electrons comes from sunlight, emitted by the plasma surrounding the sun.

It is possible that we can also directly utilize free high Energy Electrons from our environment, such as the refreshing negative ions produced by moving water and plants. Electrons are by definition the most efficient anti-oxidant, since a biological antioxidant is defined as an Electron donor. The bioavailable Energy of the Electron is carried as Photonic Light Energy.

We breath in on average about 15 Times more water than we obtain from food and drink, so the Electronic and Photonic content of the air we breath is of crucial importance to Life, especially the Life of the Spirit, which means breath. There are even a few claims of people being able to live for extended periods of Time without eating. When this is done intentionally it is called breatharianism, but it has also been documented with a few canonized saints, as recently as the stigmatist Theresa Neuman in the 20th century, a large woman who lived for over 40 years without consuming anything but the tiny eucharist. She did not even drink anything from 1926 until her death in 1962.

The body only needs food for Energy and repair, so if it is able to derive Photonic Energy from plasma (free) Electrons, or from Light directly, then there is no reason that food would be essential even to maintain the

Life of the biological body. Hundreds of saints' bodies have been documented to maintain some degree of preservation after death, sometimes even for hundreds or thousands of years. Saints bearing the stigmata, the wounds of Christ, have sometimes been documented to emit Light, as well as the fragrance of roses, from their wounds, and it is Light that is the ultimate source of biological Energy, with the exception of a few species of sulfur based bacteria living around volcanic fumaroles.

It is this Light Energy that makes the difference between a gas and a plasma. If prophecies come to pass that in the new heavens and new earth, there are no oceans, it could be that the atmospheric plasma content formed by their ionization could directly support Life through the breath. After all, the fluid our cells live in is ionically very much like sea water. This might be the reason prophecies also foresee that the lion will lie down with the lamb, as they do when they feast on the tree of Life...

In Oriental Medicine, the lungs are part of the Metal Element, and one of their crucial functions is to breath in the jing, the most precious substance that forms the physical building blocks for the Spirit body. In other traditions, these Spirit Minerals are called by other names such as manna in the Judeo-Christian lineage, and mana by the Hawaiians.

### Gas

We breath an atmosphere supplying paramagnetic oxygen, the most immediate requirement for human and symbiotic Life forms which are also aerobic. Hundreds of years of burning fuels by industrial culture has reduced oxygen in the air from 32% (measured in fossil bubbles trapped in amber and ice caps) to less than 20%, and in some city environments it can sometimes drop as low as 5 or 10%.

Once we absorb this gas into the blood, via the pulmonary circulation powered by the right side of the heart, we need the larger left side of the heart to pump it to the rest of the body. But there are other paramagnetic gases we breath in that are not so well known (see condensate, below), as they are not detected by current conventional

## Glen Swartwout

means. A laborious Russian patented laboratory method has been replicated once in the states, so some limited data can be extrapolated.

The electrical pulse of the heart is the strongest electrical wave in the body, unless we are exposed to modern Electronic culture which often overpowers this signal by a factor of thousands. This blocks the ability of the heart's electrical pulse to open the Way for the pressure pulse wave that carries 50% of the blood flow to the body's tissues.

This electrical discharge of the heart, when it is coherent, that is when our Soul is heart centered, can also reprogram the condensate gases in the blood from their natural paramagnetic Mineral state to the biologically active diamagnetic state. This indicates the Creation of a Meissner field, and likely the organization of planar superconducting, superfluid liquid crystals that make up the substance of the Soul.

In Oriental Medicine, the heart is central to the Fire Element, and is home to the shen, the conscious Spirit.

### Liquid

The medium of Life is an aqueous saline solution, a bioplasma. We are familiar with nourishing ourselves with food and drink, which we chew, mixing with amylase, swallow, and mix in the stomach with acid and additional enzymes, and alkalize with bile and digest with pancreatic enzymes into a liquid broth of nutrients for absorption in the small intestine.

In Oriental Medicine, the process of digestion is the focus of the Earth Element.

### Solid

The structural support systems from the macroscopic bones to the microscopic cytoskeleton allow for movement of navigational beings, and are thought by some, as in the Penrose-Hameroff hypothesis, to be

linked to the locus where the conscious Soul links to the bio-body suit. It is the only biological hypothesis of Consciousness that provides enough loci to contain the number of bits of information stored in a Lifetime of human experience.

## Condensate

This is the superconducting superfluid bridge between worlds. It's mass, when stable, is measured to be  $\sim 4/9$  non-local, and it is proposed as the material seat of Consciousness itself. It shows quantum dynamic behaviors at a macroscopic level, when integrated into an extended liquid crystalline matrix such as a human Soul. This is the first Time we have the potential for a scientific model that explains the characteristics of the Spirit, from the human Soul to the Holy GhOSt. Phenomena documented with highly coherent individuals such as canonized saints show macroscopic quantum dynamic properties such as bilocation, multiplication, teleportation, levitation.

The coming age of BEC (Bose-Einstein Condensate) technology will appear to our eyes as an age of miracles. Fortunately, with this technological upgrade will come the upgrade of the highest functionality we have: the Consciousness itself. In the coming age, as we integrate knowledge of the metabolism and physiology of the condensates into our diet, Lifestyle and environments, along with the possibility of a prophesied cosmic upgrade to the earth environment, we will come to know the Divine Will directly (as revealed to Louisa Piccarreta), without having to wonder what it is we should be doing, or fumble through the current pattern of suffering from trial and error processes.

## Dark Matter

This non-ordinary Matter, or Spirit, may be the non-local side of the condensates. It could be associated with the function of the will, associated with the Water Element. When we project our will, it acts non-locally, perhaps via the  $4/9$  of the mass of the condensates of the Spirit body that are non-local. The coherence of the will with the Divine

## Glen Swartwout

Will may allow this non-local portion to become temporarily localized transdimensionally in Time and/or Space.

### Dark Energy

The ether that pervades the Universe is Now being indirectly extrapolated at % of all that is known. This may correspond to the function of knowledge, associated with the Earth Element of Oriental Medicine.

### Superstrings

Angels are God's thoughts, and as the Creator, these thoughts are the fundamental substance of all that is. This may be the fundamental creative act initiated by process of attention, associated with the Fire Element.

### Source

God's essence may lie in awareness itself, associated with the Metal Element. Conventional modern interpretations of quantum observations in physics conclude that the essential Nature of reality is subjective... Consciousness itself...

### Condensates

The most recently confirmed state is the condensate, first documented in 1995, for which a Nobel Prize in Physics was awarded in 2001 to Eric Cornell and Carl Wieman, although physicists Bose and Einstein predicted this state many years ago. The condensate is the transitional state between pure Matter and pure Spirit. In its fully material state, it represents the sum of the properties of all 9 states, to the extent of having 5/9 of the mass of the same Mineral in any of the states: ~1-4.



Bose-Einstein Condensates (BECs) are made of bosons, which include Photons and subatomic W and Z particles.

Bose-Einstein Condensates of 11 transition metals are Now thought to be responsible for superconducting properties of living organisms, as well as 'miraculous' phenomena such as levitation, bilocation, prophecy and non-local effects such as remote-viewing and the healing effects of prayer. 4/9 of the mass of these Spirit-Minerals are non-local, and the other 5/9 may account for the mass of the Soul, with a measured mass of up to 42 grams. The unmeasurable halo of 34 grams that is non-local, according to Einstein's  $E=mc^2$  equation contains the Energy equivalent of the solar Energy falling on all of North America. This is why a little faith can move mountains.

A fermionic condensate has also been confirmed in 2004 by Deborah Jin. Fermions include protons, Electrons and neutrons.

In current exploratory research including the patented work of David Hudson, condensates and related states are variously called ORMUS, ORMEs, Mono-atomic Minerals, and High spin transition elements. Traditionally, from various Spiritual and alchemical lineages, the terms also include white powder gold, mana, mfkztz, nous, jing, shewbread, 'what is it?' and the philosopher's stone.

This is the stuff of legend. The holy grail. And the stuff of Life. Sentient Life. Immortal Life. The stuff of the Soul.

## Spirit Matters

The human body loses Spiritual substance within seconds to minutes of death. The same is likely true of our food and medicine.

The Spirit of material is lost not only as a function of Time, but also of industrial processing. 50 Hz and 60 Hz magnetic fields, such as those of an electric stove, drive these Spirit Minerals away, as they seek energetic peace and harmony. This could be changed by converting to 172 Hz current, the dominant harmonic frequency of Nature, known in ancient

## Glen Swartwout

China and Tibet. When I was seeking a frequency, which would attract and stabilize these Minerals, I rediscovered this frequency once used throughout the provinces of China during 1,000 years of peace.

Working with medicines that stabilize and carry this Spiritual Matter for purposes of healing, I have had the opportunity to have a couple of medicines analyzed by an alchemiSt. In both instances, they confirmed my hypothesis, measuring over 5% dry weight of Spirit Minerals in both Nouss-Ade and Sango Coral. This is about the same concentration found in the brain (by dry weight) according to the Russian patented method for laboratory analysis.

In its pure crystalline form, it is the most otherworldly substance I have ever seen. It is actually impossible to measure as it levitated itself and a portion of the tare that was in its field, weighing less than the tare alone! It was glistening with Light and an iridescent white in color, composed of planar crystalline sheets. Think fairy dust!

A description of this material in its annealed glass-like form as given to Moses by God is quite amazing. The stones, each containing the fullness of Natural Law, are described in Talmudic Midrashic sources as clear, flexible and transparent, measuring about 20" by 20" by 10". Tradition affirms that one book of the Law still exists today in The Chapel of the Tablet in Ethiopia, one of the contents from the Ark of the Covenant. The guardian monk commits the rest of his Life to being in the presence of this Divine portal.



# Neuroprotection

The brain is not the source of Consciousness, as the human Priests of Science believe. The Elves know that the Conscious Body is composed of two Phases of Matter that have remained hidden to the Minds of those high Priests of the Ivory Towers, as have the Phases of the biological terrain... These Phases of Matter are the plasma and the condensate forms that together, make up the spherical photoelectric cellular structure of the Spirit Body and the superfluid, superconducting liquid crystal matrix of the Superlight Consciousness, itself, it's Condensate Mineral vessel and both the outer Ionic sensor and the inner Ionic effector fields. The humans do not yet realize that the condensates co-exist with plasma without being thermally coupled. This is because it is what they call a dark Matter, while the imaginary (reverse-Time) Consciousness field of Superlight, which is the sea upon which all other wave forms journey, is what they term dark Energy.

The Ions of the Plasma Vortex vessel serve as the docking link for the Consciousness to engage in two-way communication via not only the brain, but the Heart, and all the other organs. Some humans even measured the mass of these components at one Time, but of course there was no interest in further knowledge of such esoteric topics as the Soul among the wizards of worldly governance, money and corporate profiteering... Such are the Times we live in.

Still, while in Middle-Earth, with the Soul docked in the Body bio-suit, the brain is an important organ to maintain and protect. Its blood/brain barrier is designed to help keep foreign substances from entering this Sanctuary of Consciousness. Avoid genetically modified organisms (Orc plants), sugar, MSG, drugs and the corporate Orc foods. Eat lots of dark leafy Greens grown aquaponically in a greenhouse, with copper feet on

Glen Swartwout

the growing tables to avoid slugs. And eat beets for TMG, the best methyl donor...



## Free Electrons & Antioxidants

Find Time to go barefoot on the black sand of Kehena beach, or walk barefoot on the grass. Being grounded to the Earth provides an unlimited supply of Electrons to the bio-body suit, whether you are a Hobbit, Dwarf, Elf or Human. Breathe the air by the ocean, the fresh trade winds that blow through The Shire, and the air that the rainforest Trees and other green Plants are breathing. Avoid getting caught in a box, with boxed in air running through Metal ducts, as this strips the Electrons from the air, slowly converting your precious bio-vessel into that of an Orc...

Electrons are the true 'anti-oxidant' as the Humans would say, if they really understood... They are actually the true reducing agent, the balance, the opposite, the cure for oxidation, which is the damage they attribute to aging. The Humans believe that Space and Time are a continuum, yet many still attribute causality to Time, itsElf. The Elves have long realized that Time, like all else, is a Vortex in Nature, and must flow both Ways from our perspective, forward and reverse, as well as connecting and dividing between Timelines in the lateral direction... Why, one might as well say that a certain portion of Space caused them to get sick, not ever realizing that it was the fields penetrating that Space that were at cause, perhaps geomagnetic standing wave related to a running underground stream or fault line... Poor Humans are still trying to think with their brains, I guess, when what is needed is to come back to awareness of the Truth through our common senses...





## Reverse AGEing: Antiglycation

Avoid the trap of weaponized Food. When Food is fractionated and processed, hacked and cut with Metal blades (rather than ground with Earthen stones), and chilled or frozen, it loses its Life (Electrons) and its Spirit (Condensates). When it is handled and stored in Orc Energy fields (50 or 60 cycles each second), the Spirit flees. The Humans do not know that they are cooking away the alchemy of Consciousness from their Foods when they use microwaves and electric stoves. Carriers of Consciousness, such as sugars and other ring structures that give food its taste, aroma and color, as well as Spirit Medicine effects in the case of Entheogens, are the rings, the aromatic hydrocarbons... The Condensates prefer to be cozy in the center of these rings, being crowned, as it were, by such a wonderful bio-body suit, functioning as both Faraday cage Sanctuary against so many annoying modern technical frequencies, as well as an antenna for functional bio-communication. Other preferred natural Vortices include the ends of the DNA, which makes the DNA 10,000 Times more conductive, and the ends of the Microtubules and other cytoskeleton components, again making them function a orders of magnitude more like superconductors. We can really see this dance of Cellular Consciousness when the cytoskeleton lines up all the DNA and separates the two copies in mitosis, cellular regeneration.

Sugars being the main carrier of the Spirit Minerals, the bio-body suit is designed to desire their taste greatly. But what if they are empty? The Body still desires what it needs, and it becomes easy to crave and overeat the refined sugars, seeking the Nutrition that would have come with them in the whole fresh Food. The refined botanical Medicines, like the sugars, become weaponized, turning Elves into Orcs as they do their

## Glen Swartwout

damage, as their Spirit Mineral carriers carry away the substance of the Soul at each turn, rather than nourishing it.





## Immune Modulators

The Plant fats, the sterols, are structurally related to their much maligned (by the Humans, thinking they are quite intelligent, of course) cholesterol, which is made in the liver, an organ more intelligent than the Minds of those who would stop it from doing its job... Cholesterol, of course is the basis of many hormones, so when these are deficient, the liver may be trying its best to form more by making more of the substrate. Even more to the point in these Times of toxic environments, GMO plants, synthetic drugs, and weaponized foods ("Mmm... honey I can't believe it's not food!"), is that cholesterol is needed to strengthen the Cell membrane against impinging toxins!

Now, back to cholesterol's Plant cousins, the phytosterols, these compounds are essential immunomodulators. They are found especially in vital sprouting Foods. They would also be found in our oils, if they were not filtered out to produce visually appealing clear oils for commerce. Certainly, it would make no sense for Humans to educate each other that the clear oil is weaponized by over-filtration, when it so much easier to just sell what looks pure. It is analogous to the Way they sell dog food loaded with red dye that gives dogs cancer, because it makes it look more appealing to the Human buyer. Dogs, as we know, cannot see red, but if they could, they would see it when they understood what is being done to them!





# Minerals

Minerals are the most crucial nutrients. While some Minerals can be made from others, this knowledge, compiled and published by Professor Kervran nearly half a century ago in his book *Biological Transmutations*, and even translated into the common tongue, is among those outliers of exploration by the Human Mind that find no utility to those who seek domination and control, of others, and of Nature.

Seawater contains all the essential trace Minerals needed by living organisms in Middle-Earth. Along with Nitrogen (from fish waste or urine) it can supply a complete fertilizer for Plants, when diluted to at least 30:1 with fresh Water. In homeopathic potencies anything as high or higher than a 1C or 2X is safe... For example, wheat grass juice prepared in this Way loses its strange aftertaste completely, as the Plants are so happy to have all the needed Minerals, they focus on healthy growth and find no need to produce defensive chemistry that would make them less palatable.

Coral sand is an excellent Way to clean and filter Water, especially with all the sulfur-based acidity in the rain, with Orc industry burning more and more petrochemical fuels in China, the middle country of Humans, which is upstream on the jet stream from our little tropical paradise of The Shire. When at The Shire, you can see how the native *Obia* forests suffer for this acid stress, just as the two-legged beings do.





## Vitamins

The most deficient vitamins in the Orc diet are the methyl donors, which leaves the poor folk subject to cardiovascular disease, cancer and depression, all of which are running rampant through the population. But do they get it, and start growing lots of fresh dark leafy greens in their gardens... Well, no. They don't even grow gardens any more! When rehabilitating such poor suffering undernourished overeaters, trimethylglycine (TMG) from beets is the most remarkable medicine. It is the best methyl donor, which they once identified as a B vitamin, though Now they have largely forgotten about it, since an Orc can continue to 'live' and go to wOrc each day without it. TMG supplies three methyl groups for each molecule, which is why the Elves and happy Hobbits are so fond of their beets and beet greens. Enough said for Now.





## Essential Fatty Acids

"Juicy sweet" as Golem would say about a fresh catch... DHA, from fish, is the dominant fatty acid in the brain tissue. Just be sure to avoid fish from toxic waters like the Atlantic Ocean. Too much Orc industry has poisoned it. Also avoid the very large fish like *Abi* tuna, as they are high on the food chain and accumulate toxins like methyl mercury. Instead eat *Aku*, which tastes the same but is smaller and cleaner. Of course, the folks in commerce all want the big fish for big profits... Let them have it, but get the *Aku* for 1/10 the price! That Way, happy Hobbits can eat more and fill all the corners of their satisfied bellies!







# Amino Acids & Polypeptides

It is essential for most Middle-Earthlings to eat some animal foods. When the digestive system or even cellular enzyme systems have already suffered damage from the Orc Ways, fasting with support of nutrients including amino acids from a source like fish, or whey or even rice protein, as well as basic vitamins, Minerals, fatty acids, fiber, carbohydrates and flora can help cleanse and restore function to the Cells. Other non-protein sparing fasts, such as the master cleanse, should be avoided, as much damage has been done by those who try to extend such a fast, losing muscle mass and crucial enzyme functions.





## Communicators: Hormones & Neurotransmitters

Eating well, like avoiding drugs, stimulants like caffeine, fake foods and flavors like MSG, artificial flavors and colorants, and reducing stress are key factors in improving internal communication systems in the bio-body suit.

Melanin, the Light absorbing pigment in the skin, is made of neurotransmitters. The Humans do not yet suspect it as a transducer of Light Energy for the Soul, so they block the sun's rays with creams instead of cleaning up the inside of their Body's. One human study in Australia found 700% more skin cancer in sunbathers who ate margarine versus butter.





## Enzymes: Amplifiers

For those with digestive enzyme deficiencies, a homeopathic formula I have prepared called Digestzymes often activates restored function within a month. Otherwise such Middle-earthlings often go on from year to year with inefficient digestion and dependence upon enzyme supplementation. To stimulate cellular uptake of vitamin and Mineral cofactors for use with metabolic enzyme systems, another homeopathic formula I named Natural Resource A-Z typically surprises its users by turning urine from bright yellow (from taking a high potency B complex) to nearly clear. The B vitamins finally get absorbed into the cells where they are needed!





## Probiotics: Symbionts

There are supposed to be more bacterial cells in the body than human, elf, dwarf or halfling cells. The beneficial gut flora make B vitamins, produce bulk, make the colon mildly acidic with beneficial lactic acid. Lactic acid even helps feed the lining of the colon and the heart its-elf! By a few of the wiser humans, they are even called a second immune system.

Beyond a broad spectrum of health-promoting probiotic gut flora, the Soil Based Organisms are also more important allies than the human Priests of Medicine realize. They have witnessed and documented thousands of cases of what they call "Spontaneous Remission" from cancer, in which the tumors are dissolved in days with the aid of 200 different species of bacteria, and a fever generated by the immune system. Still, they would rather push antibiotic drugs to kill the bacteria, and claim that remissions are 'spontaneous.' Personally, I would rather suffer through a fever than continue to have cancer!

Microscopy of living blood over time shows the presence of symbiotic life forms in the plasma as they grow out into their structurally extended reproductive forms as the blood loses its vitality and ability to support the friendly submicroscopic forms. Several independent lines of high magnification dark field and polarized microscopy research, such as Enderlein, Naessens have observed the same pleiomorphic forms, assigning them different systems of nomenclature, since the Orc sciences always stain the blood, killing it before even looking at it, let alone watching it grow over a 24 hour period. The few signs of symbiotic imbalance that are present in imbalanced blood are ignored as artifacts. Mental blindness is most difficult to cure. When such scientific observations are carried out meticulously by the Elvish scientists in

## Glen Swartwout

search of true knowledge, they have even observed cases of relative immortality of the blood, just as is seen with some of the Saints. It has also been observed that blood removed from the body will routinely respond functionally to the real time state of the patient no matter the distance of separation. Such observations of transcendence of time and space call to mind the non-locality function of not only the human soul, but its foundation in the quantized material realm, which is after all is said and done, an intimate and living manifestation of God's divine body and blood which is given for us.





# Fiber

The most important fiber to know about is actually one that the humans use to clean their water... in commercial water treatment plants. It is called Chitosan, and is derived from an 800-year old oriental medicine from Japan, made from chitin in the shells of crab and shrimp. Of course we need plant fibers in the diet, too, and eating fruits and vegetables from the gardens and Orchards at The Shire is a perfect source for this... But the marine fiber is of a very different Nature. In fact, it is opposite. It is fat soluble, and it has the opposite electromagnetic charge compared to plant fibers. The beauty of it is that it absorbs all kinds of toxins, heavy metals, radioactive Minerals and petrochemicals.

So, while Chitosan is the most effective Way to clean quantities of toxic water... the Ministers of Health do not slow down their Orc practices long enough to contemplate that they thems-elves have become bags of toxic water... The body is about 90% water at birth, and averages about 60 to 70% with maturation.





## Botanical Allies

Dr. James Duke is a rare thinking human who has collected information about the botanical traditions of indigenous people all around Middle-earth. (One wonders sometimes if one of his parents might not have been an elf...) He has documented over 80,000 different botanical allies in his database! Access to the database is free since it is already paid for through the destructive human ritual of taxation.

Hippocrates said we should let our food be our medicine and our medicine be our food. Humans have lost 97% of the genetic varieties of their food plants in the past century. Fortunately the survival rate is better for phytotherapeutic botanicals.





# Signals: Homeopathy, Sarcodes & Nosodes

Dr. Samuel Hahnemann was a rare Human being who was fluent in 7 languages, and was translating medical texts when he noted that side effects of the herbal therapy for malaria were very similar to the symptoms of malaria its-elf. This led to his exploration of this common relationship of similarity between the dis-ease symptoms expressed by the body's attempts to heal itself, and the 'proving' symptoms of an excess of a medicine that helps in the treatment of that disease. This was the beginning of the leading form of Human medicine on the planet still today, two centuries later. Of course, this effective and sensible form of medicine is largely ignored in Orc controlled areas, as there is no money to be made in it.





# Quantum Energy: Color, Light and EMF

The humble Photon is still much underestimated in Human circles. It determines every chemical reaction. It turns a simple Gas to a living ionized Plasma carrying electromagnetic charges, producing currents and fields, and possibly glow with visible Photonic release or even Lightning discharges. Cosmic plasma of ions in Space functions much like a biological plasma of ions in water, and forms structures found ensconced in the biological tissues, such as cellular charge separation similar to that at the cell membrane, as well as Birkeland current filaments in twisted pairs, very similar to the vascular bundles in the vertebrate Body. Both communicate electrical current with maximum efficiency, due to cancellation of magnetic fields due to the geometry of the twisted pairs. This maintains coherence of function through Space and Time. In the case of the Human Body, a full 50% of the blood flow to the tissue is accounted for by the reception of the EKG signal without interference from technical fields in the living environment. In other Words, living off the electrical grid or matrix allows for the potential to discover our potential for health, healing, and functionality. We can discover and develop more of our unique Gifts when we are living closer to that Nature for which these body vessels are adapted. Novel energies and compounds are mostly stressors that challenge our systems to adapt, and in the process, we lose flexibility, which is synonymous with ranges of function.

The organizing principle in the cosmos as on Earth is the Superlight of Consciousness. In reverse Time, as the Elves know, it forms the shadow we call gravity, the effect of God's Love which keeps us Here in Middle-earth for a Time, to learn and grow in this womb of Heaven.

## Glen Swartwout

The still dominant Relativity Hypothesis is incompatible with actual Quantum Dynamic observations. To me, relativity is an elegant and quite accurate mathematical description, but not a mechanism or explanation of gravity. Rather, relativity models how Space-Time appears to warp based on our observations. But I do believe Einstein's insight on the equivalence of Energy and mass,  $E=mc^2$ , points the Way to a comprehensive unity field in physics. We grasp the meaning that everything is made of Energy, with Matter seen either in its wave function form, or else in its coherent standing wave, particle-like form as mass. We also see from recent work that all Energy has gravitational effect. Energy and mass really are equivalents, but seen from different perspectives. What is real is Energy. That is all there ultimately is in the many forms of Creation. What we conceive as mass is a particle or separate thing, a conception of our imagination (maya or illusion in Eastern thought). There is no separateness. All is ultimately of the one source, one Nature, the living body of God. What has been missing is a grasp of the function of the speed of Light squared. Let's rewrite the formula just slightly:

$$E = (-m) (-c^2)$$

The reality and unity of all as Energy moving forward in Time can be separated into two synergistic perceptions, indicated by the negative values as we look back at them.  $(-m)$  is the conception of form or mass, which is perceived in reverse Time, as we look back at the phenomena of Creation that have already happened.  $(-c^2)$  is not only superluminal, incorporating the speed of Light squared, but it is in reverse Time, being negative. God's vision, Grace, the foundation of all that is, travels in reverse Time, guiding us gently but inexorably into the future, and toward our predestiny. These wave forms are related to Light, but are the imaginary or virtual counterpart to the Photon, the equivalent of an anti-Photon, or a Photon traveling in reverse Time, just as the other fundamental subatomic particles have their reverse Time anti-particle equivalents:

Electron = -positron

Neutron = -anti-matter



The Spiritual equivalent of  $E=mc^2$  is the trinity:

Holy Ghost = (Son) (Father)

This could help end the millennium long debate between Orthodox and Catholic theologians. The Orthodox say the Holy Ghost proceeds from the Father. The Catholics say the Holy Ghost proceeds from the Father and the Son. The real problem is the attempt to speak the fullness of Truth with our temporally constrained thinking and language vessels. The Word 'proceeds' indicates forward motion (pro) in temporal thinking, and the Word "from" indicates retrograde contemplation of origin in spatial thinking. These Words bring in spatial and temporal relationships, which depend upon multiple quanta or apparent separations of Space and Time. Yet God is transcendent of these properties, and therefore cannot be accurately defined by such Words. No wonder God's Church has been split into two wings for a millennium. Perhaps this single quantum language translation as a theological expression of the triune personhood of God will help it to fly:

For the Holiness of the Spirit is with the synergy by the Son and Father.

or functionally:

For the Sanctification of the Spirit is with the love by the Redeemer and Creator.

or for the Self:

For the Wholeness of the Breath (spirit) is with the coherence of the Heart (son) and Mind (father).

and:

For the unity of all Spirit is with the multiplication by the Formation and Grace.

or from a fractal Creature perspective:

Freedom = Truth x Seeking,

## Glen Swartwout

where:

Truth is the potentially consensual is-ness or Coherence in Time, Space and consciousness of all things in God's Creation.

Seeking is the acceptance of any Coherence of our sensorial inspirations, affective aspirations, cognitive contemplations, willful activations, and visionary missions.

Freedom is the fractal participation in the Creation. (God draws straight with crooked lines.)

or written another Way:

Space = Time x Consciousness

where:

Time = the movement and mutable Coherence of local standing wave formations

Space = is the immutable Coherence of Energy of the non-local plenum

Consciousness = the Time-reflective fractal participatory Lawfulness, orderliness or Coherence of all vortices of movement and change

or alternatively:

Scalar absolute = +Vector x -Vector

Thus all is a fractal Vortex structure of the Plenum. Even if there was a beginning of Creation in Time, or a so-called "Big Bang" (i.e. Big Gift), this structure would make it possible, as the Source of the at least nearly infinite Energy would have appeared not out of a non-existent past, but called into being out of it's own Time-transcendently real future via the power of Consciousness by the Creator. So-called vacuum Energy, more appropriately Plenum Energy (Plenum means fullness, opposite of the notion of a vacuum, which in energetically impossible, as infinite or nearly infinite Energy is needed to create the Space-Time itself) is a sea of

Energy making up 73% of the mass of the Universe, nearly three Times greater than the foam of standing waves of Matter floating in it, of which our senses, even extended by modern science have detected only 16% (4% or 1/25 of total Energy). Based on the lower limit set by the Planck constant, there are at least  $10^{113}$  Joules of Energy per cubic meter of Space.

Johari window of our state of knowledge of the Universe from relativity perspective:

Known Matter = 4% and known Energy is  $\ll$  1%

Unknown Matter = 23% and unknown Energy = 73%.

So, what the 'bleep' do we know about Matter, let alone Energy? What really Matters? Does Spirit Matter? Does Meaning Matter? Does Purpose Matter? Rather than any Energy crisis, we appear to have a knowledge crisis, a crisis of gnosis. My people, and my halflings, perish for lack thereof...

The figures above are based on current interpretation of cosmological Creation as an expanding Universe initiated with a big bang and subsequent slowing and then speeding of expansion. This model relies on Doppler effect interpretation of red shifts for all galaxies and quasars. Another possibility is that red shifts are multi-causal, as has Now been demonstrated in laboratory research, and not related to Doppler effect in a potentially steady state Universe. A steady state Universe was Einstein's initial exploration, which he later abandoned. Red shifts of galaxies do appear to be nearly linearly related to cosmological distance, but this alone does not imply that further galaxies are moving uniformly away from us. It has been shown that red shift can occur when Light travels through a Plasma environment due to heating of the Plasma by electromagnetic interaction with passing Photons, and at an average of one particle per meter of the Plasma Now estimated to fill cosmological Space, the observed red shifts seen are actually expected in a steady state Universe. The cosmic microwave background radiation is also expected in this model, as Light from extremely distant galaxies suffers so much red shift that it becomes microwaves and can no longer be resolved into

## Glen Swartwout

images of individual galaxies. It is merely the limit of our Photonic image resolution in a potentially infinite Universe! Finally, quasars show a wide range of extreme red shifts consistent with a wide range of Plasma conditions within these very active, newly forming galactic nuclei, as supported by red shifts documented in laboratory research in Plasma physics. Thus, they are not necessarily further away and moving faster away, but simply younger, more active and with less stable Plasma conditions.

Nevertheless, looking from the perspective of the current model, the 73% of the Energy in the Universe modeled as dark Energy is potentially a view of the kinetic Plenum which may not only serve to elucidate gravity, but also the arrow (or more accurately the Vortex) of Time, and the Nature of the content of Consciousness. Similarly, dark Matter may represent the vessel of Consciousness and substrate of the Spirit, perhaps even Bose-Einstein Condensates or ORME's, which are typically footnoted as unknowns, as only two laboratories have ever established the means for technical measurements. For example, brain tissue contains 5% by dry weight, and 4/9 of their mass is found to be non-local. This is a remarkable amount of Energy. If 5% of the dry weight of a 150 pound human is ORME's or Condensates, the local mass of the Soul would be potentially up to about 2.5 pounds and the corresponding non-local mass of the Soul would be up to approximately 2 pounds, giving a total potential mass of the human Soul of roughly on the order of 4.5 pounds. Compare this to a Hiroshima size atom bomb, which converted about 2/3 gram of mass into Energy. Your Soul has tremendous potential - worth developing, for peace promoting purposes, of course!

At the Time of death, all of 6 humans but none of 15 dogs show up to 0.75 oz. mass loss immediately on loss of body electricity functions, and up to an additional 1.0 ounce (total up to 1.5 oz.) over a period of up to 18 minutes following clinical death. This lone study documenting the mass of the Soul found a range of masses from 0.375 to 1.5 oz and in every Human measured, either a fully coherent or a partially coherent biphasic Time course of leaving the biological body at death. The nearly half non-local condensates disengage instantaneously, along with any fully coherent ions within their Meissner field. The ionic plasma

component showed a temporal course ranging from instantaneous up to 18 minutes, setting a lower limit on the trailing plasma navigation through the dead biological tissue medium at approximately 5 mm per minute, which is on the order of simple Electron drift current speed in physiological tissues. Electron drift current is proportional to the E-field and the conductivity. Apparently only the portion of a Soul that is somewhat coherently integrated is capable of maintaining its Space-Time coherence and navigating the cosmos after biological death. Fully coherent plasma appears to be transported non-locally with the translocation of the Condensates' Meissner field.

It is very interesting to me that the transition of this spiritual substance from the biological body suit was in at least half of the observed cases clearly documented to be biphasic. Perhaps there are two phases of matter involved in the soul, a superconducting condensate vessel and an electronic/ionic plasma content, which may follow somewhat analogously to the tail of a comet... By the way, we also know from Professor Fritz Popp's research that this is a tremendous release of coherent photons from cells at the instant of cell death. Perhaps in cases with biphasic release of the soul substance it is related to the time of cell death in organ tissues where the spiritual substance is not integrated and coherent with that of the dominant heart-centered condensate-based spirit body. I am working on an explicit model, which would be predictive and explanatory of the observations of electronic and photonic human functions including those from Oriental and Ayurvedic medicine (with meridians and other electroacupuncture vessels as paired Birkeland current circuits and chakras as photonic vortices).... For more on this topic, see the section on Electro-acupuncture.

Near death experiences (NDE) confirm that the Spirit body is the seat of Consciousness, that it maintains sensory, memory, sElf-identification and other Consciousness functions during out of body experiences even with flat-line EEGs, i.e. zero organic electrical brain activity. The conscious body, when not engaged or docked in the bio-body suit, does not however identify the suit with the sElf. The sElf is the Consciousness, a functional property of the biphasic Condensate-Plasma sphere, with the Condensate Phase being primary.

## Glen Swartwout

These Spirit Minerals in this view would be found at even higher concentrations in preferred sanctuary locations in the Universe, and dark Matter is found to concentrate at the center of galaxies as a halo enveloping and extending even beyond the galactic disc. Dark Matter also extends between galaxies forming filaments connecting galactic clusters. BECs superconductivity would help link galaxies electrically.

Aether was the fifth element in ancient Greece. Now quintessence, a theory about dark Energy, is one view of the fifth element of Energy in modern physics. The first four in current thinking are: baryonic Matter; electromagnetic radiation (Photons, and neutrinos which can also be classified as hot dark Matter); cold dark Matter (which I think could be a form of Bose-Einstein Condensates, since they strongly resist electromagnetic interactions with a Meissner field); and gravitational self-energy due to relativistic spatial curvature.

## Resonance

Every atom, and every molecule has its unique signature pattern of resonance like a fingerprint in the electromagnetic spectrum, so the body's cells and organ tissues are each a great symphony of resonance. Nobel Prize winner Albert Szent Gyorgi observed that in particular, every Mineral, vitamin, enzyme and hormone is turned on and off typically by a factor of 500% by specific resonant frequencies, most often in the UV, visible and IR octaves of the electromagnetic spectrum. Royal Rife's work showed that specific parasites, even down to the size of a virus, could be lysed (broken apart) by specific resonant electromagnetic frequencies in the range of audible oscillation, like Ella Fitzgerald singing at the resonant frequency of a glass goblet.

## The Dominant Harmonic Frequency of Nature

Join the movement to change the world's dominant power frequencies from the stress producing 50 and 60 Hertz to the fundamental frequency of Nature: 172 Hz that harmonizes with the angels of all Life according

to my recent research, and contributed to the First Age known as "1000 Years of Peace" in China, when all provinces were tuned to it every year.

Imagine my delight when I discovered this rich history after finding the beneficial effects of this frequency on M-state Minerals (Ormus/white powder gold/philosopher's stone of alchemy) during exploratory research with a Rife frequency instrument!

Here's the scoop from my archives:

172 Hz stabilizes and attracts M-state Minerals.

172.06 Hz is in octave resonance with the Platonic year of about 26,000 years.

These frequencies represent the great tone of Nature known in ancient China (the Middle Country) as the Kung, the tone of the Spirit, which is close to the modern musical note F. In Tibet, the notes A, F, and G were known as the sounds of power. The Emperor of China, beginning with the Yellow Emperor, who also established Traditional Oriental Medicine, kept the peace by traveling once a year with his entourage to each province to tune the notes of the scale. This procedure maintained peace for thousands of years. The color resonance is non-spectral in the range of purple-violet, purple and red-violet according to different sources. All of these descriptions contain frequencies at the two ends of the visible Light spectrum. Medicinally this frequency is observed to have an antidepressant effect. The effects observed by others are joy, cheerfulness, clarity of Spirit, and the highest level of cosmic unity. The resonant tempo is 80.6 BPM. The resonant Chakra is the Sahasrar or Crown Chakra according to most sources.

### Bose-Einstein Condensates

The Mineral Condensates (aka M-state, Ormus, Monoatomics, Shewbread, White Powder Gold, etc.) are the key. 50 and 60 Hz power distribution frequencies are observed by alchemists to drive away these Mineral carriers of Consciousness. It is observed that prayerful thought

## Glen Swartwout

and invitation can attract them. It was my search for a resonant frequency to attract them that led me to rediscover the ancient Chinese knowledge of 172 Hz as the fundamental harmonic frequency of Nature. How does this frequency interact with the superconducting circuitry of two dimensional condensate matrices? We know that these liquid crystals resonate with the sound frequency range, with the capacity to store phonons, which is Photon Energy traveling at the speed of sound, without any resistance or decay. That is, a resonant sound vibration would be stored indefinitely. It appears to be in God's timing for the reappearance of this Elven knowledge from the First Age.... White Powder Gold of ancient Egyptian technology was also lost for thousands of years, but was patented worldwide in 1995 by David Hudson. Nostradamus (meaning "Our Lady"), in a rare direct reference to a specific date, predicted it this knowledge would be restored by 1996. M-state Rhodium and Iridium have Now been measured to make up 5% of the dry weight of brain tissue.... Iridium is also associated with meteorites, as traces in the geologic record on a variously rhythmic pattern including large punctuations Now clearly associated with cataclysmic meteors, such as when the dinosaurs morphed into our birds. It appears that when M-state Iridium is exposed to sunlight in the presence of Oxygen, it 'burns', going non-local in a brilliant flash of Light. Residual amounts are deposited that have dropped into their 'normal' metallic state. Some of the ancient Egyptian Pharaohs of the First Age ascended in this Way, taking a large dose of M-state Iridium internally, and walking into the rising sun, disappearing with no trace in a brilliant flash of Light.

The procedure I used to identify the frequency involved a Rife frequency generator I had specially designed and built many years ago. It can be set to a high degree of accuracy, and incorporates a separate circuit to measure the output frequency, so I know when the frequency I have selected actually locks in on the output side. I started from near zero Hz and methodically tested frequencies without observing the effect I was looking for until I got to 172 Hz, which gave me a strong, reproducible result. I was using muscle testing as the means of detection, and seeking a frequency which would attract m-state Minerals, the condensates of the transition elements, which are superconducting and superfluid, coexisting



in conventional Matter such as living beings, as the Consciousness carrying matrix. They form a loose (spacious) two-dimensional matrix, analogous a superfluid Silicon computer chip. In fact, the analogy may be even closer than appears at first glance, since M-state Minerals can appear functionally as other Minerals including Silicon. This may be how Cosmic plasma discharges at the changes of the Ages penetrate through the foundations of the Earth and produce veins of silver and gold as they pass through a quartz matrix, dropping the M-state silver and gold into their metallic forms.

M-state liquid crystals are programmable by thought as well as voice command. An inexpensive transformer for producing usable 172 Hz current needs to be made to experiment with Lighting, electric heating elements and other simple Electronic devices to confirm which are directly usable on such a local power distribution circuit. Using this means of power distribution will produce a Sanctuary effect that will attract Life giving Grace aka Elves, Angels, Mu, Divas, Faeries, etc. In contrast 50 and 60 Hz frequencies (e.g. cooking food on an electric stove) drive these essential Spiritual nutrients out of our food and our living environments....

I am now exploring the use of 172.06 Hz in the form of a tuning fork, as well as through a digital frequency generator. It is very interesting working on internalizing a perfect pitch for this frequency. If I am speedy, stressed or pushing myself at all, my frequency will go higher, as revealed by producing the frequency as I recall it, and comparing with the tuning fork, followed of course by sElf-correction, which comes along with awareness and identification of the internal state. Similarly, I will tend to drop below the perfect pitch if I am tired, rundown or drained. There are patterns in the degree of shift of this resonance, dominantly a single pitch, a third, as well as a slight shift less than a full pitch, connoting distinct energetic quantum states. Having begun to work this out with the balance frequency of the Spirit, I am seeking to identify the yin and yang dominant harmonics, which I believe will be the other two dominant harmonic frequencies of Nature spoken of in ancient texts from the First Age. I believe that these will also have tremendous implications in the alchemy of the m-state Minerals, both in the lab and in the body. Right Now, I would suggest an experiment to produce

## Glen Swartwout

white powder gold (perhaps starting with Dead Sea salt or my favorite, Flower of the Ocean), e.g. by an alchemist using the wet method, but performed in a 172 and/or 172.06 Hz alternating magnetic field, and/or playing the note. By the Way, where the 172.06 comes from is a frequency that is claimed to be resonant with the Galactic Center, as in what our Sun aligns with in 2012. I am curious to see as well, if there are significant astrological relationships to the other two secondary dominant harmonic frequencies of Nature. God's thoughts are expressed in the Harmony of the Spheres!

We may find the three: Father/Source/Consciousness = 172 Hz; Son/Body/Yin and Holy Spirit/Yang frequencies to be energetic keys to gating with the components of the Mind, body and Spirit. What if the 172 Hz links to the Spirit (condensate) body, bringing it into coherence, the yin frequency similarly unites and bonds the physical body, perhaps via a water based biocommunication (e.g. cascading of coherence effects) through the dance of the Van der Waals bonds, while the yang perhaps somehow brings coherence in quantum radiance and absorption effects such as the Photonic/phononic interface (thought forms) as well as the unseen Light we can let in from the future (some call Superlight, deduced from Maxwell's equations, traveling in reverse Time by the speed of Light squared; mathematically an irrational quantum: "God's Ways are not Man's Ways") by choosing to set aside the egoic will. By the Way, the book of the Law care-taken in Ethiopia is thought to be annealed M-state Gold. Being in its presence is to see ourselves as God sees us. A global window of such profound Grace is prophesied to be immanent in this change of the Ages.

172 is written as 444 in base 6. In Elvish science this is seen as a clue to the dimensionality structure of the Space with which we are interfacing. Six-dimensional Space-Time is also being contemplated by Human physicists and mathematicians such as Ouspensky, Sparling, and researchers at the Max Planck Institute. In numerology, the number four represents the building block, and being tripled makes it supreme (superlative), like Holy, Holy, Holy means the Holiest (ancient Hebrew had no comparative and superlative forms for comparison, such as our English suffixes -er and -est, but simply repeated the adjective twice for emphasis, and three Times for maximum emphasis)."....all the  
124

possibilities that have been created or have originated in the world must be actualized [...] The sixth dimension is the line of the actualization of all possibilities.” P. D. Ouspensky, *In Search of the Miraculous*

The Kung, or “yellow bell” (equivalent to the Hindu OM which is said to be the origin of the Judaeo-Christian Amen) is attributed to the Yellow Emperor who ruled approximately from 2697-2597 B.C. during the Three Sovereigns and Five Emperors period. This would place the 1000 years of peace through that era and all but the last 100 years of the Xia Dynasty that followed. The Divine Vibration of the Kung was believed to be omnipresent even when not audible. The Yellow Emperor sent his minister Ling Lun on a quest for the holy grail of the Kung, a perfectly tuned set of bamboo pipes. Maintaining the tuning of the Kung was the most important job of the Emperor, as all musical instruments and measuring tools were tuned according to that frequency, keeping Man and Earth in alignment with the Heavens.

### Element, Tone (Note) & Instruments

The Earth Element resonates with the note Kung (172 Hz F) and the stone flute. The Earth is our primary source for Life-giving Electrons, so long as we don't continually insulate ourselves from it with rubber soles, tires, pavement, steel and concrete and the like, which slowly turn us into Orcs.

The Metal Element resonates with the note Shang (G) and the gong and bells. The Metal Element is our primary source of Spirit Minerals through naturally coherent 10-second breath cycles when we are in a relaxed state of awareness.

The Wood Element resonates with the note Chue (A) and the bamboo flute. The Wood Element corresponds to the Photons and Phonons that make up the Light and Word vibrations of Consciousness.

The Fire Element resonates with the note Jyy (C) and the trumpet. It is the Fire Element that with coherence of the Heart can convert the Spirit Minerals in the breath from their paramagnetic alignment with the Earth

## Glen Swartwout

plane to a diamagnetic Breath of Life. Cell phones and other technical fields of modern technology produce interference with this effect that is often 1000 Times stronger than the body's strongest and most crucial signal, the EKG field.

The Water Element resonates with the note Yu (D) and the zither. We store the Spirit Minerals in our body, which is made mostly of Water. The Water Element is traditionally associated with our inheritance of this most precious of substances, the Jing, our ability to preserve that Spiritual essence, and thus potentially to increase it under the most harmonic of conditions, such as those we are consciously creating at The Shire.

The superlative or ultra-master numbers in base six in the human auditory range are:

111 in base 6 is 43 Hz, an octave harmonic of the Dominant Harmonic Frequency of Nature. It appears that a rounding error may have shown up in the Hitchhiker's Guide to the Universe, as they reported the answer to be only 42... Calcium shows two Fraunhofer resonance lines with octave harmonics at 42.9 Hz and 43.3 Hz. Calcium is the body's primary alkaline buffer, and as such is essential for maintaining bioavailability of Oxygen. Fish die from acid rain because they cannot breath when alkaline Mineral buffers are exhausted. Our cells are quite a lot like fish...

222 in 6 dimensional Space-Time codes for 86 Hz (an octave harmonic of the Dominant Harmonic Frequency of Nature). The Calcium resonances in this range are 85.9 Hz and 86.6 Hz.

333 in base 6 is 129 Hz, which is in the C note range and is used for Gamma brainwave entrainment. Iron has an octave resonance at 129.3 Hz.

444 Hz in 6-Space is 172 Hz in the common tongue, which is in the F note range and is the Dominant Harmonic Frequency of Nature. Calcium resonances in this octave show up at 171.8 Hz and 173.3 Hz.

There is a harmonic G note at 1.25 times 172 Hz = 193.5 Hz that is a candidate for the second Tibetan Sound of Power. The nearby resonance 194.18 Hz is a harmonic frequency of Synodic “Earth” Day, the “day tone”. Its color resonance is Orange Red and resonant tempo is 91.0 BPM. The resonant Chakra is the Muladhar or Base chakra. As a medicine, it is tonifying and effects observed are dynamic and vitalizing. It is also described as a weather determining frequency that affects proteins, and brings harmony with Nature. The nearest Mineral harmonics among the Fraunhofer lines in the solar spectrum are Oxygen above at 198.5 Hz and Iron below at 190.3 Hz. These Minerals suggest a potential association with Electron transport and oxidative metabolism.

In base 6, the master number 555 corresponds to 215 Hz, which is in the A note range and thus a potential candidate for the third Tibetan Sound of Power. The nearby frequency of 221.23 Hz is associated with beauty, love, sexuality, sensuality, and harmony. It is a frequency harmonic with the orbit of Venus. Its color resonance is yellow-orange, and its harmonic musical tempo is 103.7 BPM. The associated Chakra is the Ajna or Third Eye. Observed effects include support for elevated love Energy and aspiration for harmony. The nearest Mineral resonance among the Fraunhofer lines of the solar spectrum is for Oxygen at 217.2 Hz. The nearest octave resonance below is for Hydrogen at 207.7 Hz. Taken together, Oxygen and Hydrogen make up Water.

1111 in base 6 codes to 259 Hz in base 10, which is an octave harmonic of the 518 Hz Solfeggio Frequency identified by Our neighbor, Dr. Leonard Horowitz. We have an interesting neighborhood here at the 19.47 degrees resonance portal! Iron's resonance shows up at 258.7 Hz.

2222 in base 6 is the 518 Hz Solfeggio Frequency for the heart, love, DNA repair. A coherent signal of 518 Hz has also been observed from certain pulsars with accretion discs. I have not yet found any special resonance effects or references by others with higher frequencies including 3333 corresponding to 777 Hz, which is the ultra-master number of Blessing in base 10 as well. The nearest octave resonance among the Fraunhofer lines of the sun's spectrum is Iron at 517.3 Hz. The nearest octave Mineral resonance above seen in the solar absorption lines is Magnesium at 526 Hz.

## Glen Swartwout

“The quantum theory of parallel Universes is not the problem, it is the solution. It is not some troublesome, optional interpretation emerging from arcane theoretical considerations. It is the explanation—the only one that is tenable—of a remarkable and counter-intuitive reality.” - David Deutsch

Sparling explains that several major ideas in current physics would likely play a role (such as condensed Matter physics, category theory, non-commutative geometry, string theory, and the structure of superfluids). Such connections might also point the direction to a unified theory...

“In physics, the idea of a spinor stems from the finding that spectral lines of atoms seem to behave as if the angular momentum of the particles radiating Photons was in half-integral units of the quantized spin (whose size is determined by Planck’s constant). This was fully explained by Dirac’s famous theory of the Electron, which led him to successfully predict the existence of the positron.”

Some spinorial particles include the Electron, muon, tau, proton, neutron, quarks, neutrinos, and all their anti-particles, which are called fermions and have half-integer spins. There are also non-spinorial particles, called bosons, such as the Photon, graviton, pion, mesons, the W and Z bosons, the Higgs, (if it exists) and so on, which have an integer spin, Sparling explains.

“The key difference between spinors and non-spinors is their behavior under rotations: typically, non-spinorial (integer-spin) particles return to their initial value under a 360-degree (or  $2\pi$ -radian) rotation; however, the spinorial (half-integer-spin) fermions actually change sign under a 360-degree rotation, requiring a full 720-degree rotation to get back to their initial values. This is completely foreign to our naive idea of how rotations work, and yet it is a basic part of reality.

“Consider this analogy: if you take a plate and hold it in one hand horizontally whilst twisting it under your arm backwards through 360 degrees, your arm ends up in the air after one rotation, and it needs another 360 degree rotation to get it back to the beginning,” he said.

Twistors, then, are a special kind of spinor first introduced by Penrose (Sparling was a PhD student of Penrose). In Sparling's theory, the two twistor Spaces are each six-dimensional, forcing Space-Time to also have six dimensions, in accordance with Cartan's unifying triality. Because the twistor Spaces' geometry is ultra-hyperbolic, the extra dimensions are Time-like.

“My work has three six-dimensional Spaces which at one level are on an equal footing and which are bound together by a new transform, which I call the Xi-transform,” Sparling said. “Two of these Spaces can be understood at the Space-Time level as twistors. Then the third Space can be given a Space-Time interpretation, but only if we have two extra dimensions: so it is the requirement of symmetry between the spinor Spaces and the Space-Time that dictates that the extra dimensions be there.”

“A very interesting aspect is that Newton fought strongly against the idea of the trinity (in a religious context)” -George A. J. Sparling

### Rediscovering the Harmony of Nature

One day, at the Hilo Oasis holistic health center in Hawaii, I had embarked on a mission to produce homeopathic samples of selected electromagnetic frequencies within the sound frequency spectrum (20 to 20,000 Hz). These frequencies are used not only in sound healing, but also in electromagnetic healing, such as Rife. Using a specially designed frequency generator which independently measures its own output frequency, I proceeded to irradiate and succuss (potentize) bottles filled with water and alcohol (ethanol) as the homeopathic carriers for these frequencies, as having a test kit of frequency sample vials would facilitate identification of which frequencies would produce a healing response via bio-communication, such as O-ring kinesiology, or Electronic meridian testing. The process was proceeding well, until I found a few frequencies that would not 'lock in' to the liquid. That is, for some reason, I was not able to produce a stable standing wave or phonon of those frequencies in my standard base of alcohol and water.

## What's a Wizard to do?

I had been studying about Bose-Einstein Condensates (BEC's), and theorizing that these Spirit Minerals, as non-metallic forms of the transition metals group, might be the actual physical carrier of homeopathic vibrations (phonons). I had learned that these elusive Minerals, long the subject of alchemy seeking to restore the Elven scientific knowledge of the First Age, are driven away by certain frequencies, such as the standard 50 Hz and 60 Hz electrical mains distribute so broadly around our planet. I wondered if there might be a frequency that these superfluid Minerals might actually be attracted by...

So, I carefully started at 0.1 Hz and worked my Way up to 10 Hz, testing every 0.1 Hz increment... Nothing. I checked extra precisely at frequencies calculated to be associated with the earth's harmonics, such as 7.83 Hz (one of the Schumann resonances in the magnetosphere)... Nothing. That took a while, and I realized it would not be practical to search the sound frequency spectrum with a fine resolution of 0.1 Hz, so I began to scan frequencies above 10 Hz at a resolution of 1 Hz... Still nothing.

After a while, my Mind was drifting, contemplating higher things, as I went through my paces... And then it happened! A result! Could it be?? As I rechecked, and triple checked, I questioned whether my wandering Mind had influenced the result, but no. I was able to reproduce the effect I was seeking. I took a break, knowing that Now my excitement might also be influencing the subtle Energy field I was seeking to observe. On returning, with the intent of objectively seeking the truth, sure enough, I was consistently observing the response I was looking for at 172 Hz. Hmm... I wondered what that might mean, and whether anyone else had reported a resonance at this frequency. I searched and searched online, and... nothing. Eventually, continuing with my online search, I found a reference that went beyond what I could have imagined... A prior 'experiment' using this frequency that resulted in a period of history known as:



## A Thousand Years of Peace

In ancient China, the frequency I had found was identified as the dominant harmonic frequency of Nature. Wow! Every spring, copies of the frequency were sent out to all of the provinces to tune the culture's activities, such as music, to the harmony of the spheres. The result? A period in Chinese history known as A Thousand Years of Peace!

Wow! That's enough of a prior 'clinical trial' for me! When I got the chance to order a tuning fork of that frequency from a friend who travels the world using sound frequencies tuned to the harmonics of the cosmos, she informed me that I might want to get the frequency 172.06 Hz, as that would be even more auspicious. And so, of course, I asked, "Why is that?"

## The Platonic Year

She explained that 172.06 Hz is a harmonic of the Platonic Year, the great 26,000 year cycle set to end in 2012! It is thus a harmonic of the galactic center of our Milky Way home in the Universe, and our temporal connection with Sidereal (galactic) Time.

How interesting to find out that the largest collection of 'psychic' research ever done has been analyzed and when measured by Sidereal Time, the one Time of day when there is zero overall indication of psychic ability (for remote viewing of cards in a nearby room) is at Sidereal noon! That's when the galactic center is at its zenith in the sky. I have suggested that the data also be analyzed according to the posture of the subject (sitting or recumbent) to see if the pineal gland might be implicated in resonant communication with the galactic center... That answer regarding the "seat of the Soul" and its orientation to psychic versus cosmic connections will have to wait for another day...

## Eureka! Another breakthrough!

I pulled out my Rife frequency generator and realized that in my initial discovery of 172 Hz my resolution was only 0.1 Hz. This means, I was not able to rule out either a bandwidth including 172.06 or a second band at 172.06 Hz. On the other hand, 172.06 being the center of the resonance band was ruled out by the fact that I did not observe resonance at 172.1 Hz.

So, the question before me was what are the harmonics of these two frequencies in the physiological range, in particular that of visible Light, but also potentially UV or IR. So I began to calculate octaves for 172 Hz, and translating them into wavelengths as my customary referent for the Light spectrum. Finally, I came to a wavelength of 589.85 nanometers (nm), which is in the bright orange portion of the spectrum, near yellow. I began searching the internet for references to this precise wavelength and found it in research on sodium (Na = Natrium) vapor lasers. Interesting!

Next I calculated the wavelength for the related octave resonance with 172.06 Hz and came up with 589.64 nm. Another web search then showed that the two sodium "D" lines can be found at 589.9 and 589.6 nm. Eureka! Of course the exact wavelengths can potentially vary a bit with the refractive index of the material in which they are observed as well as governing factors the Elven science considers such as the local state of any plasma, condensates and the gauge Space, but, the chances of this being a random, unrelated observation were statistically nil. The passed what statisticians call the "Grandmother Test." That is when your Grandmother can look at the data and tell you that they are without a doubt significant! I had found strong support for a new theory that the dominant harmonic frequency of Nature, and the galactic center resonance (really the Earth's wobble or precession of the equinoxes) may be functionally linked with the D1 and D2 resonances of sodium, a dominant ion in the biospheric planetary skin and all living organisms of our water planet.

A water solution containing sodium ions, such as the ocean or our blood and extracellular fluid, would certainly make an ideal Faraday cage, and

thus provide a safe haven to secure and thus, over Time, attract BEC's. Now it would appear that the Electrons in sodium's D orbital could also act as a specific antenna to link to cosmic communication from the galactic center. Might the precession of the equinoxes be the result of resonance of cosmic plasma discharges at the changes of the Ages interacting with the dominant Sodium electrolyte in aqueous solution that covers most of the surface of Middle-Earth?

As a practical application and a test of this new hypothesis, I turned my attention back to the original problem solving that led me to these new observations, that is, how to more consistently embed the quantum Energy of various electromagnetic Rife frequencies into a liquid carrier as stable phonons. I chose to add sodium to my solution bases that had not previously worked, in the form of Flower of the Ocean, as it is the highest quality sea salt, being the salt crystals that form floating on sea water evaporating in the sun. It thus contains sodium along with the full complement of trace Minerals, and appears to carry an excellent compliment of BEC's as well, perhaps helping explain the levitation of these crystals to maintain flotation on top of the surface tension of evaporating seawater.

Sure enough, problem solved! The new procedure allows all frequencies tested so far to be easily and quickly succussed into a stable resonance with the addition of a small amount of sodium. Succussion, or the formation of vortices, by the Way, is essential. I figure the BEC's superconducting properties couldn't hurt, and simply make the resultant tinctures and homeopathic remedies better, richer remedies, especially for the mental and Spiritual levels. I formed the intention to retest with a simple Sodium solution and see if in fact that is technically adequate for the effect, as a hypothesis. In any case, my hypothesis would be that this solution would have a tendency to increase in BEC content over Time through superfluidity of BEC's, so the Flower of the Ocean simply gives it a jumpstart!

It is interesting to note that sodium, such an essential, ubiquitous and oft maligned Mineral, may be more beneficent and more crucial than we might have dreamed. It is certainly the dominant cation in the ocean and

## Glen Swartwout

in the extracellular fluid in which our cells live. Sodium deficiency can certainly stop a person in their tracks energetically.

A further reflection on sodium, is that Japanese research has clearly shown that the negative effects linked to salt or so called 'sodium sensitivity' in fact come from the chloride anion (which, in association with a hydrogen nucleus makes hydrochloric acid). This was shown by monitoring effects such as post-prandial blood pressure elevations in response to salt-laden food. Blood pressure elevation is completely abated with Chitosan, an 800 year old fiber remedy made from the chitin in crab and shrimp shells, Now made by alternately bathing the fibers in strong alkali and acid baths to remove functional groups, leaving highly active sites which bind to heavy metals, radioactive particles, petrochemicals and Chloride ions. In fact, Chitosan is the number one product used in commercial water purification because of the broad spectrum of toxins it absorbs so efficiently from water (water of course is the #1 ingredient in the human body). After Chernobyl, for example, Chitosan was observed to be the most efficient remedy to pull radiation from the bodies of survivors. Now, chlorine, a halogen (along with Fluoride), is known to be highly toxic and even deadly, whether as a gas or in ionic form (such as hydrochloric acid).

Viva la Natrium! Did you know that the word salary comes from salt? Yes, the Roman legions were paid their salary in salt! Without it, they could not march... Are we worth our salt?

### Further Refinement

A solution of sea salt (sodium and trace Minerals) containing a high amount of BEC's (superconducting) converts electromagnetic frequencies to phonons efficiently via succussion (for me at this Time, a minimum of about 30 succussions seem to be effective), and holds this resonance efficiently over Time.

A second solution containing table salt (sodium chloride without trace Minerals or BEC's) appears to convert EMF (electromagnetic field oscillations) to phonons even more efficiently than the Flower of the

Ocean solution (taking only about 10 succussions). However, the resonance fades rapidly. Additional exposure and succussions fail to produce a stable resonance pattern.

Adding a small amount of pure crystalline BEC's to this second solution produced a result comparable to the first (Flower of the Ocean solution). Thus, it appears that sodium is the transducer between the EMF signal domain and the BEC phonon domain, while the BEC's appear essential as the superconductive carrier for achieving a stabilization of the quantum energies in solution.

BECs give characteristics of oily moistness and rich flavor to salt crystals until they are typically cooked out by overheating, industrial processing and exposure to EMF. A third solution using a dry white granular sea salt, containing trace Minerals, but likely lacking most BEC's due to processing, held resonance longer than table salt, but was not stable. It is likely that there are some BEC's remaining in the processed sea salt, but not enough to fully stabilize the phonons.

### Deeper meaning

The D-orbital sodium Electrons (D1, D2) appear to be precisely tuned to resonate with both the galactic center and the BEC's (Mineral substrates of Consciousness). These Mineral resonance frequencies are the closest among the Fraunhofer lines in the sun's spectrum to the peak sensitivity of our vision. These observations offer the potential for a scientific mechanism for understanding the age old and cross-cultural observation that salt is a most powerful Spiritual medium. In ages past, most commonly available forms of salt were simply sun dried sea salt, containing a full complement of BEC's (as well as essential trace elements).

Most commercial salts fall short in their capacity to complete a stable transduction of energetic communications to and from an organism. A living system, by containing an adequate concentration of both sodium and BECs appears well designed to receive and store communication from its immediate energetic environment as well as the cosmos (see

below). A conscious organism has a design function for sending effective energetic signals to its local and cosmic environment. The one-legged kingdom (plants) may be more adapted to receptivity than expression, but even their lower sodium levels (compared to animals) must be adequate for receptive signal transduction (see, e.g. the book *The Secret Lives of Plants* by Peter Tompkins and Christopher Bird).

### Superlight Theory in the Unified Field

I see the fundamental particles of Nature (atoms, Electrons, etc.) as Angels, that is, Divinely intelligent creatures carrying out Divine will to perfection. Modern physics finds itself straining at ever smaller and more evanescent particle/waves when super colliders torture the angels of Creation out of their customary appearance, as they exit from our perceptual Space back to the fullness and integrity of the 'vacuum'. These patterns of angelic organ splatter seem to lead to an increasing complexity in our search for understanding the Nature of the Universe, which physics has come to perceive as fundamentally a perceptual Space. Perhaps if we seek less to separate, and more to broaden our scope of questioning, we will find the unification of understanding that eludes us in our quest for the fundamentals of division.

Superlight is a theory, which proposes to unify the seemingly disparate forces of the modern physics world-view. James Clerk Maxwell (1864, "A Dynamical Theory of the Electromagnetic Field") is responsible for the second great unification in physics, with Sir Isaac Newton having initiated the first (1687, "Philosophiæ Naturalis Principia Mathematica"). The term "Maxwell's equations" originally applied to a set of eight equations published by Maxwell in 1865, but Nowadays applies to modified versions of four of these equations that were grouped together in 1884 by Oliver Heaviside.

Maxwell's original, unmodified equations were set in a multidimensional Space-Time with extra dimensions to allow for information/communication/consciousness. The charge equation has two solutions, the Electron and the positron. The mass equation likewise has two solutions, the neutron and anti-matter. The electromagnetism

equation has only one ‘real’ solution: Light. But another mathematically correct solution exists, which we will call Superlight. It is not mathematically ‘real’, but rather ‘imaginary’ as the square root of a negative number. Information, communication, and Consciousness are likewise not ‘real’, but quite fundamental and powerful in the Spiritual world of imagery. Mathematically, Superlight comes from the Future, and is thought to emanate from the densest objects in the cosmos, such as black holes and quasars found at the centers of galaxies. The concept of a Singularity, such as a black hole, may simply be the singular quantum center of gravity of a massively extended cosmic Condensate body, a macro-cellular Divine presence resonating creative Superlight Energy from the Future, and calling all Hobbits home. Superlight mathematically, according to Maxwell’s original equations, travels at the speed of Light squared (in reverse Time).

It is in these extra dimensions, that allow for Life in our model of the Universe, in which Superlight carries Divine will to the Creation as a morphic resonance field (cf. Rupert Sheldrake), and inexorably draws Creation forward, perhaps even creating the navigational, perceptual movement of Time itself. These extra dimensions are consistent with some of modern Human physicist’s best models of how the Universe may work, such as the 10-dimensional model being explored by the Max Plank Institute. In this view, the two dimensional information Space has the capacity to transcend the familiar 4-D Space-Time, and even the death of its physical bio-body suit through which the Spirit, made of two-dimensional liquid crystal lattices of BEC’s, gains its navigational abilities. The full complement of genetic information is carried in the information Space, and can thus be reconstituted in the mirror Space of the after-Life. It may be that in navigating to a locus of lesser separation in Space, the planar liquid crystals of our Souls can fully integrate into a higher dimensional (e.g. 3D) liquid crystal matrix (heaven). It may also be that the interior reflection of such navigational choices for loving service, lead us to such integration in this Life as well. As above, so below...

St. Nilus around the year 400 A.D. foresaw that “After the year 1900, toward the middle of the 20th century... one man can carry on a conversation with another from one end of the earth to the other. At

## Glen Swartwout

that time men will also fly through the air like birds and descend to the bottom of the sea like fish.”

What might be the Nature and meaning of the coming change in cosmic polarity, as our solar system crosses the energetic equatorial galactic plain in 2012? Prophetic views from highly developed Souls across the past two millenia concur on a number of features:

### Transition (three days of darkness, fire from the heavens)

Iridium, along with other BEC's may be concentrated in the galactic disk. BEC Iridium, as it readily burns, would be the cause of the fire from the heavens. At least some of the burning Iridium may drop into a metallic form, which would explain why it is observed in periodic layers in both the ice caps and the geologic record (e.g. global iridium layer at the Cretaceous-Tertiary boundary associated with extinction of the dinosaurs, or at least their morphing into birds!).

### New heavens and new earth

There may be no oceans on the new earth. There could be a restoration of the firmament, providing a very new outlook on the heavens. Aging could be greatly diminished. We could be breathing a higher level of BEC's making us less dependent upon food. The lion would lie down with the lamb.

Electronic devices may not work (with the possible exception of vacuum tube technology). Will the new conformation of the sun, following the three days of darkness be missing its outer atmosphere? These Minerals currently absorb what would otherwise be some of the most biologically and meteorologically active quanta, seen as discrete dark bands in the solar spectrum, known as the Fraunhofer lines, including the most prominent, the paired sodium D lines.



## Divine will

An increase in BEC activity in the biosphere could explain the prophecies that survivors of the transition will universally experience the Divine will directly. That many may not survive such a cosmic upheaval is reflected in prophecies that we will rejoice when we do see one another.





# Gestation, Tissue Layers, Acupuncture Meridian Vessels & Electro-Acupuncture

Triunity... A braid of three makes a strong functional rope...

In the body, this is the form of a neurovascular bundle, the structural correlate of the acupuncture points, where they penetrate superficial layers of electrically insulating fascia. How does this wonderful structure of Life develop?

The DNA may only be a single or double helix, but there is Space for a third, a structured water conduit that can increase in conductivity 10,000 fold with the presence of Bose-Einstein Condensates that make up the conscious Spirit body.

When cells undergo mitotic division, both during embryological development as well as during repair of tissue damage, the condensate capped microtubules of the cytoskeleton guide the DNA through the replication of the cellular torus...

## Conception

In embryological development, conception is accompanied by the greatest bioelectrical discharge in human Life, enough to denature the transmembrane proteins of the fertilized egg. This toroidal Energy release establishes the energetic barrier function between sElf and mother/other, as well as the primary cephalo-caudal (head-tail) axis orientation. The electrical Energy release progresses from the caudal to cephalic poles around the circumference of the spherical egg cell, producing a magnetic Vortex and likely a plasma disc halo in the

## Glen Swartwout

surrounding biofield Space, our initial exposure to kundalini rising. The coherent Photon release of this Vortex can be identified by the mother as the presence of a new being in her womb. This discharge establishes the polarity between the interior Yin and exterior Yang linking vessels. The moment of conception was thought in ancient Times to be even more significant in its effect on the persona than that of birth itself, the emergence of the new fractal individual into this womb of Heaven.

The first cell division produces the bilateral symmetry axis around the anterior Conception Vessel and the posterior Governing Vessel, as well as dividing the yin and yang polarities into the Right and Left Yin and Yang Heel Vessels.

The second cell division produces the horizontal Belt Vessel, the only horizontal chi flow in the body, as well as the Thrusting Vessels, completing formation of the eight Extraordinary Vessels of classical Acupuncture. These eight primordial Energy circuits are described by the eight trigrams that in pairs make up the 64 hexagrams of the I Ching.

After the third to fifth generation of cell division, the Morula stage is a sphere of a single layer of cells, and with further mitosis begins to form a hollow center, the Blastula stage, at about day 5. The Blastula is a bilaterally symmetrical hollow tube that forms an inner cell mass or embryonic disc. Beginning caudally at the point where conception was initiated, and extending along the Conception and Governing vessels, mesenchymal cells form by releasing their cytoskeleton connections to neighboring epithelial cells and migrate to the hollow interior of the blastula, forming the first histological break in symmetry around the midline, called the primitive streak, a developmental feature common to reptiles as well. This deeper tissue layer forms the mesoderm (Layer 1: Flow, Layer 2: Support and initiating the invagination to form Layer 3: Process).

The anterior posterior symmetry is broken by formation of an anterior mesodermal cell mass to form the umbilicus and placenta, orienting for nourishment to the mother (linking sElf to other along this primordial transactional orientation axis). Implantation occurs around day 6 or 7.

## Gastrula

Around day 7 - 10, starting at the point where conception was initiated, the blastula transforms into a tissue-level torus, as the endoderm invaginates at the mouth, the point on the primitive streak where the Conception and Governing Vessels meet, and begins formation of the gut tube as the center of a topological, but elongated torus. This stage of development is the Gastrula. At this point, the three basic topological populations of cells exist. Ectodermal cells on the outer surface will become Layers 4 and 5. The interior mesodermal cells of the primitive streak will form the deeper tissue Layers 1 - 2. The endoderm (Layer 3: Processing) is formed by those ectodermal and mesenchymal cells that invaginate to form the inner lining of the gastrula which will develop into the gut tube, digestive organs and lungs. (Layer 3: Process).

## Neural Tube

Next, the neural tube and crest tissue differentiates through days 15 to 21 (Layer 4: Communication), forming a second torus by invaginating from the ectoderm. The neural crest tissue will distribute itself non-locally to form the endocrine and autonomic nervous system as well as the melanocytes. This portion of the Communication system is associated closely with bioPhotonic activity and the Chakra system.

The eye spot becomes dark, the most visible organ by around 6 weeks. The eye transduces Light into the greatest electrical dipole in the body, the retina. Long wavelength visible (ruby or scarlet) Light penetrates maternal tissues and illuminates the foetus in the womb, and vision is functional before birth. The eye, due to this dipole photocell battery, powers the direct current meridian system of the extracellular fluid Space.

## Heart

Heart cells begin to beat on around day 22. The heart is the fourth major toroidal formation (Layer 2: Support), the first tissue to move, and a most powerful and reliable pump, but also the strongest biofield (EMF)

## Glen Swartwout

signal generator, essential for allowing the pressure pulse wave accounting for 50% of blood flow to an optimally functioning organ. It is the reflection of this pressure wave from stressed and sick organs that is felt in oriental pulse diagnosis. When a tissue's metabolism becomes inefficient, or an organ becomes toxic or stressed, lactic acid builds up, tissue swells, and the pulse pressure wave cannot easily enter the tissue. Electromagnetic fields from 50 and 60 Hz electric power distribution and fields from other technological sources can easily overpower the heart's signal, blocking the ability of blood vessels to allow the pulse pressure wave through. This reduction in blood flow can further aggravate the situation leading to hypoxia and greater lactic acid production, a sludge that contains unbroken carbon bonds, builds acidity (protons) and osmotically draws water, leading to bloated cells and tissues. Think of a tight or cramped muscle. Function and even comfort are reduced. Electrically grounding the body and otherwise restoring an abundant flow of Electrons, such as negatively charged (alkaline, microcluster) water, are essential in restoring optimum cellular function.

As formation of the embryo progresses, nine Yang channels initiate their flow out of the Governing Vessel:

Bladder  
Gall Bladder  
Stomach  
Small Intestine  
Triple Warmer  
Large Intestine  
Yang Heel  
Yang Linking  
Belt

And nine Yin channels develop their flow out of the Conception Vessel:

Kidney  
Liver  
Spleen  
Heart  
Pericardium

Lung  
Yin Heel  
Yin Linking  
Thrusting

Thus begins the function of the human photo-energetic regulatory system.

### Meridian Circuitry of the Hands

Yin meridians start at thorax and end at hands.

Yang meridians start at hands and end at cranium (internally or externally - e.g. Endocrine/TW - at eyes).

### Meridian Circuitry of the Feet

Yin meridians start at feet and end at thorax (internally at eyes).

Yang meridians start at eyes and end at feet.

### Hypothesis

Mineral condensates cohere with a structure inducing 172 Hz resonance in the human consciousness field. This corresponds to a two-meter wavelength for resonant phonons, quantum photonic solitons carried superconductively in the condensate content of the atmospheric environmental/breath space surrounding the human organism, which reaches 2 meters in length from outstretched hands to feet. This quantum organizing principle, which makes multiple atoms function coherently as one effectively reduce the local concentration of independent condensates. Additional condensates therefore migrate toward this 172 Hz activated and resonating locus by osmosis, moving passively down the created concentration gradient. In contrast, other field frequencies including the technically derived 50 and 60 Hz mains

frequencies currently used globally for power distribution, are disharmonic in the multi-atom liquid crystal, and therefore are structure breaking in function. Condensates, via their superfluid property, tunnel out of liquid (e.g. glass) and solid (e.g. steel) containment in conditions common in current industrial earth culture, such as electric range tops and much electric powered food manufacture. This is due to an effective increase of the concentration of the independent units per volume of these condensates in the food through breaking of the two-dimensional liquid crystal lattice structure of the plant or animal seated diamagnetic mineral condensates making up the spirit body of the human food source.

Metal element supplies paramagnetic condensates via Lung to top of Heart vortex for clearing of paramagnetic (earth mineral) field in preparation for reprogramming to diamagnetic physiological role as superconducting and superfluid dwelling of the conscious spirit. This process clears the two-dimensional diamagnetic liquid crystal matrix structure of condensates acquired especially via deep coherent 10 second breath cycles from the ambient atmospheric lunar tide, which peaks with the full moon. At the bottom exit of the heart chakra-related vortex (core of the 5 layer magneto-electric vortice engine of the conscious spirit body), these condensates are added to the diamagnetic condensates absorbed from the diet via the Small Intestine. These Fire Element condensate acquisition functions are associated with the yin Heart meridian at the top entrance of the core vortex and the yang Small Intestine at the complementary anatomically inferior exit vortex. Completing the movement cycle of this energetic vortex's absorption process is the distribution process carried at the top by the yang Circulation meridian function, bringing condensates to body tissues for potential incorporation into their locally seated bi-dimensional liquid crystal matrices. Distribution of diamagnetic condensate minerals at the bottom of the core vortex is carried by the function associated with the yin Endocrine (Triple Warmer) meridian, which is also associated with the spectral distribution of electromagnetic quanta (light frequency) visualized in the Ayurvedic Chakra map, as it supplies the source condensate material which carries the associated resonance frequencies to support this coherent biophotonic communication physiology.



While the magneto-electric function of the vortices is powered by a bi-dimensional reduction (locally entropy-reducing dimensional/informational catabolism) of each of the 5 layered vortices, the associated electromagnetic flow circuits of the related meridians is powered by the photonically powered electric dipole of the retinal tissue, the strongest tissue (coherent multi-cellular) dipole in the human organism.

## Reconstructing the Lost Elvish Science Chakra-Meridian Plasma Vortex Model

If we look at the relationship between the Traditional Chinese Medicine view of electronic Chi flowing through the Meridians, and the Ayurvedic view of photonic radiance at the Chakras, a pattern begins to emerge. In modern German electroacupuncture, there are Meridians or Vessels on each side of each digit, whether on Human hand and furry Hobbit foot... These 20 vessels on each side of the body can be associated in pairs as circuits and in double pairs as plasma discharge Birkeland current filaments linked to the Chakra Vortices.

We begin with the Heart Chakra, the core and power center for the whole Chakra system. In TCM, the heart is associated with the Fire Element, which has four classical meridians already assigned. These are:

The Heart Meridian, which is Yin, is linked to the Small Intestine Meridian, which is Yang. This forms one circuit or loop on each side of the body.

Heart Protector or Pericardium, which I, and others, label functionally as Circulation, which is Yin is linked with the Triple Warmer or Triple Heater, which I and others call Endocrine, which is Yang. This is the second circuit on each side of the body.

Together these two channels for carrying chi make up the form of Birkeland currents found in Plasma discharges. Such twisted pairs of circuits minimize energy loss to magnetic fields and stray currents, whether in cosmic or biological Plasmas.

## Glen Swartwout

The rest of the photoenergetic vortex system of Elvish science is not so well preserved from its First Age origins as is the core of the system, the Heart Chakra and the four Meridians of the Fire Element, the Fire in the Middle, the physiological pyr-amid...

We can reconstruct such a model, however, using all 20 of the electroacupuncture vessels, with four serving each of five concentric layers of spherical Plasma Vortices, centered on the Heart, where we attach value to our experiences.

The second sphere radiates photons at the top of its vortex as the fifth, throat or Visshuda Chakra, known as the purification center, and at the bottom as the third, solar plexus, or power Chakra, known in Indian tradition as Manipura or the city of jewels.

The fifth Chakra is associated with both expressive and receptive language, the assignment and decoding of meaning with Our Words, which is associated with the Earth Element in TCM, where this developmental level of the Spirit follows the Heart's assignment of value, positive and negative, to the experiences of our sensorium, taken in reflexly like breathing through the Metal Element which includes the lungs... The Earth Element includes the classical Spleen, also now called the Spleen/Pancreas Meridian, which is Yin, and the Stomach Meridian, which is Yang. Just as the digestive functions of the Earth Element process food by separating, discerning, and categorizing both nutrients and toxins, the processing of positively and negatively charged sensory patterns results in conceptualization and labelling of experiences as the foundation of linguistic thought.

The third Chakra is associated with the Will, which is also associated with the next Phase of Spiritual development in the Five Element model of TCM, which is governed by the Water Element. Thus the Plasma discharge from the bottom of the second concentric sphere, that of the mind, of thought, memory and will tends to follow the channels of the Yin Kidney and Yang Bladder Meridians of the Water Element.

As we progress to the third sphere and the Wood Element, the path becomes less clearly defined, but we shall pursue it til the end meets the beginning, completing the ouroboros, nevertheless...

## Overview

Beginning (Metal) and end (Water) of the self-governing (non-transcendent) systems are binary, coherent, consecutive, unified...

The input of the Fire vortex is quintessential mind. The output is trinary emotional orientation.

The input of the Earth/Water vortex is quaternary space/time. Output is binary will.

Note the function of each vortex compresses dimensionality of representation by two-fold. We can project this design function into the transcendent realm to explore possible models for consistency.

Input of the first transcendent (social) vortex is 7-fold (blessing). It is centered on the Connective Tissue, and bracketed or enfolded by Stomach/Skin (water element resonance), which is itself bracketed by Joints/Fat Metabolism.

Note that Metal and Fire meridians express on the hands. Then the Earth/Water and Wood meridians express on the feet. Each vortex is thus mapped holographically within the same extremity. If we project this pattern into the transcendent realm in search of a matching model, we find a single solution: Fat Metabolism/Joints.

[The sole candidate for seven-fold visionary/transcendent mind (dimensionally matched to the social vortex) is Lymph & Psyche. Thus the transcendent holographic map mirrors it's foundation, mapping in the lower extremities then the upper. The output is Immune/Nerve, a triune dimension centered on Circulation (Heart Protector).]

## Glen Swartwout

Alternatively, a sixfold dimension of Lymph/Immune (relates to self/other identification, and brackets Lung/Circulation around center bracket Nerve/Large Intestine) would vortex down to a fourfold Nerve/Psyche space-time output (center bracket Circulation/Immune). The second pattern retains the symmetry of an enfoldment of two dimensions (one from each side) as an essential function of each vortex. It also pairs functionally resonant meridians: Lymph with Immune, and Nerve with Psyche, so we shall adopt this as the working model (Occom's Razor; elegance).

In the Fire vortex the holographic movement is from double yin centered on the Psyche (Father) to double yang centered on the Heart (Son), a yang-ward shift of centration. This is on a foundational input of Metal (Holy Spirit) yin/yang with a yin-ward center, and entirely yin-ward relative to all the Fire meridians.

In the Earth/Water vortex the movement is also yang-ward without overlap. Centering shifts from Liver/Joints (organizing of action) to Kidney/Bladder (act of the will).

Note the similarity of the centering movement in the upper quadrants between the space between thumb and forefinger (Metal) and the yin side of smallest finger, compared to space between the big toe and second toe (Earth) and smallest toe.

We are left with the combination Connective Tissue/Skin as binary input to the final vortex with binary output Lung/Large Intestine, completing the cycle. This final cosmic vortex then is the only one that does not compress dimensions or degrees of freedom. Perhaps two additional dimensions that are external to the body, such as the crystal lattice structure of condensates entering the body make up the difference not reflected in the bilateral meridian vessels. This energetic connection to our environment is an essential link to our fractal Source.

When we shift from one vortex's output to the input of the next we generally see the addition of one dimension. The exception is when we enter the transcendent realm and the Other brings a 5 fold dimensionality along.

The process is started with increasing large yang shifts during the local/self spiritual development process. On a scale of 0 - 10 for the ten meridians on each extremity, we start at 2.5 spirit energizing the shift from 7 psyche to 9 heart. Next, we shift from 2.5 mind to 9.5 will. Then we enter the non-local/scalar realm with a transformation that stays spatially centered at 5 before and after. This is the engine that drives the soul into transcendence. Then we go from 3.5 to 5.5 on the upper extremities. Last we go from 5.5 on the lower extremities back to the starting point of 2.5 on the upper. This is for building up a coherent and harmonic structure here/now as a vessel for the future self/transcendent source.

In all, each of the 20 meridian vessels with digital terminus are utilized in this model, with 4 discharging each of the 5 Plasma vortices:

0. Connective Tissue/Skin - Lu/LI
1. Ht/Circulation - SI/TW (Endocrine)
2. Spleen-Pancreas/St - Ki/Bl
3. Lv/GB - Fat Metabolism/Joints
4. Lymph/Immune - Nerve/Psyche
5. Connective Tissue/Skin - Lu/LI

The sixth dimensional sphere would be the non-local Divine Source, encompassing and radiating all that is...

Next: Look at direction of flow patterning in meridians:

1. Ht flows from heart internally out from arm-pit to pinky finger, while Circulation flows from heart emerging at mid-thorax to middle finger. SI flows from pinky finger to anterior to the ear, with internal connection to the small intestine and TW flows from ring finger to lateral to the eyebrow. The fire element thus has a double circuit connected through the hands, in which both yin and yang move centrifugally outward

## Glen Swartwout

carrying blood and chi, while yin and yang return with nourishment and light. This dual vessel circuit parallels the twisted pair vortices seen in plasma physics as Birkeland filaments, which likely function to optimize electric discharges in plasma by minimizing magnetic field losses, and may serve a similar function in the heart chakra as its electrical field oscillation (EKG) is systemically dominant, and functionally essential to enhance vascular elasticity allowing the pressure pulse wave of blood that accounts for 50% of blood flow to optimally healthy organs. This function is not incorporated in modern physiology models, thus presuming a loss of the state of wellbeing, and at best a state of susceptibility to disease.

2. Spleen flows from the big toe to the thorax, while St flows from inferior to the eye to the second toe, connecting a circuit on neighboring toes. This is yin flowing in and yang flowing out. Ki flows from the (baby toe to the) bottom of the foot to the clavicle, while Bl flows from the inner canthus of the eye to the baby toe, connecting a circuit on the same toe. Again this is yin flowing in and yang flowing out.

3. Lv flows from the big toe to the liver area of the lower thorax with internal connection to the eye. GB flows from the outer canthus of the eye to the ring toe, completing a Wood element circuit non-locally in the foot, but with the other Wood circuit embedded between. This is again yin flowing in and yang flowing out.

4. See below (no data from classical sources).

5. Lu starts from lung emerging on the surface at upper thorax to thumb, and LI returns from index finger to face area lateral to the nose with internal connection to colon. This circuit connects on adjacent digits in classical acupuncture and even closer as adjacent vessels on those digits in German electroacupuncture. In this case, yin moves out and yang returns.

This reversal of the metal element's flow vector relative to the earth, water and wood elements may be related to the fact that it is the metal element that initiates the spiritual growth cycle by supplying jing (BECs) which in the current terrestrial environment are dominantly in the form

of paramagnetic condensates as part of the earth's tidal consciousness field.

Further contrasting is the fire element function which is here modeled to reprogram condensates from mono atomic paramagnetic to at least triatomic diamagnetic liquid crystals.

Given this pattern analysis, and hypothesizing yin/yang pairings for the electroacupuncture vessels:

Yin/Yang:

Fat Metabolism/Joints

Lymph/Immune

Nerve/Psyche

Connective Tissue/Skin

We can now also propose flow directions consistent in this model with those seen in the classically described meridians, which have been confirmed through photographic analysis of the movement of radio-opaque dyes, thus showing the bulk movement direction of the extra cellular fluid as a previously unrecognized channel for bulk tissue waste transport.

Fat Metabolism and Joints are proposed as part of the wood element, in which the flow is yin in and yang out, so Fat Metabolism vessel would flow proximally from the ring toe, while the Joints would flow distally to the second toe. This circuit is bracketed by the parallel Wood Element circuit on the foot consisting of Lv/GB.

Connective Tissue and Skin are proposed as a part of the Metal Element, and would thus flow in reverse and assist in absorbing the paramagnetic condensates. Connective Tissue would flow distally out to the middle toe, while Skin would flow proximally from the same digit, completing a

## Glen Swartwout

circuit on the foot paired with the Lu/LI Metal Element circuit on the hand.

Now, the greatest challenge: we enter the first sphere of the transcendent, the identification of the self and other in the symbiosis: Lymph/Immune and Nerve/Psyche. This sphere seems to perfectly describe the emerging field of Psycho-Neuro-Immunology, which is equal in power with the chemical effects of medicines, as incorporates both of the memory systems, neural and immune. This is the sphere of the self, the self-aware consciousness, in contrast with the outer sphere 5 of the other, the environment, the cosmic source, the point at which we began... The breath of life.





## Epilogue

The more we know, the more questions we are able to pose about the Nature of this world. Though our Soul may live forever, we will sustain our state of awe and inspiration as we learn more Truth of what is... Feel free to request my contemplations in answer to any of these, or your own favorite questions. I am working on answering these, and am happy to prioritize my writing according to your interest.

In Theology, how is it that God is three persons, yet one individual? And if God is all good and omnipotent, why does God permit suffering? How can a human being be miraculously and instantaneously healed or even resurrected from the dead? What are the characteristics of the subtle body, and how do they relate to fundamental scientific observations of the Nature of Matter? Is Hell hot and Heaven cold? How do some saints bilocate, and food multiply? How can some saints levitate or fly? How does an occasional saintly prophet ascend to Heaven along with their body still alive? How did the Holy Ghost impregnate the Blessed Virgin Mary? And how was her body assumed into Heaven and reunited with her Soul? What is the Nature of God's presence on Earth as the Shekinah Glory? What is the Nature of the Holy Ghost? How does wheat trans-substantiate into the body and blood of the Christ? What is the Nature of free will? What are Virtues? What are sins? And how are they connected? And which ultimately exist, bearing an essence of Life of their own within them? Who are the Doctors (teachers) of the Church and what can they teach us? Do similar stories in different faiths and cultures come from a common source? Does all Creation show this pattern of fractal mathematics?

## Glen Swartwout

In Cosmology, was the Universe created by a Big Bang bringing everything out of nothing, or can Matter and Energy only be transformed and never created or destroyed? Is the Universe infinite? Is the Universe in a stable steady state or did it have a beginning? Will it have an end, and is it cyclic? Why do some phenomena act in reverse Time? If there are black holes, what happens to the information (entropy) that enters them? Can entropy (increasing complexity of information) ultimately kill the Universe? What are the effects of the plasma that fills Space? Is the Universe more electric than gravitational? What can cause red shifts? What can cause a cosmic microwave background? Are universal constants really universal? Are they really constant? How are there dozens of them ultra-tuned to permit our form of Life? What are the chances? Does this Universe exist because we perceive it? Are there other Universes? Or is this a multiverse?

In Physics, what is the Nature of the wave/particle duality? Does the Photon have an anti-particle? What causes the arrow of Time? Can Time flow in reverse? Can causation flow in reverse Time? Is there causation? What states of Matter are known beyond solid, liquid and gas, where are they found and how do they work? If ORME condensates are 5/9 present as mass and 4/9 non-local relative to our more familiar states of Matter, does the 9 represent a cube of 3-spaces, and are two of the three spatial dimensions of both the past and future typically non-local in this condensed state?

In Chemistry, is all Matter really frozen Light? Do Photons control all chemical reactions? Do all vitamins, Minerals, enzymes and hormones really change functional activity (turn on and off) with selected resonance frequencies of Light? Are these the frequencies of Light used in the laboratory to fingerprint these substances?

In Biology, how did Life begin? Is there Life in Space? Can spores survive Space travel. Is there inorganic Life? Is the cosmos alive? Does Life have a purpose? What defines the terrains where various diseases occur? Do soaps wash away elements of our conscious Spirit body, as they wash away the protective oils and acid mantle of our integument? Do halogens, such as fluoride and chlorine, as well as antibiotics suppress Consciousness as they suppress Energy producing mitochondria?

In Medicine, is the body intelligent? Is the body trying to kill itself, such as in cancer or autoimmune diseases? Is a symptom a sign of the body's attempts to heal an underlying cause? How do we know what is causing a disease or a symptom? Are side effects of medication direct toxic effects? If a drug's purpose is to heal disease, doesn't that mean we will be able to stop taking it? Why do we talk more about disease management today than about healing or curing? Can toxins make us healthier? Does health insurance make us healthier? What is disease management? What is primary, secondary and tertiary prevention? Which kind is most effective? What is the Nature of terrain? What is an anti-oxidant? What is pH? What is the role of Light in the body? Why are many diseased tissues dark? What decreases longevity? What increases longevity? What affects quality of Life? What is the leading form of medicine in the world? Can we harmonize different models of medicine, like Western Medicine, Ayurvedic Medicine and Traditional Chinese Medicine? Do anti-inflammatory and steroid drugs disrupt the body-soul link resulting in loss of Spiritual substance as anesthetics do?

In Psychology, does all Consciousness come from the brain? Are other species conscious? Are plants sentient? Are fungi, our progenitors, sentient? How does non-local communication (e.g. prayer, ESP) work? Why is there no ESP only when the center of our galaxy is most directly overhead? Does the pineal eye receive communication? What signal does Consciousness send that results in quantum effects in reverse Time? What is intelligence? Is sharper vision better? What are the effects of color?

In Education, what is the value of process versus product orientation? What is the Socratic method? What is experiential education? What is classical education? What are the benefits of a one-room schoolhouse? Does it take a village to raise a child? If no child is 'left behind,' who can get ahead? Why are there so many learning disabilities today? What is IQ? Can it change? What are our learning abilities? How can we improve them? What are the prerequisite sensory, motor and integrative functions for cognition? How can we develop those?

In Philosophy, are there perennial truths? What are they? What are the common errors of logic?

## Glen Swartwout

In Mathematics, what is a fractal? What is imaginary? What is real? Can numbers really be real, or are they merely symbols? What is wholeness? Where did statistics come from?

In Linguistics, what is of the Truth? How can we communicate with zero loss of meaning in translation?

In Law, what is the Nature of Law? Is the heart of the Law more important than the letter? What is Opinion? What is Code? Are we created as sElf-governing beings? What is Canon Law? What is the Church? Is the Church a government? Is Church Law incomplete, having zero enforcement (beyond that inherent in God's Natural Law)? Is natural Law enforced? Must Law and governance be based in violence, threat, duress or coercion? What are the elements of a crime? Are we presumed innocent of all elements until proven guilty? Is presumption an error of logic? Is monopoly bad and a free market good? Is there a factual difference between government and monopoly? Is there a factual difference between a government and a protection racket? Is there a factual difference between Social Security and a Ponzi scheme? Does a Grand Jury still serve its original purpose?

In Economics, what is the Nature of money? Who is Moneta? Is the love of money the root of all evil? What is a fiat dollar (F.R.N.) made of? Do transactions and exchanges really occur? Where does value come from? What store of value cannot be lost? What can we really own? What are the economics of abundance? What are the economics of infinite value? Where did insurance come from? Is it harmful to bet against ourselves?

I hope that some of the questions and answers I have found for myself will stimulate your own thinking... What is your favorite Big Question?



## Outro

The human Mind wraps itself around the Nature of all that is, this music of the spheres, and comes up with a model, a scribed score, a complete map of the all. Well, almost all, or at least as much as we are able to take in and mentally organize. Modern science offers a spectacular array of theories about the Nature of aspects of our world, but many of these are mutually incompatible.

When is a Law of Nature no longer a Law? Can we contemplate that Energy and Matter can be converted but never created or destroyed, and still contemplate a Big Bang, Creation of Everything from Nothing? This is no more sensible than the fairly recent notion in Christianity of Sola Scriptura, the notion that all important teachings are found in the Bible alone. Yet, this concept is found nowhere in the Bible... We must all think again... or go on missing the big picture.

Einstein's gravity ruled grand cosmos keeps getting quirkiest to fit our observations of reality, while the increasingly quirky microcosmos of quantum dynamics is ruled by electromagnetism with no clue about the Nature of gravity. The quantum world is observably Spiritual in Nature, and fundamentally built on Consciousness. Viewing the Universe through the macro lens of gravity, we only come to conclude that we cannot see most of what must be there. We can only 'see' dark Energy, dark Matter, black holes and big bangs through the eye of the Mind, in contemplation of natural Law, just as our cultural world dominated by fiat money, genetically modified organisms, synthetic medicines, invasive tertiary care, multi-national corporations and federations of layered hierarchies of worldly states with their millions of Laws, regulations and codes, reflects a thinking upon entities many of which exist only in

## Glen Swartwout

contemplation of man's Law, and most of which have questionable utility in the progress of Souls.

What if all that is, is made of vortices? Toroidal vortices with homologous structures, large and small... in a fixed set of dimensions

Angels of this Creation have three sets of wings. This is an old idea. Perhaps its Time has come again... I hope so.

One set of wings beats standing waves of charge into our realm of perception, the Electronegative Electrons and electropositive positrons. Never does one wing beat without the other, though they span the Universe itself. And their connection is not governed within the realm of Time. They appear together, and they disappear to whence they once came... together, though they be apparently separated by the apparent separation of Space. Another perspective in modern physics is that a positron is the same as an Electron with a reversal of the arrow of Time.

That apparent separation is being aptly modeled with the modern parable of the hologram, a two-dimensional film containing a three dimensional image, made by crossing two beams of coherent Light. Such holographic imaging of DNA in glass has now been shown to cause reconstruction of the DNA once imaged. Resurrection is no longer beyond the conception of science! The body's DNA code is stored in the Soul, and this image is capable of not only regenerating the biological body suit, but without imperfections in the original caused by environmental contingencies. Thus Saints are typically seen as 33 years of age, and perfectly developed, even if they suffered deformity in Life, or never developed to maturity!

The holographic model of modern physics is compatible with the possibility that all of this world occurs on a multidimensional surface of God, an infinite dimensional sphere with a triune internal Vortex structure revealed as Family: Father, Son and Holy Ghost, the Spirit of love that flows and connects the two as family. Viewed as a creature, these are titled Creator, Redeemer and Sanctifier. These theological phenomena have been witnessed on earth repeatedly in consensual physical forms, for example as the Shekinah Glory (pillar of smoke by day, and fire by night, like a Birkeland current in the living Electric

Universe), in human form as the Christ, who's real presence of heart tissue and newest evolutionary blood type AB have been documented in transubstantiated hosts, and the Holy Ghost, seen as tongues of flame above the heads of the apostles, while all present could understand in their own language.

A second set of wings beats the realm of Matter and anti-matter, inseparably as in the realm of charge. Yet the mystery of apparently missing anti-matter remains a puzzle even to the wise among the high priests of science and scientism. A clue is that anti-matter is equivalent to Matter if Time is reversed.

The third set of wings is even less fully seen by the modernists' eyes. We see the Light, we say, but the Light of Truth shines brilliantly in our darkness, and is not comprehended. The companion wing to the Photon, is barely a glimmer in the imagination of the few... called variously the ether, gravitons, tachyons... Superlight... dark Energy.... And the imagination is where we shall clearly see this wing of Creation, as it is indeed imaginary. Mathematically imaginary... and yes, as real as our own imagination, or as the thoughts of the Creator in creating this as the foundation of the world, a fact quantum physicists have amazingly surmised by seeking the Truth amongst the smallest of the small.

Traveling at the speed of Light, squared, but in reverse Time, we could also call this quintessential but imaginary particle Grace, or even Anti-light. Whatever we call this wing, a nose by any other name would smell as sweetly... The symmetry with the other wings of Creation becomes clear when we see that an Electron is a positron in reverse Time as well, and likewise with Matter and anti-matter.

Our galaxy, moved by occult dark Matter or by cosmic plasma?

This Energy is dark unless we have eyes to see it. Perhaps the pineal, structured as an eye complete with lens and retina, aids in this purpose, especially in humans, where it is positioned in the center of the skull. The pineal is found on autopsy to point either up or down... Is there a functional difference? There are many questions we have not even thought yet to ask... The most widely replicated research protocol in

parapsychology shows that there is one unique Time of day when zero inter-subject communication (ESP) is found, and that is precisely when the center of the Milky Way Galaxy is most directly overhead, sidereal noon. Further research on this massive data set (by the Institute of Noetic Science, founded by astronaut Edgar Mitchell) may yet shed Light on potential orientational sensitivity of this effect with respect to the pineal, since postural data was recorded (sitting versus lying down).

### I Am Wave Standing

Three domains of six dimensions each (1 Time, 2 coherence/consciousness/iam, 3 Space) for a total of 18 dimensions (or 13 if the 3rd realm is only past Time, lacking Space and coherence):

**Past:** Separation, Hell/Judgement, Ego, Memory, heal with Acceptance: All that I can own are my mistakes... and the only real mistakes are the ones I have not yet learned from.

**Now:** Transformation, Universe, Sensorium, invite/allow Awareness/Spaciousness: I am that I am... All that I steward, I offer in loving service of all...

**Future:** Merging/Union, Heaven, Imagination/Vision/Grace, witness transcendent coherence of Consciousness/Love: Attitude of gratitude for the coherent meaning and purpose of all loving kindness.

If the finite probability field of a single Electron, which is imaged by God's thought angel of the Electron, extends in all spatial directions to infinity (as in accepted model of physics), then the physical extent of the Universe in which that field is contained must be infinite, and likewise the range of electrical and magnetic field interaction must be infinite. Therefore, Einstein's presumption that gravity alone acts at cosmological distances is a false presumption, to this day lacking any functional model of gravitation, and the theory of relativity based upon it is necessarily of limited utility. Since the model is also based on thought experiment lacking any observed support via particle, medium or mechanism, it is best viewed as a merely conceptual model, useful only as a mathematical



construct for comparison with what is until an actual explanatory model emerges. In fact, relativity theory remains at odds with observations of the fine structure of the Universe.

An explanatory model, which better predicts the locus and relative motions of the celestial realm is at hand. It incorporates a particle as medium and mechanism not only for behavioral observations we call gravity, but also for behaviors which have heretofore been widely observed yet have found no quarter for contemplation, research or communication within the stabilizing Meissner field of the Consciousness of contemporary conventions in scientific academia, government and commerce, which have bound themselves together into a tight knot in resistance of increasing evidence of the need for a paradigm shift. These outliers include among other aspects of Consciousness, Spirituality, transcendence, and healing: the functions of grace and predestination; miracles of healing and resurrection; miracles of levitation and bilocation; non-local communication including forms of telekinesis or psychokinesis such as remote healing, and forms of telepathy or extra-sensory perception such as clairsentience, clairaudience, clairvoyance, claircognizance, clairalience, clairgustance, prophecy, and experiences transcending localization of the sElf within the biological body during near death experiences and other out-of-body experiences transcending some or all of the normal dimensions of Time and Space including visions of Heaven and Hell, and including Spiritual experiences commonly associated in all cultures with some seizures, as well as with a range of traditional entheogenic botanicals, such as Cannabis in the Judaeo-Christian and other major traditions, as well as entheogenic practices including prayer, music and dance. What is more, our current enculturated paradigms do not explain the arrow of Time, the dimensions of Consciousness itself, nor the fundamental Nature of 3-space.

### What if?

We see Time as a unitary dimension. We say it has an arrow. We think of it as a unitary direction. It appears highly polar. The closer we look at interactions of Matter (relatively coherent standing waves) in Time, we

## Glen Swartwout

see that there is indeed gross directional coherence. And yet, there is no inherent directional limitation in the fundamental wave interactions. All appears normal in forward and reverse Time at the smallest fine structure we can yet visualize. There is simply much more matter being drawn toward the self-perfecting future than is carried toward the remnant eddies of the yet unfinished errors of the past. At the macroscopic level we see an increase in information and complexity in the forward direction, as though Time is the progressive movement of the Universe toward learning. Thermodynamics, meaning the dynamics of heat, may be reframed as logodynamics (logos =reason, ratio, cause, word, speech, consideration). When we open our eyes in the morning, the nerve current to the brain triples, and the temperature of the brain rises several degrees, before compensatory increases in circulation restore the normal homeostatic temperature. Heat is easily measured... and the functional cause is an increase in information processing or Consciousness related biological activity.

1. I am **is-ness**: cellularity, and unique self of all Creation, great and small (spirit Matters)
- 2.: **relationship**: identification of the unique relationship between the self and other (God is personal, individual, particular)
3. spaciousness, familial **love**: orthogonality of past, present and future, defining the propagation of a spiral (God draws straight with crooked lines and we fractally-autonomous creatures draw ourselves forward as crooked lines. With Grace we learn and self-correct our errors, ultimately sketching out the shape of wisdom...)

Is the infinite, simultaneous present the body of God, while the past and future are the entwining wings of Time, like dual Birkeland currents in the cosmic plasma or vascular bundles with their current-carrying blood plasma? Is that how Light's anti-particle travels in reverse Time at the speed of Light squared? Is it squared because the two wings are orthogonal to each other and to the body of Now? Past and future converge on the Now. The Now contains the divergent present of free will, the Singularity upon which can be constructed awareness, attention, knowledge, will and wisdom. We are the cells in God's body. Truly.

So, why multiplication, rather than simple addition? Why synergy? The function of a pair of wings is coherent service for the body! Synergy! One wing cannot fly... but two? I defer that answer to my friends, the moths and the eagles...

Our lungs are shaped as wings... And with one lung we can survive, but we must use both to thrive, as our souls need those two wings with which to fly.

Disharmonic resonance in the EM spectrum (such as 60 Hz) currently overpowers the Heart's EM signal necessary to coordinate getting half of the lung's oxygenated circulation to the cells. This is like having only one lung, one wing clipped, when we are in electrified Orc cages. The spirit cannot fly free...

The phoney cellular bars are up around the prison planet... But they shall not surpass the Grace of the Divine Will which is what keeps us Here in the Truth, and what sets us free in the vortex of sElf knowledge. And that autonomous freedom in the image of Our Source gives us the power of choice, the choice to Live... to Love... To Give.





## Afterward

The Way of Life, Ke Ala Ea, in Middle Earth is simple... based in the simple beauty of Nature and the wisdom of all our ancestors as indigenous Earthlings. Let's take a look at four fundamental paving stones that show us the steps... They are the four words that mean Life in Hawaiian:

### Ha

Ha, as in Hawai'i and Aloha, means the breath of Life. Our Life begins when our parents love is brought together in the Way of the Divine plan, Ke Ala Kekua, and the greatest electrical event of Life, conception, breathes a new Life into our first cell, unique not only in its genetic combination of parental DNA contributions, but also in its Spirit, which means breath, Ha.

We all know that we must breath frequently in order to sustain Life. We may be able to live for a days without water, weeks without food, and years without shelter, but we change color and our conscious Spirit leaves the biological body in just a few minutes without the breath of Life.

We also must breath regularly, coherently at the rate of one breath cycle every 10 seconds in order to enter into a harmonic state that optimizes all aspects of Life. Fortunately this function is built in... standard equipment in the bio-body suit. All we need attend to is letting go of our cares of the world, for example fear and anger, cares of the past like grief and the future such as worry, and focus on being centered in our hearts. Love is the emotion of Life. Love is the one emotion that is coherent in

## Glen Swartwout

its Nature, which means it is transcendent... immortal. And it will carry us through experiencing and re-experiencing all the damage, and hurt and trauma of this Life.

Orcs are without breath, Ha 'Ole, which is seen in the discoloration of the complexion, but also colors the outlook on Life... To an outlook that no longer sees the infinite values of Life, such as love, family, and community, but only the salvage values of its bones for scrapping in commerce...

The breath is personal, but it is also shared in the intimacy of family and community. The Hawaiian greeting shares the breath, touching foreheads with noses next to each other. This sharing is a profoundly intimate experience.

Wherever two or more are gathered in the name of the Divine, O Ke Akua, there is coherence through the intent of perfect goodness of that vibration, a manifestation of the Word, which is powered by the breath, Ha.

## Ola

Ola mean Life in the sense of health and wellbeing. Health and wellness take a little more Time to deteriorate or restore than does the breath. Our health is determined to a great degree by the components we build our biological body suit out of, our food. But an equal determinant is the Life of our Spirit, our thinking. Half of all the toxicity found in body tissues is from the waste products of stress related neurotransmitters.

That means that Orcs, who have been tortured for so long that they have forgotten their true elven Nature, are created not only by eating GMOs and processed junk foods, but also by junk thoughts... stinking thinking. The only cure is to think outside the box. And that is exactly what Middle Earth is all about... it is outside the box. No more Junk In The Box for us... No more Can't Eat Yucky Fried Chicken... No more Don't Eat Those! No more listening to torturous advertising slogans like "Mmm... Honey, I can't believe it's not food!"

Pottenger's cat experiments showed that without the active enzymes found in live food, there was no possibility of survival after just two generations. The future depends upon us restoring the gardens of Middle Earth, and feeding fresh Life-enhancing foods to each other, while creating a community of cooperative culture where Virtues are valued above debt notes.

## Nohona

Nohona is Life in the sense of our home and our Lifestyle...

Our home is where our heart is. What do we love the most? That is where our heart will direct and guide us as navigational Spiritual beings. If our love is of the material Nature, so our Souls will be guided and bound. So let your love expand beyond the bounds of the finite and temporal worlds. We love love. We love us... Family, Community... the Fellowship of Middle Earth! The ring of truth... the true power of Life-giving love.

Our Lifestyle is our culture. Culture is built on the pattern of our actions in the world, which in turn, turns on the Nature of that world as we believe it to be, our faith. How we model and think about the Nature of Life is all important. In a world seemingly, potentially on the brink of any number of catastrophic disruptions, it is high Time to think deep about the Nature of our Nature, and the Nature of the Nature around us. Let's build our culture on an inclusive, integrative, collaborative, coherent model of Life that must include the Life of the heart and Soul as it lives cooperatively and even synergistically within the biological and cosmological realms we experience.

As above... so below! We live in a living Universe, the womb of Heaven, as we grow, develop and prepare for the Life to come. We seek impeccability within ourselves and with each other. We communicate openly and honestly... and we do this strategically guided by loving intent. We choose to feel and experience in real Time and heal the wounds of the past by stepping into a fresh future, placing our furry hobbit feet firmly in the muck of truth... planting the seeds of

## Glen Swartwout

tomorrows yet unknown (but tasty) fruits. And we breathe in the freshness of new Life.

### Ea

Ea is the sovereign Life of the people, resting in our ability to work together cooperatively for mutual benefit and the common good, as we each govern ourselves not out of sElfishness, but in the sElf interest of serving to create a better world for all. God is said to be King of Kings. We are the sovereign Kings and Queens of this portable real estate (originally from Royal Estate) we call our bodies, our bio body suits through which we are graced with this gift of Life.

Life. It is more than meets the eye... and it is all that meets the eye. Darkness, death, and demons, evil, error and sin are mere shadows with no power or Life of themselves. When we accept our own darkness and shadow, we are able to learn and grow. Life begins anew. Light overpowers shadow.

It is said that the only thing we can truly own is our mistakes. And the only real mistakes are the ones we have yet to learn from...





# Conclusion

Aloha! E komo mai! Greetings and welcome to the Makamaka community at The Shire. Say “Hoā” (“Friend”) and enter the world of Middle Earth:

## Levels of Participation: Po‘e (Public)

This level of participation in Makamaka open to all people is free, and expresses your awareness, interest, and support of our mission. Maka means eye in Hawaiian. Makamaka is two eyes, yours and mine, seeing eye to eye. Makamaka means those who are accustomed to giving to each other. You can connect with our mission and support us at the open level by liking our Makamaka page and joining our page for The Shire.

The Shire farm stand is open to all people who show support and respect to our mission. Produce left after hours on our farm stand display by the roadside is available for use by all who need it. Donations are always welcome to support our mission, of course, but the beauty of the sacred gift economy is that the restraint of contingency is released.

On occasion, The Shire will also organize or host a free or paid entry agricultural event or festival open to the public. Tickets to paid events will be available for sale at select locations around the island.

### Pono‘i (Private)

Participation in the private functions of the Makamaka is accessible for 21 Lawful silver dollars per individual Life Membership. Your membership entitles you to participate in private Makamaka (member only) and Makamaka a me Hoaloha (member plus beloved friend) guest events of the Makamaka community. Being invited to a private event at The Shire as a Hoaloha is typically one’s first introduction to the community, and a natural entry point for those who may feel called to participate as a member.

As a member, in addition to regularly scheduled community functions and activities, your opportunities for higher orders of participation also include:

### Malihini (Visitor)

Farm stay opportunities may be made available to members by invitation (e.g. artist in residence), or with contribution of productive assistance, local Makamaka Hours or other token value. The typical contribution is a few hours of help with farm projects, plus 10 or 20 dollars per day depending upon accommodations and resources utilized as well as individual budget.

### Mahi ‘ai (Farming)

Mahi ‘ai means farming. Participation in our Community Supported Agriculture program provides participation in the access, caretaking, fruits and celebration of the aina (land), plus the opportunity for active participation in the process of planting, cultivating, and harvesting your own food. CSA shares are available in increments of 20 dollars per month, and can also be obtained with local farmers market scrip or Makamaka Hours currency. Produce can be picked up by appointment at the Hilo Oasis, at The Shire farm stand in Pahoa, or can be harvested fresh personally at The Shire. CSA participants gain priority access to a broader array of produce that may not be in sufficient supply to be

available at the farm stand, or may not be a commercially viable crop, such as our tonic mamaki berries, tasty thimbleberries and other delicate produce with a minimal shelf Life, or the tiny medicinal popolo berries (#2 Hawaiian herbal medicine: good for all stomach issues), due to the amount of handling required to collect a small volume.

### Haumana (Student Intern)

With funding of just 150 dollars per month, you can be fully engaged in community while actively learning by caretaking your own slice of heaven on earth, and benefit with the opportunity to participate full or part Time in ongoing community projects, such as design, planting, cultivating, harvesting, farm market, crafts, construction with local and recycled materials, interactive arts, public education, research, while having your own personal, private retreat Space for rest and relaxation.

Students typically sELf fund the cost of their own internship at The Shire, but those with demonstrated financial hardship can apply for scholarship grant funding through Makamaka University, and once approved can maintain scholar status through successful completion of related scholarly pursuits including academic studies, practical research, and publishing of findings.

### Alaka'i (Leader) & Kumu (Teacher)

By funding 300 dollars per month, you can you can stay available for onsite leadership, helping orient and guide visitors and interns in learning the "who, what, when, where and how" of farm Life. You can best perform these crucial tasks by sustaining and supporting your own Energy so you have more to give, leading by example, and sustain your efforts by keeping dry and comfortable with your own Space at the same Time! An example of a leader is the coordinator of the WWOOFers (Willing Workers On Organic Farms) at The Shire.

The Kumu represents another form of leadership... By sharing your manao (mind, thought) and na'auao (heart, wisdom), the teacher nurtures

## Glen Swartwout

the community. As a multigenerational community, we value the know-how of our elders! They are the founders and backbone of the community...

Leaders and teachers are typically in a position to fund their own costs at The Shire, but for those engaging a vow of poverty or otherwise demonstrating need, application can be made for scholarship support through Makamaka University on a graduate, post-doctoral or other appropriate level.

An example of a Kumu is Dr. Glen (aka Glendalf), who offers practitioner apprenticeship training in accelerated self healing through our Middle-Earth University, called Makamaka University (MU), an alternative "pay it forward" approach to higher learning.

## Hemolele (Angel)

Generous gifts by Angel grantors giving to make a better future for us all allow for development of infrastructure as well as site expansion. Grants and gifts may be unrestricted or may specify use for a particular purpose or project. Angels may appear by grace when called in by the Divine plan through the coconut wireless, or grant writers may identify potential funding sources, such as a private foundation or an individual philanthropist whose goals match the mission of one of our projects seeking funding.

For those seeking a vested interest with their major contribution, the opportunity exists to establish an LLC for ownership of select infrastructure on The Shire property. The primary purpose is not for financial gain or for eventual sale, but simply to support and be a core participant in community for ourselves and for future generations...

An example of participation at this level is kanaka maoli (native Hawaiian) grant writer Clifford Kapono currently seeking a grant source to fund a Hawaiian Healing Retreat Center at The Shire. Additional grant writers are welcome to join our team.

We are the ones we have been waiting for... and Now our wait is over.  
Welcome home, and see you at The Shire!





## Postscript

According to recent human research findings, “the more we actively contemplate mortality, the more we reject socially imposed goals such as wealth or fame and focus instead on personal growth or the cultivation of positive relationships.” (New Scientist magazine, issue 2887, page 38-40)

Traditionally, great value has been found in the contemplation of the “four last things”: Heaven, Hell, Death and Judgement... also known as the novissima, or the newest things, as they are the newest things we have yet to fully experience in this Life!

### Death

Death itself is a transition from one state of Life to the next, very much like birth. In the birthing process, we go through tremendous suffering, and emerge into a world full of newness, brighter Light, a whole new range of colors and dimensions. We take our first breath, and begin feeding orally at our mother’s breasts. What an amazing transition, with so much newness to take in, so much to learn. At first glance, we might question the value of the suffering inherent in the process, but if we look at babies born by Cesarian section, who avoid the tremendous pressures of squeezing between the mother’s pelvic bones, we find that the stress of vaginal birth is essential in initiating the normal development of the human immune system!

When we die, is the suffering the enemy... or a messenger? A man came to Hawaii to die... with his daughter. He left behind a Life of suffering,

## Glen Swartwout

with decades of tobacco and alcohol. He brought with him the will to experience something new, as well as a doctor's prescription for 6 weeks in which to do it. He had multi-systemic metastatic cancer, and was in great pain even on morphine. Medically, there was no further treatment for his health, and morphine was the last resort to managing his intractable pain. Death was inevitable, so the medical goal was merely to minimize or dull his conscious awareness of his suffering.

His daughter fed him fresh raw vegetable juices, and a set of remedies that we had designed to measurably produce a state of coherence in his acupuncture meridian system. In six weeks, when he would have been expected to pass away on the morphine treatment, he was actually pain free ...And completely off morphine.

He had another six months, fully present, and pain and morphine free, with his daughter. In fact, the morning of the day he passed away, he was aware that it was his Time, and he asked his daughter to stay home from work to be with him that day. He passed on peacefully, consciously at noon, after taking a few hours to say goodbye.

Death is not the enemy. Neither is pain. Pain is seen in oriental medicine as a blockage of Energy flow. It is a signal, a message that something is out of balance. The solution is to restore the flow and function of Life. Healing is the Way. Consciousness is the means. Coherence: the goal. Coherence is that which transcends Time, Space and death.

## Judgment

Judgment is not just something we receive... it is what we give! If we are aware of it at all, we may think we are giving it to others, judging them. Yet we really can never fully know anyone else the Way we know ourselves. All we ever experience of others exists within our own sensorium, our own Mind, our own experience, as an effigy, a projection we make into the world of our own imagery. We make others in our own image. Literally.



So when I judge someone... what I am truly judging is a part of myself. These daily judgments are what come rushing upon me at the moment of transition, as I leave this biological body, detaching from its constraints of Time and Space upon my Soul and my experience of myself. This is why we hear “Judge not, lest ye judge yourself.”

Acceptance is the state of coherence that transcends judgment. This process, centering in the heart, deals a deathblow to the ego, our past patterns of experience, of how we know ourselves in relation to the “world out there.” Acceptance of all that is, just as it is, is the starting point for being able to make it better. As long as I am 'wanting' things to be other than they are, whether I want something to increase or decrease, my emotional attachment prevents me from fully experiencing what truly is. When I become fully present here and Now with what truly is, I enter a state of coherence with my environment, transcending sElf and other. I am that I am. I am with God. I can engage an attitude of gratitude. I can live here in my heart Now, at peace. No longer fighting against the war (meaning confusion) ‘outside’ myself, I am no longer part of the confusion.

## Hell

Hell is within. Here. Now. Hell is the experience of separation from God. In the truth, all things are in God. Heaven holds Hell in its prayers, in its awareness, in its heart. Hell is not being able to receive that love. The greatest mystery of Creation is our separateness, our individuality, our free will as fractal cells navigating in God’s Divine body. God’s first Creation, the thought of other, that most magnificent Angel of separation, is essential to our ability to experience this Life, to learn to love, and to make the active choice by our own will to come home to our source. Mirrored in the fall of Man, we say “Oh happy fault” because without the separation from Divine union that brought the potential for error, suffering and death into this womb of Heaven, we would not have been able to be redeemed and claimed as Family with God. We would not be The Royalty Of The Heavens.

## Heaven

We see the star lit sky at night and we say there is the Heavens, and so it is out there, as well. And yet Heaven is within. Even the perception of Light from each star in the Heavens is seen and projected out there by our Mind. Heaven is at hand. By our acts, we produce our own experience, by cause and effect in the Natural Law, the Law of karma as it is called in the EaSt. We reap what we sow... and so Heaven is at hand... and largely at our own hand.

When Jesus answered the question, “How shall we pray?”, he gave us the Lord’s Prayer. And within that prayer is another pointer to our relationship with Heaven. Most of us have prayed that prayer many Times over the course of a Lifetime, so we think we understand it, but remember that when God speaks, there are infinite layers of meaning to be uncovered if we but look...

“Our Father who art in Heaven, Hallowed [Holy] be thy name.” the prayer begins... Jesus includes us in God’s family with the pronoun “Our” and by referring to the Creator as Father. And so God is in Heaven. But where exactly is that, in our Minds? Is it projected into the stars, that virtually infinite ceiling of this Cathedral of the Heavens, God’s House. Of course, God is in all things and in all places, just not in the same Way in each... God, like his Creation, works in particulars. We are each unique individuals, irreplaceable in God’s world. And so, in a variety of Ways, God is also present in us... By our thoughts, words and actions, we can bring him more present. By analogy, God is always knocking on the door of our hearts, and it is up to us to let him in. Yes, we can invite Grace. In fact, we must if we are to open ourselves fully as a conduit to deliver its flow to this world in need.

But most properly, beyond the fact that God is in us, we are in God. We are in God as our very cells are in our body. We are the cells in God’s body. We are God’s eyes, God’s ears. We are God’s hands and God’s heart.

The Lord’s Prayer continues... “Thy Kingdom come, Thy Will be done, On Earth as it is in Heaven.”

Heaven, again... Does it simply mean, as it seems, that we are praying for the Grace for us human beings to align our wills with the Divine Will? Certainly it seems to say that, in a sense, that is what Heaven is, that place where God's Will is done. But if we stop there, we may be left with the impression that Heaven is "out there" as opposed to down here on Earth, where God's will seem challenging enough to discern, let alone do... But when God uses a pronoun, in this case "it", it can be contemplated to refer to every possible it, and especially all the possible references within the same sentence. So we can remember when we recite the Lord's Prayer, that we have a couple ideas to contemplate:

"Thy Will be done on Earth, as Thy Will is done in Heaven."

and:

"Thy Will be done on Earth, as Earth is in Heaven."

Yes. And remembering that we are in Heaven here on Earth, right here, right Now, is one of the best reminders we can have... That bringing in the Kingdom of Heaven on Earth... is in our hands.

Peace be to you, my beloveds!





## Appendix: Biophysics

BioElectronics of Vincent (BEV) was developed in France. Vincent was charged with studying the water quality throughout France. He began to collect data on the energetic qualities of the water supplies, and then he compared that data to the causes of death in those communities. He discovered a remarkably high correlation between the energetic content of the water and the diseases that were killing the people.

The body is made mostly of water... Apparently the quality of that water determines the terrain in the body for producing health or specific diseases. This is sensible, as when disease vectors such as fungi, bacteria and viruses are removed from the body to be cultured, they also require quite distinct culture media to provide for their growth and subsequent identification.

BEV is known in Europe as the Medicine of the Future, for two reasons. One is that this should be part of how medicine will be practiced in the future, especially as we enter the Age of the Divine Will. The other, and the real reason behind the first reason, is that it is predictive medicine. When I was a young wizard of 30, the BEV measurements showed that I was over 99% likely to die before age 40 due to 14 massive and galvanically active (off the chart) mercury amalgam dental fillings just centimeters from my brain. This ongoing practice in Orc dentistry quietly destroys many lives...

The science of BEV and its observations in healing and disease became my roadmap to health, which I Now frame as the 5 Phases of Health.

## Glen Swartwout

In essence, there are three things that are measured in the BEV: Light, Electrons and protons!

**Ion:** A positively or negatively charged particle is an ion. Ions are capable of carrying electrical Energy within the body by their movement. In the living cosmos, as in the body, they produce the functions we call plasma. The total ion concentration determines the electrical conductivity of a fluid, which is one of 3 factors determining the total Energy content according to the Nernst equation. What makes the difference between a non-ionic and an ionic state is Light, so ionization is a measure of the content of quantum Energy or **Photons**.

The other two factors in the Nernst equation are the electrical and the magnetic factors.

**Electronic factor:** The concentration of **Electrons** in a fluid medium, such as in all biological systems is one of 3 factors, which determine biological Energy via the Nernst equation. The other two factors are the magnetic factor and the ion content (electrical conductivity). Because free Electrons quickly combine with free protons to produce hydrogen (H<sub>2</sub>), their concentration is measured as a function of hydrogen molecules (rH<sub>2</sub>). **Hertz:** The number of oscillations per second of an electromagnetic field is given the unit Hertz (Hz).

**Magnetic factor:** The concentration of **Protons**, which are positively charged ions, is measured by the magnetic factor (pH). It is one of the 3 basic factors, which determine the amount of biological Energy via the Nernst equation. The other factors are the electrical factor and the ion content or electrical conductivity.

### The Nernst Equation

The Nernst Equation, based on the Second Law of Thermodynamics, may be written:

$$E = (R T \div 2 F) \log ( 2 H^+ \div H_2 )$$

## Fraunhoffer Lines

The speed of light in a vacuum is 299,792,458 metres per second. In air at 0 °C and 1 atm pressure it is about 299,704,645 metres per second. In water at 20°C it is about 224,900,568 metres per second.

speed of light =  $c = \text{frequency} \times \text{wavelength}$

frequency =  $c / \text{wavelength} = 299,792,458 \text{ metres per second} / \text{wavelength (nm)} \times 10^{-9} = 2.99792458 \times 10^{17} / \text{wavelength (nm)}$







# Glossary

## Clues to Elvish Science in the Common Tongue

**AGE:** Advanced Glycation Endproducts are the damaging result of excess sugars binding to the body's tissues.

**Anti-oxidant:** by definition this is an Electron donor. The most efficient source of Electrons is to ensure we are connected to them from the earth, and are supplying them in abundance in the air and water. This preserves nutritional anti-oxidants for their important co-enzyme functions.

**Aquaponics:** a very efficient combination of aquaculture for raising juicy sweet fish, and hydroponics for raising happy vegetables using the fish waste water to feed the plants and the plants to clean the water for recycling to the fish.

**Avascular:** lacking a direct blood supply. The interior tissues of the eye, and even the macula lutea in the central retina, in order to be optically clear lack blood vessels once the tissue develops in utero. The remnants of the hyaline artery, active during gestation, cast shadows on the retina, called muscae volantantes (physiological floaters).

**BEV:** see Bio-Electronics of Vincent

**Bio-Electronics of Vincent (BEV):** BEV is an objective means of measuring and calculating Energy based on both the electrical (Electron) and magnetic (proton) factors in addition to the energetic information factor (Photon) via ion content or conductivity (the inverse of resistivity).

## Glen Swartwout

BEV measurement and analysis can be applied to blood, urine, saliva, water, nutrients, or other substances via measurement of the standard physical parameters: pH, rH2 or O.R.P., and resistivity.

**Biokinesiology:** Biokinesiology is an advanced method of muscle testing which integrates biocommunication protocols from European electrodermal testing (see Vegetative Reflex Test and Electroacupuncture According to Voll).

**Cataract:** a loss of clarity of the crystalline lens of the eye. Clarity of the lens is one of the best-known predictors of longevity.

**Carrier frequency:** A carrier frequency is the frequency or rate at which an oscillating pattern repeats. It acts as the carrier of the information contained in the characteristic pattern of the waveform. The carrier determines the Energy content of the individual Photons, which transmit the wave. Each specific carrier frequency is like a different AM (amplitude modulation) radio station.

**Characteristic waveform:** The characteristic waveform is the shape of an electromagnetic oscillation. It is determined by its specific source and represents information content of the electromagnetic oscillation. A characteristic waveform is like the programming on a radio station.

**Ciliary Body:** the nearest circulation to the lens of the eye, and thus its remote source of nutrition. Like the joints, the lens itself is an avascular tissue.

**Crystalline Lens:** the lens in the eye that is the densest protein in the body, the most exposed tissue to ionizing radiation, and particularly sensitive to oxidation by free radicals and glycation by sugars (producing AGE), two of the dominant processes of unhealthy aging.

**Dowsing:** Dowsing is an ancient art of finding water or other substances through amplification of subtle body responses. Dowsers may use wooden or metal dowsing rods, a pendulum, radionic instruments or other convenient amplification devices.

**Dysbiosis:** an imbalance in the normal flora of the body. The body is not a sterile monoculture, but a symbiotic polyculture, right down to the mitochondria, an intracellular bacterium inherited exclusively through the maternal line.

**Electroacupuncture According to Voll:** EAV is a form of electrodermal remedy testing developed in 1953 by Reinhold Voll, a German dentist and medical doctor. This system allows the measurement of points and meridians that correspond to specific internal body organs and functions.

**Electromagnetic:** Electromagnetic field radiation is composed of electrical, magnetic and information components. Electrostatic fields are produced by stationary electrical charges, such as the capacitor in a television set (even when unplugged). Magnetic fields are produced by electrical charges in constant motion, as in a direct current. When electrical charges change their pattern of motion, as in alternating current, electromagnetic radiation is produced. Information is carried in carrier and characteristic waveforms as well as scalar (information only) waves.

**Electronic factor:** The concentration of Electrons in a fluid medium, such as in all biological systems is one of 3 factors, which determine biological Energy via the Nernst equation. The other two factors are the magnetic factor and the ion content (electrical conductivity). Because free Electrons quickly combine with free protons to produce hydrogen (H<sub>2</sub>), their concentration is measured as a function of hydrogen molecules (rH<sub>2</sub>).

**Fovea Centralis:** normally the point of maximum visual clarity, except in night vision, since there are no rod cells in the macular area.

**Glaucoma:** Wrongly defined as high pressure in the eyes (IOP) even by most physicians, since a high percentage of glaucomatous eyes actually have low pressure. Glaucoma has many patterns related to nutritional deficiencies and toxicities, but is ultimately the result of damage to the optic nerve.

**Healing Crisis:** this can be a flu-like reaction observed when taking a stimulatory medicine such as homeopathy. It can be based in a cleansing or detoxification reaction, eliminating stored toxins, or can be a Herxheimer, or die-off process, eliminating bacterial endotoxins or other wastes in the case of dysbiosis.

Hertz: The number of oscillations per second of an electromagnetic field is given the unit Hertz (Hz).

**Homeopathy:** Homeopathic substances are produced by successive dilution and succussion, resulting in increasing potencies containing increasing electromagnetic carrier frequencies and decreasing chemical concentrations. Homeopathy is the leading form of medicine in the world today in terms of numbers of people treated, and a non-toxic medicine, free of side effects, that works by hormesis, stimulating the body to heal itself by recruiting pathways of response that have been dormant, often due to adaptation to past stresses. Modern science is finally catching up with the field of epigenetics. For over 200 years doctors in this field have watched the non-genetic inheritance of miasms. When homeopathic treatment releases a miasm, the effect radiates non-locally to the DNA of prior and subsequent generations.

**Homotoxicology:** Homotoxicology is the study of toxins in man. As toxins penetrate further into the system, they may enter more vital organs and tissues. They may also interfere at deeper levels within the cell and ultimately the nucleus. The reversal of this process is marked by a shift in symptoms to more superficial or less vital areas according to anatomy and histology. This detoxification process may also be marked by local metabolism of toxins accompanied inflammatory symptoms, and by increased elimination through mucus membranes, skin, urine or feces.

**Hormesis:** The Law of dosage effect in pharmacology, also known as the Arndt-Schultz Law. Small doses stimulate the body's healing mechanisms. Moderate doses irritate and suppress the ability of those pathways to produce a functional response. Larger doses destroy the same cells.

**Ion:** A positively or negatively charged particle is an ion. Ions are capable of carrying electrical Energy within the body by their movement. The total ion concentration determines the electrical conductivity of a fluid, which is one of 3 factors determining the total Energy content according to the Nernst equation. The other two are the electrical and the magnetic factors.

**IOP:** Intra-Ocular Pressure. High pressure is always an issue, but low or normal pressure does not guarantee health eye tissues and good visual function.

**Ishtari:** Glendalf's race of Wizards sent from the undying lands to caretake Middle-earth.

**Lembas:** Spiritually sustaining food; Soul food; Way bread; bread of the angels, ORMUS.

**Macula Lutea:** the yellow spot in the center of the retina is avascular tissue at the center of which is the Fovea Centralis, normally the point of maximum visual clarity, except in night vision, since there are no rod cells in the macula. The macula has the highest oxygen demand of any tissue in the body, and is energetically linked to the lungs.

**Magnetic factor:** The concentration of protons, which are positively charged ions, is measured by the magnetic factor (pH). It is one of the 3 basic factors, which determine the amount of biological Energy via the Nernst equation. The other factors are the electrical factor and the ion content or electrical conductivity.

**Mitochondria:** supply 90% of the healthy cell's Energy through aerobic metabolism via the Electron transport chain, which relies on the B Vitamins as co-factors, and on Oxygen to receive the spent Electrons once Energy has been extracted for storage and use as ATP.

**Muscae Volvantes:** The remnants of the hyaline artery, active during gestation, cast shadows on the retina, as physiological floaters. Toxins in the colon and food reactions can make this shadow darker and more annoying.

**Multi-dimensional:** Multi-dimensional refers to any process, which has more than just one or two dimensions or key factors. In truth, everything is multi-dimensional. It is only our limited perception, representation or thinking about something that can appear linear (1D) or flat (2D). Space is multi-dimensional (3D). Space-Time, which Einstein conceived to be inseparable except by the perception of each individual observer, is 4D. Physicists may now view the Universe as 6D, 10D or 26D depending on the context and model proposed.

**Nernst Equation:** calculates the Energy in a fluid medium, such as biological plasma, in microwatts based on the content of Electrons, protons and Photons.

**Ormus:** a term used by modern alchemists for an exotic superconductive and superfluid state of the Platinum group of transition minerals with high spin nuclei, also called ORMEs (patented by David Hudson), monoatomic or M-state minerals, and related to the classical Philosopher's Stone as an active universal carrier of consciousness.

**Pendulum:** A pendulum is a simple device consisting of a suspended weight used to amplify subtle neuromuscular patterns in the arm for the detection of biological responses to subtle electromagnetic Energy fields.

**Pleiomorphism:** Pleiomorphism is the observation of multiple lines of microscopic research, including Enderlein and Naessens, that some endobionts, or symbiotic life forms within the organism, have a reproductive cycle that involves a larger reproductive form that manifests when the symbiotic conditions of the host become imbalanced.

**PSC:** Posterior Subcapsular Cataract. This is often a fast onset cataract affecting younger people than most other types. It often relates to immune function and typically responds very well to certain remedies including TMG and Cernilton Flower Pollen.

**Radiesthesia:** Radionics is an approach to detection of biological responses to subtle electromagnetic Energy fields using a stick-plate, which is rubbed by the fingertips. Amplification of subtle physiological changes takes place via noticeable changes in the feel and sound of the

stickiness of the stick-plate. Numbers called rates may be used to identify various fields, just as these fields might be identified by names or by numbers such as frequencies, wavelengths, or other characteristics of an electromagnetic oscillation.

**Retracing:** the tendency to reverse the steps of disease, only much faster in most cases, in the course of the healing process.

**Soil Based Organisms (SBO):** providing enzyme systems for detoxification, biological transmutation of elements and other functions to assist in altering the course of chronic health issues.

**Spectroscopy:** A spectroscope measures the intensity of different frequencies of electromagnetic radiation. It is not able to measure the characteristic waveforms of the radiation. The information provided by spectroscopy is therefore like knowing what channels are on the air, but not being able to identify the programming. The most sensitive indicators of the characteristic information in electromagnetic radiation are the physiological responses of biological systems.

**Strabismus:** an eye that turns in a different direction than its fellow eye. Typically eyes turn in with an increase in acidity that causes increased muscle tension in the extra-ocular muscles, since the Medial Rectus muscles have the largest cross sectional diameter. When the metabolism becomes blocked by an even larger accumulation of the toxin, the pH swings to alkaline, and muscle tone drops below normal, resulting in an outward eye turn. In the course of restoring healthy function, it is often observed that the outward tendency (exo) will convert to inward (eso) on its Way to restoring balance. This reversal of the pathway of disease in the healing process is called the eso-exo swing in this context, and in general is a form of retracing.

**Vegatetative Reflex Test:** Formerly called the Vegatest Method, developed in 1979 by Dr. Helmut Schimmel, this is a method of Electronic monitoring of skin resistance at an acupuncture point. Homeopathic stimuli are used to determine the patterns of causality and relief from stress at that Time.

Glen Swartwout

**Vincent:** see Bio-Electronics of Vincent

**Vitreous Body:** the jelly like substance filling the back part of the eye, behind the lens. This is where most floaters occur. The vitreous is energetically linked to the large intestine.





# Bibliography

Alternative Medicine: The Definitive Guide (Compiled by The Burton Goldberg Group, Future Medicine Publishing, Inc., Puyallup, Washington, 1993).

Balch JF and Balch PA. Prescription for Nutritional Healing. Garden City Park, NY: Avery Publishing Group, 1990.

Berridge EW. Diseases of the Eyes. Jain Publishers, New Delhi, 1984.

Brinker F. Herb Contraindications and Drug Interactions (Eclectic Medical Publications, Sandy, Oregon, 1998).

Burr HS. Blueprint for Immortality: The Electric Patterns of Life (C.W. Daniel Co. Ltd., Saffron Walden, England, 1972).

Chidre D, and Martin H with Beech D. The Heartmath Solution (HarperSanFrancisco, 1999).

Deville M. The Real Trace Element Problem: Their Therapeutic Applications (Centre de Recherches et d'Applications sur les Oligo-Elements).

Dinshah D. Let There Be Light (Dinshah Health Society, Malaga, New Jersey, 1985).

Duke J. Dr. Duke's Phytochemical and Ethnobotanical Databases are online at <http://ars-grin.gov/duke/>

## Glen Swartwout

Gerber R. *Vibrational Medicine: New Choices for Healing Ourselves* (Bear & Company, Santa Fe, New Mexico, 1988).

Grossman, M and Swartwout G. *Natural Eye Care, An Encyclopedia: Complementary Treatments for Improving and Saving Your Eyes* (Keats Publishing, Los Angeles, 1999).

Hahnemann, S. *Organon of Medicine* (J.P. Tarcher, Inc., Los Angeles, 1982, translated from original written by Samuel Hahnemann 1755—1843).

Hollwich, F. *The Influence of Ocular Light Perception on Metabolism in Man and in Animal* (Springer Verlag, New York, Heidelberg, Berlin, 1979).

Jackson M and Teague T. *The Handbook of Alternatives to Chemical Medicine*. (Oakland, California: Teague and Jackson, 1985)

Kappel G. *Nutrition and Vision*, OEP Foundation, Santa Ana, Calif. 1980.

Kavner RS and Dusky L. *Total Vision*, (AW Visual Library, New York, 1978).

Kenyon, JN. *Modern Techniques of Acupuncture: A Scientific Guide to BioElectronic Regulatory Techniques and Complex Homeopathy* (Thorsons Publishing Group, Wellingborough, England, 1985).

Kervran CL. *Biological Transmutations* (Beekman Publishers, Inc., New York, 1971; originally published in French by L Courrier du Livre, 1966).

Kutsky RJ. *Handbook of Vitamins, Minerals and Hormones* (Van Nostrand Reinhold Company, New York, 1981).

Lane B. *Nutrition and Vision*, 273-274, in Bland J, Ed. 1984-85 *Yearbook of Nutritional Medicine* (New Canaan, Connecticut: Keats, 1985).

Mandel P. Energy Emission Analysis: New Applications of Kirlian Photography for Holistic Health (Synthesis, W Germany)

Mandel P. Practical Compendium of Colorpuncture (Energetik Verlag, Bruchsal, W Germany, 1986).

Manning CA and Vanrenen LJ. Bioenergetic Medicines East and West: Acupuncture and Homeopathy (North Atlantic Books, Berkeley, California 1988).

Moffat JL. Homoeopathic Therapeutics in Ophthalmology. Jain Publishers, New Delhi, 1982.

Murphy R. Homeopathic Medical Repertory: A Modern Alphabetic Repertory (Hahnemann Academy of North America, 1993).

Norton AB. Ophthalmic Diseases and Therapeutics. Jain Publishers, New Delhi, 1987.

Ober C, Sinatra ST, and Zucker M. Earthing: The most important health discovery ever? (Basic Health Publications, Inc., Laguna Beach, California, 2010).

Oschman JL. Energy Medicine: The Scientific Basis (Churchill Livingstone, an imprint of Harcourt Publishers Ltd, 2000).

Page LR. Healthy Healing. (Sacramento, California: Spilman Printing, 1990)

Pearson D and Shaw S. Life Extension, A practical scientific approach, (Warner Books, New York, 1983).

Pischinger A. Matrix and Matrix Regulation: Basis for a Holistic Theory in Medicine (Haug International, Brussels, 1991, 1st German edition 1975).

Pizzorno JE and Murray MT. A Textbook of Natural Medicine. Seattle, WA: John Bastyr College Publications, 1987.

## Glen Swartwout

Randolph TG and Moss RW. *An Alternative Approach to Allergies* (Bantam Books, New York, 1980).

Sardi B. *Nutrition and the Eyes*. (Montclair, California: Health Spectrum Publishers, 1994)

Shils ME, Olson JA and Shike M. *Modern Nutrition in Health and Disease*, Eighth Edition (Williams & Wilkins, Media, PA, 1994).

Smith CW and Best S. *Electromagnetic Man* (St. Martin's Press, New York, 1989).

Spitler HR. *The Syntonic Principle: Its Relation to Health and Ocular Problems* (College of Syntonic Optometry, Eaton, Ohio, 1941).

Stortebecker P. *Dental Caries as a Cause of Nervous Disorders* (Stortebecker Foundation for Research, Stockholm, Sweden, 1982).

Stortebecker P. *Mercury Poisoning from Dental Amalgam - A Hazard to Human Brain* (Stortebecker Foundation for Research, Stockholm, Sweden, 1985).

Swartwout GM. *Biofields: The New Physics of Health*.

Swartwout GM. *Electromagnetic Pollution Solutions: What You Can Do To Keep Your Home and Workplace Safe*.

Swartwout GM. *Glaucoma Solutions: Prevention and Reversal*.

Swartwout GM. *Vision for Living*, 1983.

Todd GP. *Nutrition, Health & Disease*. Norfolk, Virginia: Donning Co., 1985.

Valnet J. *The Practice of Aromatherapy: A Classic Compendium of Plant Medicines & Their Healing Properties* (Healing Arts Press, Rochester, Vermont, 1980, English translation 1982).

Voll R. 2nd Supplement to the Four Volume Work: Topographical Positions of the Measurement Points of Electroacupuncture According to Voll. EAV Diagnosis of Eye Diseases, 15 New Measurement Points for Portions of the Eye, EAV Therapy for Eye Diseases, 5 New Approaches. Medizinisch Literarische Verlagsgesellschaft MBH, Uelzen, 1983.

Werbach MR, Murray MT. Botanical Influences on Illness. Tarzana, California: Third Line Press, 1994.

Whang S. Reverse Aging: Scientific Health Methods Easier and More Effective than Diet and Exercise (Siloam Enterprises, Englewood Cliffs, NJ, 1994).

Wurtman RJ, Baum MJ, and Potts JT. The Medical and Biological Effects of Light (The New York Academy of Sciences, New York, 1985).





## About the Author

Rev. Dr. Glen-Martin Swartwout, aka Glendalf of The Shire, graduated Magna Cum Laude with honors in Environmental Earth Sciences and Chemistry from Dartmouth College, and received his doctorate at the top of his class in Vision Science with honors in Optics as well as Leadership, being inducted into both Beta Sigma Kappa and the Gold Key Honor Societies at the State University of New York in Manhattan, where he trained at the largest outpatient vision clinic in the world. He served as Editor, Vice President and President of the American Optometric Student Association serving 4000 international student doctor members. He is the author of over 50 professional papers, books, and software programs. His first professional office was in Tokyo, Japan.

### Also by this author:

Cataract Solutions: Prevention & Reversal Via Accelerated Self-Healing

Electromagnetic Pollution Solutions

Healing Glaucoma

Macular Degeneration... ...Macular Regeneration

Materia Medica: Vis Medicatrix Naturae

Nous Energy: Healing Power of the Pyramids

Refreshing Vision: Opening the Windows of the Soul

Glen Swartwout

More writings by this author can be found at:

<http://christiascelli.wordpress.com>

<http://doctorglen.wordpress.com>

<http://pahoasark.wordpress.com>

<http://selfgrowth.com/articles/user/240198>

Additional contributions by this author include:

Alternative Medicine, The Definitive Guide (contributor)

EPFX SCIO QXCI Quantum Xeroid Ecllosion Consciousness Interface  
(contributor)

IBIS: Interactive BodyMind Information System (contributor) is now  
available for free download at <http://ouribis.com/>

Natural Eye Care, An Encyclopedia (co-author with Marc Grossman,  
O.D., L.Ac.)

Connect online:

Website: <http://drglen.weebly.com>

About.me: <http://about.me/drglen>

Facebook: <http://facebook.com/DrSwartwout>

Twitter: <http://twitter.com/DoctorGlen>

YouTube: <http://youtube.com/doctorglen>



