The Universal Book

# Casper Vattiata

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# Dedication

I would like to dedicate this book to my wife Angelina Jolie-Salvation for her humanitarian work and the ideal world I see in her entire beauty as my Queen of Angels. Also I dedicate this book to my Angela Davis for the brilliant mind she has as a Green Party political revolutionary and Universal Society World Equalist.

# Acknowledgment

"I would like to thank for their work and contributions to humanity Charles A. Reich, Angela Davis, Stephen Hawking, David Suzuki, Russell Means, Burton Goldberg, Harvey Diamond and L. Ron Hubbard. All of these extraordinary minds are Revolutionaries in their own right"

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# Preface

The Universal Book

The Universal Truth for an ideal body, mind and world. An integration of accumulated idealistic knowledge that is simplified for the reader. The definitive guide in proficient human development. The book that shatters the myths and takes us into a higher state of being for all of humanity.Universal Truth, Universal Love, Universal Mind, Universal Society.

The Universal Book

"With this book, you can change your world forever!"

# Chapter 1

# The Universal Mind

"The mind is like a ***computer,*** and it functions with ***programs***

created by yourself or the environment around you."

The truth has no name, race, age and gender as the world is it’s unbound bearing.

Judge others based on there words, actions, beliefs, intent, tone, how they are on the 8 dynamics of life and how one strays on the 7 deadly sins.

Always maintain a serene tone 4 in the 8 dynamics of life.

There is no left or right, up or down, here or there, big or small, just the truth is everywhere, focused and centered in mind and expressed through the spirit onto the 8 dynamics of life.

Always establish ‘Trains of thought’ that are maintained in mind and spirit in Universal honesty and respect. In a Universal truth and love ideal

What must be understood is the simple method of extracting truth into an absolute form. It's like a juicer as you juice the valid truth and throw away the pulp fiction. Keeping an open-minded perspective with the filtration of ***Bias-Separations*** such as *technicalities, tradition, fabrication, exaggeration, superstition, mysticism, materialism, nationalism, capitalism, racism, sexism,* and *sensationalism* is essentially fundamental.

***Bias-Separations*** are the divisions that divide us from the ***truth***.

Visualize the ***truth*** as a ***Dart Board***.

Everything outside of the dartboard is a ***Bias-Separation***.

Everything inside the dartboard is the ***truth***.

The closer the bull's eye, the more absolute the ***truth*** becomes.

Who is responsible for the formation of knowledge?

Always question authority in seeking to reform it,

so evolution can occur.

Always question the source and the point of origin.

It is how myths are shattered, and the truth is built.

Who, what, where, when, why & how?

The Truth must be built within the Science & Art Co-existence.

\*Refer to the 'Science & Art Co-existence'- S.A.C.

Including 'The Science of a Science'.

***The Universal Mind keeps you centered.***

The Basic Principle of existence is to ***survive*** on all 8 dynamics of life. Ideally in a truth and love oriented mindset.

**THE 8 DYNAMICS OF LIFE ARE:**

THE 8 DYNAMICS

1. **Self-Dynamic**
2. **Sex Dynamic**
3. **Group Dynamic**
4. **Mankind Dynamic**
5. **Animal Kingdom Dynamic (Lifeforms)**
6. **Physical Universe Dynamic. M.E.S.T. Matter Energy Space-Time.**
7. **Spiritual Universe Dynamic**
8. **God and Infinity Dynamic**

The **First Dynamic** is **SELF**.

It is the effort to survive as an individual, to be an individual. It includes one’s own body and one’s mind. It is the effort to attain the highest survival level for the longest possible time for self. This dynamic includes the individual plus his immediate possessions. It does not include other people. It is the urge to survive as one’s self. Here we have individuality expressed fully.

The **Second Dynamic** is **CREATIVITY**.

Creativity is making things for the future and the Second Dynamic includes creativity. The Second Dynamic contains the family unit, raising children, and anything that can be categorized as a family activity. It also, incidentally, includes SEX as a mechanism to compel future survival.

The **Third Dynamic** is **GROUP SURVIVAL**.

It is the urge to survive through a group of individuals or as a group. It is group survival, with the group tending to take on a life and existence of its own. A group can be a community, friends, a company, a social lodge, a state, a nation, a race, or any group. It doesn’t matter what size this group is. It only seeks to survive as a group.

The **Fourth Dynamic** is **MANKIND**.

Man’s Fourth Dynamic is the species of Mankind. It is the urge towards survival through all Mankind and as all Mankind. Whereas the American nationality would be considered a Third Dynamic for Americans, all the nationalities of the world together would be considered the Fourth Dynamic. All men and women, because they are men and women, seek to survive as men and women and for men and women.

The **Fifth Dynamic** is **LIFE FORMS**.

It is the urge to survive as life forms and with the help of life forms such as animals, birds, insects, fish, and vegetation. It includes all living things, whether animal or vegetable, anything directly and intimately motivated by life. It is the effort to survive in any and every form of life. It is the interest in life as such.

The **Sixth Dynamic** is the **PHYSICAL UNIVERSE**.

The physical universe has four components. They are matter, energy, space, and time. The Sixth Dynamic is the urge of the physical universe to survive by the physical universe itself and with the help of the physical universe and each one of its components.

The **Seventh Dynamic** is the **SPIRITUAL DYNAMIC**.

It is the urge to survive as spiritual beings or for life itself to survive. Anything spiritual, with or without identity, would come under the heading of the Seventh Dynamic. It includes one’s being, the ability to create, the ability to cause survival or to survive, and the ability to destroy or pretend to be destroyed. A subheading of this dynamic is ideas and concepts and the desire to survive through them. The Seventh Dynamic is a life source. It is separate from the physical universe and life's source. Thus, there is an effort for the survival of life sources.

The **Eighth Dynamic** is the urge toward existence as **INFINITY**.

The Eighth Dynamic also is commonly called God, the Supreme Being, or Creator, but it is correctly defined as infinity. It embraces the allness of all. Only when the Seventh Dynamic is entirely reached can one discover the true Eighth Dynamic.

**TRUTH & ERROR**

As a scale, there is a measure of truth and error.

Between truth and error, there is an irrepressible conflict. To uphold and defend the one is to conform and outweigh over the other.

The Scale of Justice.

**CAUSE or EFFECT**

Everything is ***cause*** or ***effect***.

Distinguish what the cause is and what the effect of that cause is.

Every ***action*** has a ***reaction***.

Awareness + Intention = ***Action*** = ***Effect***

**PHYSICAL SCIENCE**

The Physical Universe is made up of ***MATTER*** & ***ENERGY***.

The evolution of Physical Science is built on proven theories that are successfully formed in the Physical Universe.

**SPIRITUAL SCIENCE**

The Spiritual Universe is a system of ***words***

that cause a formative change.

***Belief*** gives these words ***force*** in the creation of a reality.

**STRUCTURE**

All things are ***structured*** to influence or liberate in the Physical and Spiritual Universe.

Physical = Matter, Energy, Space, and Time (M.E.S.T)

(Space and Time are nothing more than *measurements* of the Physical Universe)

**Spiritual = [Truth or Error] + [Suppression or Liberated Evolution]**

**+ [The Tone Scale] = Direction or Spirit**

Either trains of thought, environmental situations, or engrams are ***structured*** to establish tone, which establishes the direction or spirit. Close minded, narrow minded, shortsighted persons are characteristics of Suppressive persons and WOG Walking Operating Gorillas. A primal shallow instinctive person fixated on the Self dynamic, neglecting the other 7 functions or dynamics. Barbaric nor a noble gentleman in The Universal Mind.

For every ***problem,*** the best possible ***solution*** would be the absolute ***truth*** that creates liberated ***evolution*** on the highest ***tone***.

**COMMUNICATION**

Communication is to relay information, have an open and honest exchange and express ideas.

The effectiveness of communication is distinguished by

***The Tone Scale Chart***.

It is ideal to express each viewpoint. Acknowledge every point taken. Make the comparisons. Analyze similarities and differences to distinguish which is better, incorporating them and refining the concept.

Basically, 'taking the best from both worlds.' -Evolve!

**THE TONE SCALE**

The position of an individual on this Tone Scale varies. One's position on the chart will rise with good news and fall with bad news. It is the usual ***give and take*** with life. At the top of the chart, one is fully conscious of himself, his environment, other people, and the universe in general.

As one's confidence in the universe declines,

so does one's ability to handle its decline.

***Ultimately, each dynamic is measured with***

***The Tone Scale*.**

**Emotional Level**

There are many emotions. These emotions form a gradient scale which makes up the emotional section of the Dianetics Tone Scale Chart. Enthusiasm/Serenity is the highest emotion, and apathy is the lowest. A person can be chronically emotional along any level of this Tone Scale.

**Reality Level**

The reality scale refers to the individual's hold on reality and his agreement with others on what reality is. Disagreements on reality usually result only from a different viewpoint, not from actual differences. As people descend the Tone Scale, the things they will agree with become more and more solid.

**Communication Level**

The communication scale refers to the individual's ability to communicate with others. A man not able to communicate can be considered a dead man. As people descend the Tone Scale, they become more and more difficult to communicate with.

**Medical Range**

The medical scale refers to the physical state of a human being.

Physical health declines when that person's tone declines, causing a predisposition to illness. This Medical Range can evaluate a person's susceptibility to illness and life expectancy.

**Success Potential**

At the top of the chart, one is fully conscious of himself, his environment, other people, and the universe in general. As one's confidence declines, so does one's ability to handle it. Success or failure? Wherever a person may be on the Tone Scale, he can ascend that scale with Dianetics Technology.

**The Tone Scale Chart**

**4.0**

*Emotional Level*

Serene (Pinnacle)

Eagerness, enthusiasm

*Reality Level*

Search for different viewpoints in order to broaden your reality.

Changes reality.

*Communication Level*

Strong, able, swift, and full exchange of beliefs and ideas.

*Medical Range*

Near accident-proof.

No psychosomatic ills.

Nearly immune to bacteria.

*Success Potential*

Excellent.

**3.5**

*Emotional Level*

Cheerfulness, strong interest.

*Reality Level*

Ability to understand and evaluate the reality of others and to change their viewpoint.

Agreeable.

*Communication Level*

Will talk about deep-seated beliefs and ideas.

Will accept deep-seated beliefs and ideas to consider them.

*Medical Range*

Highly resistant to common infections.

No colds.

*Success Potential*

Very good.

**3.0**

*Emotional Level*

Conservatism, mild interest, content.

*Reality Level*

Awareness of possible validity of different realities.

Conservative agreement.

*Communication Level*

Tentative expression of a limited number of personal ideas.

Receives ideas and beliefs if cautiously stated.

*Medical Range*

Resistant to infection and disease.

Few psychosomatic ills.

*Success Potential*

Good.

**2.5**

*Emotional Level*

Indifference, boredom.

*Reality Level*

Refusal to match two realities. Indifference to conflict in reality.

Too careless to agree or disagree.

*Communication Level*

Casual pointless conversation.

Listens only to ordinary affairs.

*Medical Range*

Occasionally ill.

Susceptible to usual diseases.

*Success Potential*

Fair.

**2.0**

*Emotional Level*

Expressed resentment and antagonism.

*Reality Level*

Verbal doubt. Defense of own reality.

Attempts to undermine others.

Disagrees.

*Communication Level*

Talks in threats. Invalidates other people.

Listens to threats. Openly mocks cheerful talk.

*Medical Range*

Severe sporadic illnesses

*Success Potential*

Poor.

**1.5**

*Emotional Level*

Anger.

*Reality Level*

Destruction of opposing reality. "You're wrong!"

Disagrees with the reality of others.

*Communication Level*

Talks of death, destruction, and hate only.

Listen only to death and destruction.

*Medical Range*

Depository illnesses (arthritis).

Range 1.0 to 2.0 interchangeable.

*Success Potential*

Usually a failure.

**1.0**

*Emotional Level*

Fear.

*Reality Level*

Doubt of own reality. Insecurity.

Doubt of opposing reality.

*Communication Level*

Talks apparent reason, but intent vicious.

Listens little, mostly to cabal, gossip and lies.

*Medical Range*

Endocrine and neurological illnesses.

*Success Potential*

Nearly always fails.

**0.5**

*Emotional Level*

Grief.

*Reality Level*

Shame, anxiety, and strong doubt of own reality.

Easily has the reality of others forced on him.

*Communication Level*

Talks very little and only in apathetic tones.

Listens little, mostly to apathy and pity.

*Medical Range*

Chronic malfunctions of organs.

An accident is prone.

*Success Potential*

Utter failure.

**0.1**

*Emotional Level*

Apathy.

*Reality Level*

Complete withdrawal from conflicting reality.

No reality.

*Communication Level*

Does not talk. Does not listen.

*Medical Range*

Chronically ill.

Refusing Sustenance.

*Success Potential*

No effort, complete failure.

**THE COMPONENTS OF UNDERSTANDING**

**AFFINITY, REALITY AND COMMUNICATION (ARC)**

Another tool of considerable importance in Scientology and one that greatly assists interpersonal relationships is the principle of affinity, reality and communication. These three interdependent factors may be expressed in a triangle.

The first corner of the triangle is affinity, which is the degree of liking or affection or lack of it. It is the feeling of love or liking for something or someone.

The second corner of the ARC Triangle is called reality, which could be defined as “that which appears to be.” Reality is fundamentally agreement. What we agree to be real is real.

The third corner of the triangle is communication, defined as the interchange of ideas or objects between two people. In human relationships this corner is more important than the other two corners of the triangle.

The interrelationship of the triangle becomes apparent at once when one asks, “Have you ever tried to talk to an angry man?” Without a high degree of liking and without some basis of agreement, there is no communication. Without communication and some basis of emotional response, there can be no reality. Without some basis for agreement and communication there can be no affinity.

Thus these three things form a triangle. Unless there are two corners of a triangle, there cannot be a third corner. Desiring any corner of the triangle, one must include the other two.

# Chapter 2

# Science & Art Co-Existence S.A.C

**THE UNIVERSAL MIND**

**UNIVERSAL SCIENCE**

**UNIVERSAL TRUTH**

**"The Universal Mind is simply to simplify so that it can become a proficient form.**

**Philosophy and religion are attempts to arrest the flow of evolution."**

 Any approach in theory to an evolution of science must be built on fundamental scientific laws and how these laws are relative to each other, individually and in combination. They should be in action and reaction to one another through cause and effect within the scope of science.

 Evolution in science is to simplify complexity into an absolute form or a complex problem into a conclusive ***solution***. An ideal theory process such as The Universal Mind is the preceding process of figuring out a complexity before it becomes a Universal Science or Truth.

**Theory**- An attempt at simplifying a complexity.

**Scientific Fact**- A simplified truth in absolute form- Universal Truth.

 The 'outdated' old school of anthropology has been superseded. The four pillars of Anthropology were Religion, Philosophy, Art and Science and have been revised in Universal Truth- The method of the evolutionary process.

 Philosophy and religion were only attempts to understand the human condition. Both were convoluted and non-proficient methods and belief systems. Basically, philosophy and religion are the same things as they are both theories. They are both a system of suppressive complexes. They are both tangents. For example, In religious doctrines, there is something called The Kandilini Awakening. It's nothing more than an energy surge in a person's spinal column. This can be caused by the weight of suppressive complexes that is saturated in the bulk of philosophy and religion (Unless the suppression is caused by toxicity in the body as an accumulated secondary or primary cause). Also, \****Psychology*** is nothing more than a technically decorated branch of philosophy. Freud is a fraud. Neuro-Linguistic Programming (NLP) is at the base of all religious principles. The positive side is that it creates mental euphorias, yet it's short-term and evasive. It leads people around in circles and off the path of evolution. In many instances, philosophy and religion are ways 6eof controlling people in a hierarchal order.

In Universal Truth, ***Philosophy and Religion are Obsolete.***

 Art is to reflect Science in order to illustrate well-defined concepts of truth and error. Science is the utilized truth where as Art is the medium to express it in between truth and error. Science & Art work together because they contribute to one another as one proceeds the other and vice-versa in a mutual evolutionary concept. For example, in 1910, a Sci-Fi comic book series displayed drawings of a space shuttle prototype. This was 50 years before the initial development of the actual space shuttle that landed on the moon.

 Once knowledge strays outside of the scope of science, it sometimes becomes a type of suppressive complex within the confines of philosophy and religion. Specifically, a bias tangent in the form of mysticism, superstition, nationalism, racism, sexism, etc.

In Universal Truth, ***Science and Art Co-Exist.***

 All the greatest minds of all time were exclusively scientists & artists, such as Sir Isaac Newton, Leonardo DeVinci & William Shakespeare, just to name a few. They usually segregated themselves from conventional society and were self-taught. Essentially their thinking was above and beyond conventional methods, which initially made them catalysts for change. Looking from the outside in, they challenged mainstream society in an attempt to evolve mankind and successfully they did. These men were within The Universal Mind.

The Universal Mind- The Universal Mindset

Universal Science- A system of combined truths that perform a proven function based on the physical and spiritual universe.

Universal Truth- An Absolute Truth.

(Error) X. Philosophy.

 The problem with old school philosophy is that it was in an obscured and confounded state of being as it went in circles, clinging to the past. Philosophy was unorganized and undirected nor had validity as it was usually a 'self' serving instrument used to justify 'aberrations' in a capitalist society. Philosophers were not universally inclined, which is to say they were not balanced and in tune with the 8 dynamics of life and were more of an 'effect' of their environment rather than a Cause'. Philosophy was an unproficient approach to discovering the absolute truth, which is a science thereafter. The truth works for everything and everyone in all 8 dynamics, where opinions are statements for the self, which are self-serving. A great bulk of philosophy was a compilation of opinions and not truths. The truth is truth when it is universal, which is to say that it has a fundamental scientific basis on the 4 dynamics of life in the physical and spiritual universe. The error of philosophy is that it has the tendency to impinge on a certain dynamic. \****Structured*** philosophical belief may liberate one dynamic yet impinge on the other dynamics. The Universal Mind is proficiency, 'Out with the old and in with the new'. It is uninhibited evolution. It is simplicity. It is progression. Philosophy was in this primitive state as it was like trying to find a needle in a hay stack with a candle in a very dark room without a clue where to begin.

**Philosophy is Obsolete.**

(Error) X. Religion.

 The problem with religion was that it is an artistic illustration of the human struggle between truth and error. All religions were an artistic play on philosophy, as philosophy was the search for truth. All so-called prophets were essentially artistic story telling philosophers. The use of symbolism, metaphors, mysticism and sensationalism were primarily to fill the gap of mystery. It was like overly decorating a Christmas tree. What this means is that when the simple function and structure of the tree were not fully understood, then the only thing philosophers would and could do was decorate it. Bible Scholars were nothing more than a bunch of janitors cleaning up a decorated mess or kids trying to figure out the aberrated expressions of Picasso like a Rubix cube. It was nothing more than blind devotion to the systematic uselessness of beliefs that lead nowhere. For example, in the time of Christopher Columbus, the idea that the world was flat was the belief or paradigm. The gap of mystery was then filled with fantastical theories and sensationalized stories which are essentially ***Art***. Religion was a man-made mechanism to control the masses within a hierarchy. In many ways, 'God' was a man-made concept used to promote obedience to man-made rules of selfish Pharoah-type men. In Universal Truth, keeping an open mind with the filtration of mysticism, tradition, and superstition... which is essentially ***Art***... makes religion obsolete. Religion was a failing theory. The universal truth is the prevailing theory. Religion is complicated. Universal Truth is a simplification. Religion is stagnation. Universal Truth is evolution.

**Religion is Obsolete.**

*The fancy mess of* ***philosophy*** *and* ***religion*** *are* ***tangents*** *of evolution and solidifies what was once fluid.*

**"The Universal Mind is simply to simplify so that it can become a proficient form.**

**Philosophy and religion were attempts to arrest the flow of evolution."**

# Chapter 3

# The Vehicle of Truth

A body of knowledge is like a vehicle. The words and ideas are the components, and the whole body of information is the entire vehicle. As a pie chart or the Pie Factor- the factors that make the entire equation. This body of information needs to be modified and revised in order to make a proficient and effective vehicle that can travel to the desired location of human development. Such as a road trip that is mapped to finding a solution or cure. This is how we must drive our imagination and theory process for optimal results. The optimal solution depends on the proper organization within a body of information. Through trial and error, the modification of components and the integration of new ideas is essential in the development of any science. The success of the vehicle depends on how far the vehicle will travel. When the scope or aim is determined, then the body of information must be continuously modified until the goal is reached. Separating bias-separations (tangents) or flaws from the body of information and integrating refined concepts of truth makes for a proficient journey within a theory process towards conclusive scientific facts. The accumulation of scientific facts makes for the evolution of science. This is the simplest and most highly effective method of finding solutions that have plagued humanity. The cure to any disease, virus and dysfunction can be easily found within this mental process. The Vehicle of Truth.

**Primary Model**

If we are to venture forward to find the answers that have puzzled humanity, we must put things into the right perspective. The "integration" of concepts is essential for the evolution of science. The optimal solution or ultimate truth would be the ideal vehicle made up of the ideal components. Factors in the overall equation. For example, if we were to take all the greatest cars on the market and test out each of them for their ideal components, then we would eventually find an evolution taking effect. Once we determine the best components from the worst components, we can start to integrate. We simply take the best component and assemble it into our newly revised concept vehicle, one piece at a time. Making modifications to specific components and changing the way it is arranged may be necessary so that an improvement may take effect. The error becomes evident when limitations are set, such as within the confines of vehicle patents or traditional engineering designs, which are bias separations (tangents) from our scope of evolution. Once we stay centered within this scope, the evolution of humanity will prevail over all obstacles. We can travel within this vehicle of evolution towards higher plains of existence, conquering the human condition and freedom for all.

*By Casper Vattiata*

# The Science of a Science

"Evolution Beyond the Scientific Method"

The evolution of **science** has a course of action.

To understand and evolve, one must establish one's self in perspective and build the science within the perspective by interacting. For example, become an atom and then fuse with other forms of energy and matter to see the result of the interaction. Become the action and see the reaction. Trial and error. If something is combined and built successfully, then move on and let evolution take its course. Simplify the complexity. Like a brick becomes a house in combination with wood and cement, so is the same as the building of science.

Once scientific laws are established, it has a scope of evolution with well-defined borders in progression. If it's not in the scope, it's discarded.

This is an evolution of **science**.

THE SCIENCE OF A SCIENCE.

# Science Vs Philosophy

Every good scientist knows to

'simplify the complexity.'

Every good philosopher knows to

'complicate the complexity.'

...with decorated sophistication...

...in the psychological, business and legal sense.

Non-sense!

THE END.

OMEGAMAN

# Chapter 4

# Dianetics: The Modern Science of Mental Health

 Today, Dianetics is the world's top self-help bestseller. It has sold many millions of copies and been translated into more than 22 languages. All over the world, people are learning and using Dianetics to improve their lives. There are lectures, seminars and courses delivered in groups and centers such as Hubbard Dianetics Foundations and Churches of Scientology. Dianetics has been changing people's lives since 1950. It's the only effective technology of the mind in existence. Any two people can learn and apply Dianetics right at home.

It's simple and easy.

 The goal of Dianetics is a finite state called "Clear", an unrepressed person who operates on full self-determinism. Dianetics starts you on the road to achieving that potential.

**First, let's review some basic discoveries of Dianetics.**

**What is the goal of man?**

**What is the purpose of life?**

**Time, space, energy and life have a single common denominator.**

They all began at some point of origin and were caused to continue to some infinite destination.

They obey a single order. SURVIVE.

The dynamic principle of existence is SURVIVE.

Pain is physical or mental suffering. The ultimate pain could be just before death, and the ultimate pleasure could be conceived as immortality. The thrust of survival is away from death and toward immortality. Man in affinity with man survives, and that survival is a pleasure. The survival dynamic is the tenacity to live and vigour and persistence to survive. The SURVIVE dynamic sub-divides into parts. These urges or motivations are called dynamics.

The first dynamic is the urge towards survival as one's SELF. Here we have individuality expressed fully. This is called SELF-DYNAMIC. On this dynamic, we have YOU. This includes all your personal possessions, your hobbies, health and so on.

The second dynamic has two compartments. One is sex, and the other is the rearing of children. This dynamic is human's urge toward survival as a future generation.

The third dynamic is the urge towards survival as a GROUP. That covers any kind of group, temporary or permanent groups, family units, political groups, social groups, sports clubs or anything that is a grouping.

The fourth dynamic is the urge toward survival as a species. This is the MANKIND DYNAMIC. War is a breakdown of this dynamic.

The Fundamentals of Thought expands it to 8 dynamics into the Universal Mind universally inclusive in infinity or God.

Accomplishing what you want in life involves making many decisions and solving many problems. The optimum solution for any problem would be one that achieved maximum benefit in all dynamics. Any solution that harms more dynamics than it helps would be a poor solution. For example, something that only benefits SELF but harms the GROUP or MANKIND would be a contra-survival decision. The greatest good may require some destruction as well.

 For example, a new cure which saves many thousands of lives but kills one could be considered an acceptable cure. The solution deteriorates in ratio to the destructiveness employed. The best solution to any problem is that which is the greatest good to the greatest number of beings. This is the basic equation of all rational behavior. The human mind is engaged in resolving problems related to survival in all dynamics of life. Intelligence is the ability to perceive, pose and resolve problems.

The human mind can be considered to have two major divisions.

The first part is the "Analytical Mind". Consider the Analytical Mind as a computer. It is more capable than any computer ever constructed. It never makes a mistake, as long as a human being is reasonably intact. It is called the Analytical Mind because it analyzes data. The Analytical Mind has its "Standard Memory Banks". The data in these memory banks is filed in recordings called "Mental Image Pictures". For example, close your eyes and think of a dog. Did you get a picture of a dog? That is a "Mental Image Picture". These or 3D color pictures with perceptions. These pictures are composed of matter, energy, space and time. They appear when your mind thinks of something just as you think of a certain dog; your mind gets a picture of a dog. The mind contains a consecutive record of mental image pictures which accumulate throughout a person's life. This is called a "Time Track". The Time Track is very exactly dated. If motion picture films were 3D, had 52 perceptions and could fully react to the observer, then the "time Track" could be called a motion picture film. This information files straight into the "Standard Memory Banks". This file begins at a very early period as it then runs consecutively whether the individual is asleep or awake, except in moments of unconsciousness, for an entire lifetime. It apparently has infinite capacity. The full power of the mind would be the full power of the "Analytical Mind" using the "Standard Memory Banks". You use the power of your "Analytical Mind" to solve problems in your life, figure things out and even create and imagine. *Imagination* is extremely important in solving problems in life. *Sanity* depends upon *rationality. Optimum Rationality* calls for *optimum sanity.* This is what represents the greater potential that man can achieve as what man has represented his better gods to be like. This is the "Clear". This is sanity; This is happiness; this is survival. Where is the error?

Man is basically good. Man has been wrongfully accused of being bad because man did not know about the "Reactive Mind". This is the second part of the mind. In Dianetics, irrationality is called *aberration,* which is a departure from rational thought and behavior. It comes from the Latin word, *abbere,* to wander from. It means a departure from a straight line. It would also mean a lack of straightness or to see crooked. For example, a man sees a horse but thinks he sees an elephant.

Where does this irrationality come from?

Looking again at the *Analytical Mind*, we discover that it has gaps in it. There are moments when there seems to be nothing filed in the *Standard Memory Banks*. These *gaps* take place during moments of *unconsciousness*. The shock of accidents, the anaesthetics used for operations, the pain of injuries and the deliriums of illness are the principal sources of what we call *unconsciousness.* These missing periods can be found in the *Reactive Mind.*

There are 2 things which appear to be but are NOT recorded in the *Standard Memory Banks*.

1. Painful Emotion 2. Physical Pain

During a moment of intense pain, the action of the *Analytical Mind* is suspended.

The *Reactive Mind* kicks in, and these moments of physical pain are recorded in the *Reactive Mind.* When an individual is unconscious, fully or partly, the Reactive Mind cuts in, fully or partly. When the person is fully conscious, then the Analytical Mind is fully in command of the organism. When the person's consciousness is reduced, the Reactive Mind begins to record everything. The Reactive Mind works on a totally *stimulus-response* basis.

Stored in the *Reactive Mind* are *engrams.* An *engram* is a mental image picture of an experience containing pain and unconsciousness. It must have impact or injury as part of its content. The Reactive Mind continues to make pictures no matter how unconscious a person supposedly is. These engrams are a complete recording down to the last accurate detail of every perception present in a moment of partial or full unconsciousness. The Reactive Mind does not think analytically, and it does not reason.

For example: If the Analytical Mind did a computation on the subject of apples and worms, it could be stated as follows:

Analytical Mind: "Some apples have worms in them as others don't. When biting an apple, one may occasionally find a worm. Worms in apples leave holes."

Reactive Mind: "Apples are worms, are bites, are holes in apples, are holes in anything, are apples and always are worms, are apples, bite; etc."

The Analytical Mind thinks about differences and similarities.

The Reactive Mind thinks in identities, as everything is the same as everything else.

The Reactive Mind Equation: **A = A = A = A = A**

Everything equals everything else in the engram.

Let's look at an actual incident,

A family is situated in a kitchen. The family consists of a father (Casper), mother (Angelina), son (Michael) and daughter (Rose). The facet is running water in the sink.

Angelina is standing on a step stool, putting dishes away. She turns to Casper.

Angelina: Honey, hand me those plates, please.

Casper hands her the plates. The kids are arguing and fighting with each other over a doll. Casper turns to the kids.

Casper: Hey, you kids, stop fighting. You're making a mess here.

The kids start to wrestle each other by Angelina the step stool. They get carried away and accidentally knock equal over. Angelina crashes to the floor head first, knocking her unconscious. The kids huddle around as Casper kneels down to check on her. Rose turns to Michael.

Rose: Look what you did, you stupid idiot!

Michael: it was your fault!

Casper: Shut up! Both of you!

Casper starts patting Angelina head.

Casper: Honey... Honey... She looks bad.

The kids try to shake her. Casper stops them from touching her.

Casper: No, don't try to move her. She has to stay right here.

**Important note:** This entire incident is filed in the Reactive Mind. Every part of the incident equals everything else. The sound of water running equals the head impact equals the falling step stool equals, the fact that she's "a stupid idiot" equals the fact that it's "her fault" equals the fact that "she has to stay right here". These things are now restimulators. Restimulation is the reactivation of a past memory due to similarities in the present. Any words spoken during the engram act as post-hypnotic commands. When the engram is restimulated later, she has a feeling that she is a stupid idiot, it's her fault, she looks bad, and she has got to stay right here. The place where she was injured can start to hurt and can even become disposed to illness or chronic illness. This is a psychosomatic illness. The majority of health problems are psychosomatic illnesses. There are other types of incidents in the Reactive Mind. In addition to Engrams, there are Painful Emotion Engrams. A Painful Emotion Engram is an Engram caused by the shock of sudden loss, such as the death of a loved one. Loss of possession or position or even the threat of a loss can cause a Painful Emotion Engram.

**Dianetics Procedure**

**1.**

**Assure the preclear he will know everything that happens.**

The session is done with you and your preclear seated across from each other. In the first step, you assure the preclear about what will occur during the session. You can tell the preclear the following. **"We will begin the session now. You will remain aware of everything which goes on. You will be able to remember everything that happens here. You can pull yourself out of anything which you get into if you don't like it."**

**2.**

**Have the preclear close his eyes.**

Tell the preclear, **"Close your eyes."**

**3.**

**Install the canceler.**

Tell the preclear, **"In the future, when I utter the word "cancelled", everything I have said to you while you are in a therapy session will be cancelled and will have no force on you. Any suggestion I have made to you will be without force when I say the word 'cancelled'.**

**Do you understand?"**

Make sure the preclear understands this.

**4.**

**Return the preclear to a period in the past.**

Tell the preclear you will begin by running an incident from his past that the preclear feels he can comfortably face. NYou can say something like, **"We're going to find an incident in your life of which you have an exact record. Then by sending you through it at the moment, it happened several times, we're going to reduce it (discharge)." Next, tell the preclear. "Locate an incident that you feel you can comfortably face."** When he has located one, tell him, **"Go to the beginning of that incident."**

**5.**

**Work with the file clerk to get data.**

After you have returned the preclear to the incident, have him recount the incident from beginning to end (while returning to it in reverie), picking up all the perceptions present just as though the incident were happening at that moment. It is very important that the preclear recount the incident as though it were happening at that moment and not simply as a memory of something that happened in the past. You can say, **"Go through the incident and say what is happening as you go along."**

**6A.**

**Reduce the incident.**

Have the preclear go back to the beginning of the incident again and recount it. You can use a command such as: **"Go back to the beginning and go over it. Pick up whatever additional data you can contact."**

Ask additional questions as needed to help the preclear recover more from the incident. Questions such as, **"What do you see?"** or **"What do you hear?"** can be asked to help the preclear. Help the preclear to move through the incident as needed by using the word **"Continue."**

Repeat this step, again and again, each time telling the preclear to go back to the beginning of the incident and to go through it to the end.

Continue to run the incident until the preclear is cheerful about it. When the preclear is cheerful about running that incident, go on to Step 6B.

**6B.**

**Locate the next incident to run.**

Choose another incident that the preclear feels he can now comfortably face.

Say, **"Let's find another incident that you feel you can comfortably face."**

Return the preclear to this new incident and audit it by continuing the procedure with Step 5, followed by Step 6A. Run the preclear through the incident as many times as it takes to bring the preclear to a point where he is cheerful about it. Then choose another incident to audit using the procedure described above. Keep finding and auditing incidents on your preclear until the time allotted for the session is up. **NOTE:** If the preclear does not seem to be able to uncover any more about an incident despite many recountings and he is not becoming more cheerful about it, then find out from the preclear, "Is there an earlier incident similar to the one we are auditing?" If so, return the preclear to the earlier incident and continue with Steps 5 and 6A.

**7.**

**Bring the preclear to the present time.**

Let the preclear know you will be ending the session shortly.

Tell him, **"Come to the present time."**

**8.**

**Be sure the preclear is in the present time.**

Ask the preclear, **"Are you in the present time?"** Assure yourself that the preclear feels he actually is in the present time.

**9.**

**Give the preclear the canceler word.**

Tell the preclear, **"Canceled."**

**10.**

**Restore full awareness of the preclear's surroundings.**

Tell the preclear, **"When I count from five to one and snap my fingers, you will feel alert. Five, four, three, two, one."** *snap!*

This is the complete procedure. For any assistance or to answer your questions, call us at the DIANETICS info line.

**DIANETICS 1-800-367-8788**

**We recommend at the Church of Scientology to acquire the service of a Field Dianetics Auditor that will visit your home with an e-meter designed to measure painful emotion engrams and somatic responses when conducting an Auditing session to streamline your efforts to becoming a Clear form the Reactive Mind. A Dianetics Field Auditor can be hired at a much lower cost than an hourly session with a harmful psychiatrist, psychologist or psychotherapist which is absolutely the most effective form of mental health therapy in existence. The Science of the mind.**

**MILLIONS HAVE IMPROVED THEIR LIVES DRAMATICALLY AND PERMANENTLY WITH DIANETICS THERAPY**

"Dianetics put me into the big time. I always had the ability to be somewhat successful, but Dianetics freed me up to the point where something really big could happen without interference."

**John Travolta**

Actor

"Before Dianetics, I had dyslexia. After going through Dianetics procedures, I found that my dyslexia was caused by my subconscious mind. There was an engram that was impairing my conscious mind that spoke, "I can't read". Thankfully, Dianetics gave me the ability to discharge this from my subconscious mind or, more like, the reactive mind. Now I can read perfectly fine."

**Tom Cruise**

Actor

"Being Clear is understanding my own thoughts and my own purposes. The battle with my reactive mind is over. No more 'inner conflict'. Thanks to Dianetics, I am achieving my goals."

**Chick** **Corea**

Grammy Award Winning

Jazz Keyboardist

 *For my Angel*

*From Casper Vattiata with love.*

# Chapter 5

# N.L.P. Neuro Linguistic Programming

Neuro-Linguistic Programming (NLP) helps people detect and reprogram unconscious patterns of thought and behavior in the conscious mind in order to alter mental responses and enhance functionality into higher tones. The proper DioGuardi must be oriented to stay up Tone in a disciplined to maintain a constant serene tone 4 for optimal physical and mental health. NLP has provided positive results for people suffering from various conditions such as AIDS, cancer, Parkinson's disease, psychosomatic illness and diseases.

Neuro-Linguistic Programming focuses on how people learn, communicate, change, grow, and heal. "Neuro" refers to the way the brain works and how human thinking demonstrates consistent and detectable patterns. "Linguistic" refers to how these patterns are recognized and understood by the mind and how they can be altered, allowing a person to make better choices in behaviour and health.

People who have difficulty recovering from physical illness have adopted negative beliefs about their recovery. They perceive themselves as helpless, hopeless, and worthless and express statements like "I can't get healthy", "There is no hope", and "I am not worth the effort". The primary goal of the NLP Practitioner is to move a person from his or her present state of discomfort to the desired state of health and well-being by helping to reprogram beliefs about healing.

NLP Practitioners ask questions to discover how a person relates to issues of identity, personal beliefs and life goals. By reading autonomic body changes like skin color changes, moisture changes on the lips or eyes, as well as other physiological responses, NLP Practitioners show people how to tap into their way of healing as individuals based on how they process information and how they view their health conditions.

Identity can be a major component of the way a person deals with his or her health condition, particularly someone suffering from chronic diseases. Too often, people tend to identify directly with their illnesses. A person doesn't usually say, "I'm Heidi, who has this condition of diabetes", she says. "I'm a diabetic". A person doesn't usually say, "I'm Michael, a carrier of Parkinson's Disease", he says, "I'm a Parkinson's patient". The disease moves in and actually shifts the person's identity.

One of the first priorities of NLP is to separate a person's negative or false identifications and then to have that person recapture or regain his or her identity. NLP practitioners are trained to ensure that any changes will ultimately benefit all the various aspects of the individual, not just the particular problem that is being addressed. Special care is taken to keep not only a person's family, social and work relationships in balance but also his or her internal systems: thoughts, strategies, behaviors, emotional tones, capabilities, values and beliefs. This is known as an ecology check and is used to modify an NLP method approach. This is accomplished through the careful questioning of the individual both before and after a session.

As a next step, the practitioner will ask the person to see themselves imaged in a state of health. This is accomplished with the basic use of 'Guided Imagery'. By doing so, an outcome is set that will facilitate the healing process. The brain's natural response is to duplicate whatever images or beliefs are created about getting better. The brain then triggers the necessary immunological responses to guide the body toward its goal of health and well-being.

When a person is asked questions about life and his or her condition, the NLP practitioner observes the language patterns, eye movements, postures, muscle tension and gestures. These relay information and report internal sensations about how the client relates to their present condition, revealing what limiting beliefs may exist. These worded belief structures can then be altered using NLP.

It is a crime against humanity how the conduct of the medical establishment causes a predisposition to some illnesses. Mostly, this is perpetuated by the ignorant and biased motivation of the pharmaceutical industry's intent to make a profit. It blindsides the public with its fancy yet inconclusive theories that are predominantly found within psychiatry.

# Chapter 6

# The Purification Program

 Developed solely to handle the biochemical barrier to a purified body. The Purification Program is a simple combination of exercise, vitamins, nutrition and sauna used to dislodge drug residuals and other toxins from the tissues of the body so these substances can be eliminated.

 The method of exercise, sauna sweating, vitamins and nutrition is repeated until the person is free of the harmful effects of a lifetime of accumulated drugs and toxic residuals.

 The results of the Purification Program are amazing. A person is able to think more clearly, is more alert and aware and far more able to obtain total wellbeing.

In just a few weeks...

* years of toxins and drugs cascade away!
* be able to think more clearly!
* gain a fresh view of life!
* improve overall vitality!
* put that surge of enthusiasm back into life!
* improve physical and mental ability!

**The Purification Program**

**Orthomolecular Medicine**

**Deficiencies & Illness**

***'Drugs and Toxins cause vitamin depletion.'***

 One of the things that drugs and toxins do is create nutritional deficiencies in the body in the form of vitamin and mineral depletion. For example, alcohol depletes vitamin B1. When it burns up all the B1 in the system, the person goes into delirium, tremens and nightmares.

 Drugs, in general, deplete not only the B1 and B Complex but also create a deficiency of niacin in the body. Potentially resulting in the same symptoms. Toxin and drug residuals can remain in the body for years, which have the same and continuing effect on the body's reserves of vitamins and minerals.

 Any vital substances that sustain the body when the depleted result in lower degrees of physical condition. When very obvious, it becomes a ***'disease',*** and when less obvious and even undetected, it becomes a ***'not feeling good',*** which is a cause for ***depression, chronic fatigue, impotence, headaches and other stress-related problems.***

**The Purification Program**

**Exercise**

Exercise increases circulation throughout the entire body, thus

a) causing cell waste to be carried out more rapidly.

b) causes deeper penetration of body tissues.

"The more 'effort' you put in, the more 'toxins' you get out!"

**Sauna Sweat** (\*Wet or Dry Sauna)

Sweating done at various degrees of temperature determined by tolerance level. (approx. 120- 180 F)

\*Eucalyptus Oil clears lungs, especially in smokers.

**Liquids**

Water and especially natural juices (not from concentrate) are absolutely necessary for replenishing fluids during the sweating process. Juicer juices are best because they rejuvenate the body and provide a 'natural source' nutrition which greatly assists in the detoxification process. Drink at least 8 glasses of these liquids per day.

**Sleep**

Sufficient sleep is necessary in order to rejuvenate the body and mind. People function best **on The Purification Program** when they are well rested.

**Nutrition**

Eat what you usually eat, supplemented with plenty of fruits and vegetables with easy \*' Proper Food Combining'. Fruit in the morning and natural juices taken with every meal is optimum. \*\*An ideal meal should consist of 75% vegetables.

\*Reference book: 'Fit for Life' (Diamond)

\*\*Refer to the 'Nutrition' article.

**Oils**

Toxins lock up mainly in the fat. The effort is to get the body to exchange good fat for the toxin-ridden fat with oil.

Basically, we get the body to trade fat for fat.

\* Oil Mixture- Soy, Walnut, Peanut & Safflower.

Combining these oils in the proper ratio works extremely well.

**\***Oils should be cold-pressed, not rancid and refrigerated.

**Lecithin & Evening Primrose Oil**

***Lecithin*** is capable of breaking fat into tiny particles which can pass readily into the tissues.

***Evening Primrose Oil*** handles various food allergies and utilizes a substance which helps break down fatty tissue.

**Niacin**

Taken in sufficient amounts, ***niacin*** breaks up and expels toxins from the cells and tissues. It can rapidly release all drugs and toxic residues into the system. Exercise and sweating must be done with niacin to ensure the toxins get flushed out.

***Niacin*** is the main gradient reference in determining increases in relation to the other supplements. Basically, ***niacin*** is increased when the \*therapeutic effect has diminished in a gradual way. Starting from 100 mg to 5000 mg. All supplements are then increased in accordance with the ***niacin***.

**\**Niacin***, not niacinamide, is characterized by an itchy redness on the skin, known as a ***Niacin Flush***. "The itchy redness tells you it's working."

**Alpha Lipoic Acid**

'The King of Antioxidants

Having dual solubility, ***Alpha Lipoic Acid*** is both water and fat-soluble, which allows it to interact with other antioxidants by enhancing the antioxidant network within the cell and regenerating other antioxidants to a potent, usable form. It helps the body's major natural antioxidant substances to work together and plays an important role in recycling them, helping to prevent oxidative damage to body components. Basically, ***Alpha Lipoic Acid*** charges and recharges antioxidants in the body for a more proficient **R.P.M.**

**Flor-Essence (or Essiac)**

***Flor-Essence*** is a herbal tea formula of 8 herbs which work synergistically to cleanse, stimulate and strengthen the whole body. ***Flor-Essence*** exerts a gentle yet highly effective influence on the entire body, gathering and flushing out accumulated toxins, allowing for cellular renewal. In conjunction with **R.P.M.**, this is the therapeutic cure for many forms of cancer which is a major part of **R.P.M.**

**Purification Program**

**Vitamin Table**

**Variants (V)**

**V1 V2 V3 V4 V5**

Niacin 100- 500- 1500- 2500- 3500-

 400 1400 2400 3400 5000

 mg. mg. mg. mg. mg.

Vitamin A 5000- 20,000- 30,000- 50,000- 50,000

 10,000

IU IU IU IU IU

Vitamin D 400 800 1200 2000 2000

 IU IU IU IU IU

Vitamin C 250- 2- 3- 4- 5-

 1000 3 gm. 4 gm. 5 gm. 6 gm.

Vitamin E 800 1200 1600 2000 2400

 IU IU IU IU IU

Vitamin B1 350- 400- 450- 750- 800-

 600 650 700 1250 1300

 mg. mg. mg. mg. mg.

Vitamin B 2 3 4 5 6

Complex

\*tablets

**Purification Program**

**Mineral Table**

**Variants (V)**

 **V1 V2 V3 V4 V5**

Calcuim (mg) 500- 1000- 1500- 2000- 2500-

 1000 1500 2000 2500 3000

Magnesium(mg) 250- 500- 750- 1000- 1250-

 500 750 1000 1250 1500

Iron (mg) 18-36 36-54 54-72 72-90 90-108

Zinc (mg) 15-30 30-45 45-60 60-75 75-90

Manganese (mg) 4-8 8-12 12-16 16-20 20-24

Copper (mg) 2-4 4-6 6-8 8-10 10-12

Potassium (mg) 45-90 90-135 135-180 180-225 225-270

Iodine (mg) .225- .450- .675- .900- 1.125-

 .450 .675 .900 1.125 1.350

Natural Calm 1-2 1-2 1-2 2-3 2-3

(Glasses)

Natural Calm (1- 3 times a day)

***In Addition***

Flor-Essence 2-3 2-3 2-3 2-3 2-3

(Cups)

Alpha Lipoic 100 150 150 200 250

Acid (mg.)

Lecithin (mg) 1-2 tablespoons (Twice a day)

Evening Primrose Oil 500 mgs (Twice a day with Lecithin)

***Oil Mixture Intake (Soy, Walnut, Peanut & Safflower)***

Take 1-2 tablespoons just before exercise & sauna.

**Purification Program**

**EXERCISE**

20 - 30 minutes of exercise

Jogging, Aerobics, Cross-Trainer, Step climber...

**SAUNA**

**INTERVALS**

**I's**

10 - 16 I's.

15 - 20 minutes sauna.

5 - 7 minutes cool down in between I's.

*10 I's for beginners gradually increasing to a steady 16 I's for optimum results.*

**Sauna Temperature**

100 - 200 F

*100 F for beginners, gradually increasing to a steady 180 - 200 F for optimum results.*

***Important Reference Material***

*Refer to the book*

*"Clear Body, Clear Mind"*

*The Effective Purification Program*

*by L. Ron Hubbard*

[*www.Narconon.org*](http://www.Narconon.org)

*Fit for Life*

*By Harvey Diamond*

*Written by Casper Vattiata*

*For My Queen of Angels, my Angelina Jolie-Salvation, with love.*

*Eternal.*

# Chapter 7

# Orthomolecular Medicine

*Employing vitamins, minerals and amino acids to create optimum nutritional content and balance in the body, orthomolecular medicine targets a wide range of mental and physical conditions.*

 In 1968, Nobel Prize-winner Linus Pauling, PhD, originated the term "Orthomolecular" to describe an approach to medicine that uses naturally occurring substances normally present in the body. "Ortho" means correct or normal, and orthomolecular physicians recognize that in many cases of mental and physical disorders, health can be reestablished by properly correcting, or normalizing, the balance of vitamins, minerals, amino acids and other similar substances within the body.

 "Our physical bodies are made up of water, fat, protein, carbohydrates and similar substances," says Jonathan Wright, M.D., of Kent Washington, explaining a basic principle of Orthomolecular Medicine. "Therefore, it's logical to expect that if something is wrong with our bodies, proper manipulation of the elements of which they are made will be a major factor in reestablishing health."

 The premise behind Orthomolecular Medicine extends back to the 1920s when vitamins and minerals were first used to treat illnesses unrelated to nutrient deficiency. During that time, it was discovered that vitamin A could prevent childhood deaths from infectious illness and that arrhythmias (irregular heartbeat) could be stopped by dosages of magnesium. Scientific evidence supporting nutritional therapy did not fully emerge...

 Many physicians disregard the value of proper nutrition in relation to health. The prevalent notion is that a balanced diet will provide all the nutrition one needs. What is overlooked is the fact that a vast majority of the food supply is harvested in nutritionally depleted soil. Orthomolecular physicians recognize these factors, as well as the fact that biochemical individuality can play a crucial role in overall health.

 The concept of biochemical individuality is based on the work of Roger J. Williams, PhD. In treating his patients, Dr Williams realized that each individual has their own unique makeup. Each person is genetically unique and therefore requires slight variations in nutrient intake to function optimally. All living creatures are greatly affected by the overall quality, balance and quantity of food ingested. Although the recommended daily allowances (RDA) for nutrients may prevent a severe deficiency disease, Orthomolecular physicians boldly state that these levels do not provide for optimal health, and people may need many more times the RDA levels. For example, studies of guinea pigs show an incredible variation in their requirement for vitamin C. Similar studies have been done on humans: children have shown to have varying needs for vitamin B6, and psychiatric victims and prisoners of war (POWs) who suffered from drugging and starvation were shown to require a much greater intake of vitamins and minerals than usual.

 Nutrient density is the hallmark of good food. Defined as the relative ratio of nutrients to calories, foods low in nutrient density are often termed "empty-calorie" or "junk" foods. The leading nutritional problem is "overconsumption under nutrition," or the eating of too many of these "empty-calorie" foods. A person may consume plenty of food, yet it's not the right kind of food. Statistically, studies have concluded that the common diet is made up of fats and refined sugars having low to no nutrient density. This contributes to nutrient deficiencies that can rob the body of its natural resistance to disease, premature aging and a hazardous predisposition to toxic psychiatry while weakening its overall physical and mental performance.

 Orthomolecular physicians and scientists recognize nutritional deficiency symptoms, which may often be subtle, overlapping and varied. Many times these symptoms are taken for granted as being part of the aging process or a false psychiatric illness. However, these symptoms are actually subtle deficiency signs that can be responsive to nutritional supplements and dietary improvement. Nutritional deficiency is the most common underlying essential problem to our physical and mental health. Greater understanding and better testing methods are leading to the diagnosis of more and more subtle nutrient imbalances.

 The basis of Orthomolecular medicine lies in creating a healthier diet. Junk food, refined sugar and food additives are eliminated. Every effort is made to eat nutritious, whole foods high in fiber and low in fat. Depending on the condition to be treated, various vitamins and other nutrients are supplemented. The types and amounts of the nutrients are determined by blood tests, urine analysis and tests for nutrient levels. Frequently, supplementation is based not only on a patient's symptoms but results reported in medical journals and the clinical experience of the doctor. Prescribed doses are sometimes injected to speed the initial response, and follow-up treatment usually consists of vitamin and mineral supplements taken several times a day until the adequate dosage is achieved. This dosage has often been called a megadose because the amounts of nutrients taken are often far greater than the levels needed to prevent deficiency. As a result, Orthomolecular medicine has also been called megavitamin therapy.

 *The total number of fatalities from complications of pharmaceutical drugs within an eight-year reporting period was over 2500, whereas the total number of fatalities resulting from high doses of vitamin supplements during the same period was zero.*

The key principles of Orthomolecular Medicine:

* Nutrition comes first in medical diagnosis and treatment since most mental and physical disorders are usually curable once the nutritional balance is achieved.
* Biochemical individuality is the standard in medical practice since RDA values are unreliable nutrient guides. Many people require a "megadose" of certain nutrients far beyond the RDA suggested range due to their genetic disposition and/or the environment they inhabit.
* Drug treatment is used only when absolutely necessary with specific indications and always mindful of the potential side effects.
* Environmental pollution and food adulteration are unavoidable facts of modern society and are a medical priority.
* Blood tests are somewhat inaccurate and do not necessarily reflect tissue levels of nutrients.
* Hope is the indispensable ally of the patient and physician.

**Drug & Alcohol Withdrawal Regimen**

This regimen is the most effective way to safely, effectively and comfortably withdrawal from drugs and alcohol. It also alleviates hypertension, insomnia and anxiety.

1. Swiss One Multivitamin mineral . 50 Mg B Complex. Twice a day. Morning and night.
2. Natural Calm. Twice a day. Morning and night.
3. Camomile Tea. 1 teaspoon of organic honey. 3 times a day.
4. St. John’s Wort Tincure. 25 drops in every beverage.
5. Organic Fruit and Vegetable Juicer Juice. Anytime. Filled with living nutrients.
6. 1 hour comfortable steady paced walk for optimal health.

Refrain from consuming sugar, caffeine, alcohol, street and pharmaceutical drugs, processed foods and animal products. A more raw plant based ‘Alkaline’ diet will give you optimal physical & mental health.

This regimen will help get past all forms of withdrawal to get you back into optimal physical and mental health.

1.

# Chapter 8

# Herbal Medicine

 Herbs have always been integral to the practice of medicine. The word drug comes from the old Dutch word *drogge* meaning "to dry," as pharmacists, physicians and ancient healers often dried plants for use as medicines. Today approximately 25 percent of all prescription drugs are still derived from trees, shrubs and herbs. Some are made from plant extracts, while others are synthesized to mimic a natural plant compound.

 Modern medicine has veered from the use of pure herbs in its treatment of disease and other health disorders. One of the reasons for this is corporate economics. Herbs, by their very nature, cannot be patented. Since herbs cannot be patented and drug companies cannot hold the exclusive right to sell a particular herb, they are not motivated to invest any money in that herb's testing or promotion. This is a common perversion within the medical practice which creates a bias in an attempt to shift profits towards greedy corporate economics.

 The revival of interest in herbal medicine is a worldwide phenomenon. This renaissance is due to the growing concern of the general public about the side effects of pharmaceutical drugs, the cold, the impersonal and demeaning experience of modern health care practices, which primarily consists of drugs and surgery, as well as a renewed recognition of the unique medicinal value of herbal medicine.

 The scope of herbal medicine ranges from mild-acting plant medicines such as chamomile and peppermint to very potent ones such as foxglove. In between these two poles lies a wide spectrum of plant medicine with significant medical applications. Essentially, to understand the evolution of herbal medicine, each herb must be understood for its chemical action and once combined with other active herbs, the next step is to understand the interaction of the combined herbs to establish its specific potency and desired effect

It's a basic mix-and-match. Mix the herbs and match them to the illness it would affect.

 Herbal medicine has the most to offer when used to facilitate healing in chronic ongoing problems. By skillful selection of herbs, a profound transformation in health can occur with less danger of side effects and toxic residuals inherent in pharmaceutical medicine. However, the common assumption that herbs act slowly and mildly is not necessarily true. Adverse effects can occur if an inadequate dose, a low-quality herb, or the wrong herb is prescribed for the patient.

 In order to establish common ground in Universal Medicine, we must understand the different systems of Herbology. Herbal medicine is based on either the Western bio-medical model or on Oriental approaches, such as Traditional Chinese Medicine and Ayurveda. Within the western medical community, naturopathic physicians have a solid foundation in botanical medicine and phytochemistry. Homoeopathy is a proven effective treatment of illness for which conventional medicine has little to offer. There is a great diversity and richness in the various herbal traditions of the world, most of which still thrive today. Native American cultures contain a cornucopia of healing wisdom, as do European traditions, from the Welsh to the Sicilian. There are a number of highly developed medical systems, such as Ayurveda from India and Traditional Chinese Medicine. The essential differences between these various systems of medicine are their cultural context rather than their goals or effects.

* **Traditional Chinese Medicine**: The restoration of harmony is integral to Chinese herbal medicine. Harmonious balance is expressed in terms of the two complementary forces of yin and yang and the five elements of fire, earth, metal, water and wood. The five elements are of particular importance to the Chinese herbalist. They give rise to the five tastes by which all medicinal plants are evaluated. Fire gives rise to bitterness, earth to sweetness, metal to acridity, water to saltiness and wood to sourness. Each taste is said to have a particular medicinal action. Bitter-tasting herbs drain and dry. Sweet herbs tonify and may reduce pain. Acrid herbs disperse, salty herbs nourish the kidneys, and sour herbs nourish the yin and astringe while preventing unwanted loss of body fluids or qi. Herbs that have none of these tastes are described as bland- a quality that indicates that the plant may have a diuretic effect. The taste of a plant can also indicate the organ to which it has a natural affinity. Besides defining particular herbal tastes, the Chinese ascribe different temperatures to herbs as hot, warm, neutral, cool and cold.
* **Ayurveda**: Ayurvedic medicine has ancient roots in the Indian subcontinent. It also recognizes five elements such as ether, fire, water, air and earth. These five elements manifest themselves in the body to form the tridosha or three basic humors: Vata- the principle of air or movement; Pitta- the principle of fire; and Kapha- the principle of water. Ayurvedic medicine sees all universal energies as having their counterparts within the human being. The healing process seeks to achieve in individuals a balance between the elements of air or wind (vata), fire or bile (pitta) and water or phlegm (kapha).
* **Homoeopathy**: Homeopathic remedies are generally diluted natural substances from plants, minerals and animals. Based on the principle of "like cures like", these remedies specifically match different symptom patterns or profiles of illness and act to stimulate the body's natural healing response. Homoeopathy was founded in the late eighteenth German physician Samuel Hahnemann. Reacting to the barbarous practices of his day, Dr Hahnmann set out to create a more rational and humane approach to medicine. Each individual case of disease is most surely, radically, rapidly and permanently annihilated and removed only by a medicine capable of producing the most similar and complete manner of the totality of the symptoms. In other words, the same substance that, in large doses, produces the symptoms of an illness, in very minute doses, cures it. Homoeopathy was borne out by years of experiments with hundreds of substances that produced therapeutic results.

**The principles of homoeopathy are:**

* Like cures like (Law of Similars)
* The more a remedy is diluted, the greater its potency (Law of the infinitesimal Dose)
* An illness is specific to the individual (a holistic medical model)

Whatever the field, Universal Medicine is unbound in its application. Every person is unique and should be evaluated within their biochemical individuality. Naturopathic physicians are within the scope of Universal Medicine yet do not fully encompass it.

**Principles of Naturopathic Medicine:**

* The healing power of nature: The body has considerable power to heal itself, and the role of naturopathic physicians is to facilitate this natural process with the aid of natural, non-toxic therapies.
* Treat the cause rather than the effect: Naturopathic physicians seek the underlying cause of a disease rather than simply suppressing the symptoms. They avoid suppression of the natural healing wisdom of the body, such as fever and inflammation. Symptoms are viewed as expressions of the body's natural attempt to heal, while the causes can spring from the physical and mental levels.
* First, do no harm: By employing safe and effective natural therapies, naturopathic physicians are committed to the principle of causing no harm to the patient.
* Treat the whole person: The individual is viewed as a whole, composed of a complex interaction of physical, mental, social and other factors. This multifactorial approach results in a therapeutic approach in which no disease is viewed as incurable.
* The physician is the teacher: Naturopathic physicians are first and foremost teachers who educate, empower and motivate the patient to assume more personal responsibility for his or her health by adopting a healthy attitude, lifestyle and diet.
* Prevention is the best cure: Naturopathic physicians are preventative medicine specialists. Prevention of disease is accomplished through education and a lifestyle that supports health.

Let's get more Universal, shall we?

# Chapter 9

# Energy Medicine

Energy medicine is a progressive therapy that uses diagnostic screening devices, acupuncture, ionizers and other forms of therapy to measure and regulate the various electromagnetic frequencies emitted by the body in order to correct imbalances that may be causing present illness or predisposing to future disease. Devices and therapies are utilized that specifically counteract the affected frequencies to restore a normal energy balance within the body.

 Many of the diagnostic systems used today in conventional medicine, such as the EKG (Electrocardiogram), EEG (Electroencephalogram), EMG (Electromyogram) and MRI (Magnetic Resonance Imaging), employ the principles of energy medicine. Energy medicine refers to therapies that manipulate an energy field - electrical, magnetic, ionic, sonic, acoustic, microwave and infrared - to screen for or treat health conditions by detecting imbalances in the body's energy fields and then correcting them.

 The detection of energy level imbalances in the body is essential for providing an early warning system for potential disruptions in chemical balance that may lead to disease. Balance can then be restored using holistic therapies or treatment devices that rebalance the energy levels of the various fields before chemical or structural disturbances occur.

 Over five thousand years ago, the Chinese discovered that when certain points on the body are pressed, punctured, or heated, certain ailments are relieved. The beneficial effects are due to the release of energy blocks in the meridians. As art developed, more and more points were discovered that not only alleviated pain but influenced the functioning of internal organs and body systems.

 Many Energy-based systems of the body are based on various energy models. The oriental body therapies are primarily based on the concept of vital energy; as modern research has documented their effectiveness. Acupuncture and acupressure work on the principle that there are energy channels, called meridians, which run throughout the body and through which the qi flows. Different organs are associated with different energy meridians, and health problems in various organs show up as energy blocks in the meridians they are associated with.

 Most Energy Medicine is based on the oriental meridian system or vaguely within the ayurvedic chakra system. Essentially they're both the same concept yet worded differently. Basically, they are both relative to the nervous system's energy distribution network yet contained within their own traditional ideology. Acupuncture works on the principle that there is a network of energy channels, called meridians, throughout the body. Different organs are associated with different energy meridians, and health problems in various organs show up as disturbances of energy in the associated meridians. Acupuncture points, or acupoints, are the points along these meridians where energy flow can be measured and manipulated toward physical and mental health.

 Since the 1940s, research has established that acupuncture points possess electrical conductivity. German doctors measured changes in electrical conductivity at each of the body's acupuncture points. They discovered that the electrical resistance of the skin decreases dramatically at the acupuncture points when compared to the surrounding skin. They also found that each point appeared to have a standard measurement for anyone who is in good health (when there is a steady flow of bioenergy, or qi, in the meridians). This measurement changes when health deteriorates.

 These discoveries greatly simplified the task of locating acupoints rapidly and accurately. Based on the work of Dr Voll and his colleagues and later by researchers in Russia and Japan, a new field of energy medicine instruments has been developed both for assessment and treatment.

 The main thrust of conventional chemical-based medicine is crisis intervention rather than prevention. Traditional drug therapies also pose a serious threat of side effects along with an alarming increase in iatrogenic (treatment-induced) diseases and problems. There also appears to be a dramatic rise in the number of chronic degenerative diseases in the western world for which chemical medicine has no real answer. It is estimated that between 60 and 70 percent of the problems seen by primary care physicians defy diagnosis and are usually labeled as neurotic or psychosomatic in origin.

 The medicine of the future will be Energy Medicine, and chemical medicine will be a subset of medicine as a whole. Probably 80 percent of medicine will be Energy Medicine and 20 percent chemical medicine.

These are a few therapies to consider within the scope of Energy Medicine:

Let's combine these facts in Universal Medicine!

* **Acupuncture**: Acupuncture alleviates pain and can increase immune response by balancing the flow of vital life energy throughout the body. It is a complete system of healing and provides effective treatment for numerous conditions, from the common cold and flu.

Acupuncture originated in China over five thousand years ago. It is based on the belief that health is determined by a balanced flow of qi (also referred to as chi), the vital life energy present in all living organisms. According to acupuncture theory, qi circulates in the body along twelve major energy pathways, called meridians, each linked to specific internal organs and organ systems. There are over one thousand acupoints within the meridian system that can be stimulated to enhance the flow of qi. When special needles are inserted into these acupoints, they help correct and rebalance the flow of energy to relieve pain and restore health.

**(Ying= Positive ions Yang= Negative ions Qi= Balance)**

* **Acupressure**: A modified form of acupressure such as "Polarity Therapy", which is essentially based on manipulating and balancing the body's energy through touch, is an incorporation of a variety of approaches integrated from different cultures and traditions.

 Polarity therapy was developed by Dr Randolph Stone, who was deeply interested in the electromagnetic energy currents of the human body. Dr Stone explored the world's healing systems for a greater understanding of their underlying truth. He based his work on the Eastern concept that illness originates from blockages in energy flow. This model became an evolution much in the same framework as the Chinese model. Polarity hands-on techniques include manipulation of pressure points and joints, massage, breathing techniques, hydro-therapy, exercise, reflexology, and even simply holding pressure points in the body. Both hands are used (one is positive, the other negative) to release energy blockages in the body and help restore a natural flow. The stretches and other exercises used in Polarity therapy are simple techniques that anyone can employ to release energy blockages and restore a balanced energy flow in the body or qi. These techniques, combined with dietary and nutritional counselling, help achieve a heightened level of well-being.

* **Neural therapy:** Neural therapy uses injections of anesthetics to remove short circuits in the body's electrical network. This process frees up the body's flow of energy and normalizes cellular function, making neural therapy an effective treatment for a variety of health conditions.

 Neural therapy treats pain and illness and resolves trauma in the body by working to reverse the cumulative effects of the injury. The structural integrity of the body can be disturbed by injury, causing the energy flow to be blocked. Neural therapy corrects these blockages in the body through the use of anaesthetics injected into the nerve sites of the autonomic (independent) nervous system, acupoints, scars, glands and other tissues. By using the pathways of the autonomic nervous system, neural therapy delivers energy to cells short-circuited by disease or injury, which helps to regulate biological energy. Although a series of injections is usually required, a single injection can relieve pain instantly and, in many cases, restore complete health, even if an illness has lingered for years.

* **Ion therapy:** Ion therapy uses devices such as negative ion generators (Ionizers) and ionic bracelets to help balance the air electricity, which has a profound effect on the human body. The body absorbs ions through the skin with the nervous or meridian system. The healthy balance of ions is 5 positive ions to 4 negative ions. Unfortunately, due to environmental pollution and other factors, these ratios are dramatically imbalanced. Ion therapy is based on balancing the air electricity and the body's ion levels with ionic devices to achieve better health.

**The Ion Effect**

 The air is made up of molecules. Each molecule has a core, or nucleus, of positively charged protons surrounded by negatively charged electrons. Nature constantly seeks equilibrium in all things, and in this case, it seeks a balance in which there are as many electrons as protons so that the positive and negative charges cancel one another out. But while you may not be able to see a molecule, scientists can actually weigh its component parts. Since an electron is 1,800 times lighter than a proton, it is the electron that is most easily displaced, and when that happens, the equilibrium is upset, and a "maverick" molecule, or ion, is created. The active electricity in the air comes from these "maverick" molecules, those that have lost or gained a negative electron so that the equilibrium is upset. If a molecule loses an electron, it becomes positively charged, while if that displaced electron attaches itself to a normal molecule, that molecule becomes negatively charged. In what nature considers "ideal" environments for living things, the energy needed to displace electrons and so create charged molecules comes mostly from the minute quantities of radioactive substances that are present in the soil and rocks everywhere and from the rays of the sun. Ions come in three sizes: large, medium and small. It is the small ions that are absorbed by living matter, from plant leaves to human tissue. It's these small ions we're talking about here. The larger ones have no apparent effect on living organisms.

 Although humanity has done the most to produce unhealthy ion levels with its asphalted roads, environmental pollution, and central heating and air conditioning, nature itself often produces overdoses of both kinds of ions. Positive ions can be produced by various kinds of friction: between air masses, between layers of wind, between the air and sand or dirt particles swept up by the wind, and between the weather fronts that march endlessly across the face of the globe. Friction tends to knock off the negative electrons and produce an overdose of positive ions. On a dusty or humid day, this overdose may be massive because negative ions promptly attach themselves to particles of dust, pollution or moisture and lose their charge. The weather changes when one atmospheric front is shoved out of the way by another. If there are rain clouds, the rubbing of the new front against the old and of cloud against cloud commonly causes thunderstorms because the rubbing sets up a positive charge that flashes to the negatively charged earth as lightning, destroying the overabundance of positive ions. It's a lot like the flicking of a match by Mother Earth herself. The electrical disturbance moves faster than the weather front so that in the hours or days before the arrival of an electrical storm, the air is overloaded with positive ions. It is these that cause animals to be restless and insects to erupt suddenly with an explosion of energy to become a plague. It is a farmer's common sense to notice if livestock is restless and the bugs are buzzin'; then a storm is on its way. Scientists that study insect activity provide the scientific reason why: positive ion overdoses affect the body chemistry of all living organisms, including human beings.

 When a storm has passed, the air is fresh and invigorating. The storm's passage has cleared the air of positive ions. What is left in the wake of the storm is a gloriously tranquillizing overdose of negative ions that eases tension and pressures and leaves us full of life. Generally speaking, an overdose of positive ions is bad for you, while an overload of negative ions is beneficial.

 The energy of moving water generates a lot of negative ions since as water breaks up, the positive charge remains with the larger drop and the negative charge flies free with the fine spray. All this clearly explains is why a shower is refreshing and why a waterfall brings on such tranquillizing feelings.

 The accepted scientific truth is that while there are between 1000 and 2000 ions in every cubic centimeter of air over open land, the usual ratio is 5 positive to 4 negative. It is in this ion balance that life evolved. Scientists at the University of California grew barley, oats, lettuce and peas with a total of only 60 positive and negative ions and found that growth was stunted and the plants were diseased. The same experiment in the air with more than double the natural number of ions produced accelerated growth. In Communist Russia, scientists tried to raise small animals- mice, rats, guinea pigs, rabbits- in the air with no ions in it at all. They all died within days.

 Throughout the evolution of time, science has always superseded the philosophers and mystics of yesterday. Here is another myth to be shattered by science. It has to do with astrology's explanation of the moon and our behavior. The natural philosophers of the past argued that at the time of the full moon, there is a greater than usual positive charge in the air and that at such times the metabolic processes of life are accelerated. The major source of ions in the air within a few hundred feet of the surface of the earth is the radioactivity of the ground and the rays of the sun. The ionosphere is the layer of charged air and particles that envelops the earth about 75 miles up. The ionosphere absorbs much of the sun's harmful radiation and thus makes life as we know it possible. This protective belt is not only charged electrically but also polarized, so the underside that faces the earth is a positively charged polarity and the top, which faces outer space, is negative. The interaction between the positive polarity charged underside of the ionosphere, and negatively charged earth is a key factor in the maintenance of the balance between positive ions and negative ions.

 The moon orbits the earth outside the ionosphere. Like the earth, it is negatively charged. When the moon is full, it is closer to the earth than at any other time and repels the negative outer face of the ionosphere. Thus the ionosphere is pushed closer to the earth, which causes an increase of positive ions. We don't need to look far into the accumulated wisdom of humankind to know that the lunar cycle affects human behavior. It is enshrined in the word "lunatic", and countless scientific studies conducted throughout the world demonstrate that aberrant human behavior is most common at the time of the full moon. Where did you think John Landis got the idea to make the film "An American Werewolf In London" and influenced countless others to illustrate far-fetched stories of mysticism related to the full moon? Scientists have proven that positive ions cause an overproduction of serotonin. Serotonin is a stress neurohormone, and among the more weather-sensitive of us, it can upset our mental and physical equilibrium. Unfortunately, psychiatry is more focused on the chemical aspect. It loses sight of the big picture and is more focused on profiteering by evading the balance of truth. Energy medicine plays a big role in the evaluation and treatment of illness and should be an intricate part of the overall equation.

# Chapter 10

# Cellular Medicine: Cell Therapy

Cell therapy promotes physical regeneration through the injection of modified cellular material into the body. It is used to stimulate healing, counteract the effects of aging, and treat a variety of degenerative diseases such as arthritis and Parkinson's disease. Atherosclerosis and cancer. Cellular medicine will evolve through the vast field of Stem Cell Research using recombinant DNA & joint molecule methods. Ultimately, it is the basis for the cures to every disease known to humankind.

 The basic theory behind cell therapy was stated by Paracelsus, a 16th-century physician who wrote: "Heart heals the heart, lung heals lung, spleen heals spleen, like cure like.". Paracelsus and many other early physicians believed that the best way to treat illness was to use living tissue to rebuild and revitalize tissue. Modern orthodox medicine lost sight of this method with its bias toward profitable greed, so it now uses chemicals created by the pharmaceutical industries to interrupt or override living processes. While chemicals and drugs work only until they are broken down by the body's metabolic processes, cell therapy has long-term effects on regeneration. Cell characteristics are essential to build, repair, maintain and multiply, just as a reflection of human workers performing different jobs in a factory. The workers are the cells, and the factory is the tissue. As a big picture analogy, The People are the cells, and The Earth is The Organism.

 Let's be aware that cell therapy is practiced every day all over the world. Blood transfusion and the transfusion of various other blood components, such as red blood cells, white blood cells, and blood platelets, is actually a form of cell therapy and has been accepted worldwide without hesitation. Transplant of the bone marrow is another form of cell therapy where the acceptance has been uniformly widespread.

 It is in Dr Paul Niehan's cell therapy, where cells of various organs of the body are being injected into human beings, that there is a problem, specifically in the United States and Canada. *All other civilized countries of the world accept cell therapy.* Cell therapy is actually implantation by injection of XENOGENIC (of animal origin) or juvenile suspensions of cells or tissues in a physiological solution. In the future, cloning specific cells for particular body tissues will be a revolution in medical science.

 Basically, cell therapy is like transplanting an organ, but instead of actually transplanting an organ, you are transplanting the cells of an organ. The transplanted cells then work to regenerate the tissue of the organ. It's like putting people to work to rebuild the inside of a rundown factory. The cells are the workers, and the factory is the tissue organs.

 Not only do cell injections get into the body, but they also go straight to their corresponding organs. Liver cells go to the liver, spleen cells go to the spleen, brain cells go to the brain, and so on. Scientific studies in which these glandular substances were tagged with radioisotopes before injection has proved that the injected (and ingested cells do find their way to the specific tissues and organs.

# Chapter 11

# Nutritional Science

# Fit for Life

By Harvey Diamond

The Science of nutrition. To shatter the myths and to bring humanity into an optimal state of health. Living food versus dead food. Living food consisting of organic fresh fruits and vegetables versus the detrimental effects of eating dead processed food such as animal products and processed food reducing life exctancy, vitality and overall optimal physical and mental health. Download the 'Fit for life" PDF below for this life changing synopsis then buy the book that impedes on health which lowers life expectancy, vitality and overall optimal physical and mental health.

About the book

Are you tired of diets that leave you feeling deprived and unsatisfied? Look no further then ‘Fit for life’ by Harvey Diamond, a revolutionary book that challenges conventional thinking about nutrition and empowers readers to take control of their health. In this groundbreaking work. Diamond presents the core idea that when we align our eating habits with laws of nature, we not only shed excess weight but also experience improved vitality and overall well being. With this engaging writing style and wealth of knowledge. Diamond encourages readers to embark on a journey towards a vibrant and energized life.

Chapter 1: Overview

The alarm goes off, jolting you awake groggy and still half asleep, you stumble out of bed and into the shower. As you start your morning routine, your mind races with the never-ending to-do list awaiting your attention. The hustle and bustle of life has a numbing effect on your senses as you rush through breakfast, barely giving any thought to the food you consume.

You grab a coffee and bagel on the way to work, barely take a moment to task the flavors, let alone reflect on the impact these choices might have on your overall well being Throughout the day, you find yourself, snacking on processed snacks and surgery drinks, feeling a temporary surge of energy followed by an inevitable crash.

After a long and exhausting day, you come home and collapse on the couch, feeling drained and disconnected from your body. The thought of cooking a nutritious meal seems overwhelming, so instead, you opt for takeout yet again, promising yourself that tomorrow will be different. But as the days into weeks and months, that promise fades into the background, buried beneath the demands of life.

If the scenario resonates with you, then ‘Fit for life’ by Harvey Diamond is the book you need to read. In society where convenience takes precedence over well being and fast food is the norm, this is a wake up call to redeem your health and reignite your relationship with food. Diamond’s groundbreaking work challenges the conventional wisdom surrounding nutrition and offers a fresh perspective on how to achieve optimal wellness. Fit for Life introduces the concept of food combining, a practice rooted in the understanding of digestive chemistry by strategically pairing foods based on their compatibility and digestibility . Diamond argues that one can unlock a myriad of health benefits.

Throughout the book, Diamond provides real life examples and detailed case studies of individuals who have transformed their lives through implementing the principles of food combining. From weight loss success stories to improved digestion and enhanced energy levels, these accounts serve as a testament to the transformative power of this dietary approach. Take Nancy, a busy working mother who used to struggle with constant fatigue and digestive issues. By adopting the principles of food combining outlined in fit for Life, Nancy was able to eliminate her reliance on coffee and antacids, shedding excess weight in the process. With new found energy and vitality. Nancy felt a completely different person, setting excess weight in process weight in the process. With newfound energy person, setting an example for her children who also benefited from the changes she made. Fit for life goes by beyond just food changes she made.

Fit for life goes beyond just food changes she made.

Fit for life goes beyond just food changes she made.

Fit for Life goes beyond just food combining it delves into the the importance of exercise, hydration, and the mind - body connection when it comes to achieving overall wellness. Diamond’s comprehensive guide breaks down complex topics into easy to understand language, providing a road map for readers to follow on their journey Dust off your blender, stock your kitchen with fresh, whole ingredients, and get physical and mental well being.

In the following full summary of fit your physical and mental well being.

In the following full summary of fit for life, we will deeper into Harvey Diamonds groundbreaking insights, exploring the key principles of food combining and the impact it can have on your health. Stay tuned as the secrets to vibrant energy, weight are about to be unveiled. We will now examine the three most significant, key concepts discussed in this book.

1. The key to optimal health and vitality lies in aligning our eating habits with the natural laws of the human body.
2. Eating a combination of raw, unprocessed foods and understanding the proper good combining principles can improve digestion and overall well being.
3. Regular exercise, along with mindful eating, is essential for maintaining a healthy weight and achieving optimal physical and mental health.

Chapter 2 : The key to optimal health and vitality lies in aligning our eating habits with the natural laws of the human body.

He provides a comprehensive list of the best foods for our bodies and explains their natural benefits. For example, he emphasizes the importance of fresh fruits and vegetables, as they are rich in rich in vitamins, minerals and antioxidants that help boost our immune systems and protect against diseases.

Diamond also emphasizes the benefits of incorporating sprouts and greens into our diets. Sprouts and greens into our diets. Sprouts are a nutrients powerhouse, packed with enzymes, vitamins and minerals. They are easy to digest and provide a burst of energy. Greens on the other hand, are a great source of chlorophyll, which helps detoxify our bodies and promote optimal health. To further support his argument. Diamond provides numerous examples of how people have successfully improved their health by adopting a plant based raw food diet. He shares stories of individuals who have overcome chronic diseases such stories serve an inspiring examples of the power of aligning our diets with the natural laws of the body. These success stories serve an inspiring examples of the power of aligning our diets with the naturals laws of our bodies. In addition to discussing the benefits of a plant based diet, Diamond also highlights the importance of proper food combining proteins with starches, we can enhance digestion and prevent discomfort.

Diamond further elaborates on the detrimental effects of consuming animal products. He explains that meat and dairy products are often harmful substances that can lead to health problems. He argues that our bodies are not designed to digest and process these animal based foods efficiently leading to issues such as high cholesterol, obesity and heart disease.

To support his claims, Diamond cites various scientific studies and research that demonstrates the health benefits of a plant based diets have lower rates of chronic diseases, such as cancer and diabetes, and tend to live longer and healthier lives.

Throughout the book. Diamond emphasizes the importance of listening to our bodies and being mindful of how different foods make is feel. He encourages readers to pay attention to their energy levels, digestion and overall well being after consuming different types of foods. By doing so, we can identify which foods nourish and energize us, and which ones may be causing harm.

In conclusion ‘Fit for life’ by Harvey Diamond emphasizes the importance of aligning our eating habits with the natural laws of the human body. He argues that predominantly raw, plant based diet is the key to optimal health and vitality. Through detailed explanations of digestive process, the benefits of different types of foods, and numerous success stories, Diamond provides a compelling case for adopting a plant based diet. By following his guidelines and being mindful of our bodies responses to different foods, we can improve our digestion, energy levels, and overall well being.

Refer to the book ‘Fit for life’ by Harvey Diamond

# Chapter 12

# HIV/AIDS: A Search for the Cure

Since the HIV virus is a retrovirus, the virus will make variations of itself. The virus stems from its original body of proteins, a combination of proteins called gp120 (mainly), gp160, gp41 and a few other relative substances.

 Confusion happens when our focus on each element is separated from its entire active body. Understanding each part individually and then understanding the individual parts together as a unison body is crucial. A balance of 'Structure & Function. (Refer to Pie Factor)

 Focusing on the most active elements in an organism and its relative groupings can determine the problem and parallel solution. This is to stay on target because the most common mistake made is to spin off track with scrutiny of specific elements that have little relative importance.

 The scope of the cure is within this train of thought. Making opposite parallel variations of the retrovirus would neutralize it entirely, encompassing its variations.

Let's simply this complexity even further,

For example, The main ingredient of ice cream is milk (or milk ingredients).

Ice cream is made in various flavors from this main ingredient. The same goes for a retrovirus. It has 'core' main ingredients that go into making its variations. Once the spectrum of variations is charted, then a cure is sure to follow.

 To properly chart it, the retrovirus would look like a display freezer at an ice cream parlor. The variations are the many different flavors. The cure would encompass the variations made by the retrovirus much in the same way. The cure would be the opposite parallel 'factors' (flavors) of the entire 'equation' (Ice cream parlor freezer)- the Pie Factor. Mixing an assortment of specifically engineered host cells for the variations of the retrovirus into injectable cellular material is the cure. Suppose the main ingredients cease to exist, then there is no ice cream to be made like there is no virus. Through the current methods used in Stem Cell Research, such as recombinant DNA and joint molecules, various modified host cells would be created to encompass the retrovirus' variations. Through trial and error, each and every variation that the retrovirus creates will be met with the opposite parallel solution until the retrovirus is completely isolated and incapacitated.

 It's like studying the moves of a boxer. Once you've studied and memorized all the boxer's moves, then you would have the ability to attack and counter every move in order to knock out the boxer- K.O!

# HIV/AIDS: The Scope to the Cure

**'Fact vs Fiction'**

Learning in gradient form is the ideal way of structuring principles in building any science model. Combining the most proven scientific truths is how we cover ground to encompass the goal of any solution such as this. Brick by brick and truth by the truth, it shall grow in our minds.

Let us first get a basic understanding,

 Small and very simple, viruses are little bundles of a substance called 'nucleic acid'. This *nucleic acid* is wrapped in a protein coat. The nucleic acid of a virus (such as HIV) carries the genetic information, and the instructions, for making new viruses. But without a body- with no cytoplasm or cell material, no wall, no nucleus- the virus cannot produce protein to grow and reproduce. The virus has to find a living cell to inhabit and command.

 Viruses don't move into just any cell but seek out specific targets. Once inside the organism, the virus needs to find just the right kind of cell. It moves through the bloodstream until it bumps into the specific kind of cell it can enter. Once a virus finds the kind of cell it needs and moves into it, it takes control. The virus' nucleic acid chemically tricks the cell into following its orders. The cell is now a slave. Instead of reproducing itself, it is forced to produce copies of the invading virus, along with new protein coats for those viruses. The cell has been made into a virus factory. Once the host cell is filled, it bursts open, releasing many new viruses into the organism's bloodstream. The host cell usually dies, and then each new virus finds another host cell to invade.

Now the virus-carried infection has invaded the body cells and is ready to attack. Since viruses can move inside and live in the cells (unlike bacteria), medicines don't usually help against them. Pharmaceutical medicine can't attack the virus without attacking the cells too.

**The Truth.**

The approach has been in the wrong scope. The Pie Factor principles were not utilized. Only certain factors have been focused on while others neglected- structure over function or function over structure. It has strayed outside of the main element. The pharmaceutical companies are on a misguided research venture. Many scientists are contained within patent regulation which serves to be their fatal flaw. The overall equation of this problem does have a simple yet parallel solution.

An ideal treatment modality would encompass the most effective treatments from many different approaches in Universal Medicine. All for one and one for all, from every angle. The proper scope must be within the scope of Universal Medicine.

We'll cover 3 different approaches used in unison.

1. Cell Therapy (or Gene Therapy- 'Stem Cell Research)

Since the HIV virus needs host cells to reproduce, then Cell Therapy will be the essential cure to this problem as a foundation. In scope, what needs to be done is very simple. Engineer host cells through recombinant DNA methods with chemically oriented antibodies and/or neutralizing agents. The composite of the HIV virus must be fully distinguished, assorted and organized through the principles of the Pie Factor Charting System. Host cells will be joined with chemically oriented neutralizing agents. The body already naturally produces these antibodies since it has been proven in a test tube to neutralize the virus through controlled studies. The neutralizing agent will have similar characteristics to the natural antibodies. Once the engineered cellular material is injected into the body, the virus will eventually enter these engineered cells. Ultimately, the process of cellular reproduction will eventually override and neutralize the virus entirely. Simply, It's like setting a trap for the predators. They will be cloaked as host cells, neutralize the virus, and then reproduce themselves with the same neutralizing agents. It works as a cloaked host cell reformist.

**Important note**: Through this scope of evolution, this will become a new branch of medicine called "Micro-Medicine". Neutralizing agents will be instilled in potentially vulnerable host cells, initially curing all diseases from the face of the earth.

1. Orthomolecular Medicine (Nutrition)

Certain foods would be consumed to keep the body strong throughout the entire process. Some foods reinforce the proficiency of the immune system.

Primarily, certain megadoses of vitamins such as vitamins C, B, A and others will be injected into the body during the treatment process. The diet and megadoses will boost the immune system to create a more proficient virus fight and recovery.

1. Energy Medicine (Ion Therapy)

 Red blood cells absorb the air we breathe, while white blood cells pick up the electrical charge of that air. White blood cells are normally negatively charged.

Lymphocytes make up a very important group of the immune system army. (B & T cells)- Antibody producers

Phagocytes are larger white blood cells - Virus eaters.

The environments that humans commonly inhabit are usually deprived of negative ions, so an ionizer is necessary. Essentially, negative ions will boost white blood cell proficiency, adding leverage to the immune system.

# Chapter 13

# The Pie Factor

'Organizational Charting System to organize problems with their solutions’⁰

The Pie Factor is a measurement of collective factors that make an overall equation. It is used to organize and solve complex problems in the physical and spiritual universe. For example: If one had never seen what a cake looked like their whole life, then it would be a mystery to see. Yet if you were to organize and solve the complex problem with The Pie Factor, then one would find that the cake is made from flour, water, yeast, eggs and sugar. Each ingredient represents the factors, and the cake represents the overall equation. This is how scientific research should be approached in finding cures for illnesses such as HIV. All aspects of life should be organized with The Pie Factor.

"The main reason the world is in the state it's in is because of the lack of organization."

"Every good scientist knows to simplify a complexity."

# Chapter 14

# The P.A.S.S. Protocol

P - Political Ideals

A - Artistic Ideals

S - Scientific Ideals

S - Scientology Ideals

***Political Ideals***

The Green Party Revolution for the Ideal World. Charles A Reich. Angela Y Davis. Jesse Ventura. Elisabeth May A.I.M.- American Indian Movement – Thosh Collins. First Nations and Six Nations - Tantoo Cardinal.

***Artistic Ideals***

Oliver Stone (JFK, The Doors), Angelina Jolie (Beyond Borders, Unbroken), Robert Duvall (Phenomenon, A Civil Action), Michael Moore (Capitalism. A Love Story, Fahrenheit 9/11), John Lennon, INXS, Bryan Adams, U2, Depeche Mode, The Doors, Elvis Presley, Foo Fighters, Sammy Hager, Fleetwood Mac, Junkhouse, Filter, The Cure, Peter Gabriel, Phil Collins, NAS, Joni Mitchell, Alicia Keys, Chantel Kraviasuk, Jewel, Sia & Celine Dion

***Scientific Ideals***

Dr. Peter Breggin (Toxic Psychiatry, Medication Madness, Brain Disabling Treatments in Psychiatry), Kevin Trudeau (Natural Cures) Dr. Eric Berg (Restorative, Alternative and Preventative Medicine), Burton Goldberg Group (Alternative Medicine), Harvey and Marilyn Diamond (Nutritional Science), Nutraceuticals Network, Organic Farmers Network, Health Food Store Network, Green Energy Network, Tesla and Space X NASA network, David Suzuki, Stephen Hawking and Neil DeGrasse Tyson.

***Scientology Ideals***

Dianetics 'The Modern Science of Mental Health', Clear Body, Clear Mind 'The Effective Purification Program', The Fundamentals of Thought, Self-Analysis, Criminon, Narconon, The Tone Scale, ARC Triangle, Handling Suppression Booklet, Resolving Conflicts Booklet, Auditing with the E-Meter Herber Jentzsch International), Citizens Commission on Human Rights www.cchr.org

\*\*\*IMPORTANT\*\*\*

In order for the revolution to take effect, everyone must be oriented in the P.A.S.S. Protocol. This makes for an ideal world in The Universal Mind.

# Chapter 15

# The Universal Kitchen

Imagine. Universal investing in a chain of restaurants established in every major city in the world with the theme of catering to activists, philanthropists, scientists and artists that want a place to spend their time, meet like minded individuals and have a delicious Organic Meal. The Head Chef endorsing the Universal Kitchen would be Chef Gordon Ramsey. The menu would be oriented around the book 'Fit for life' by Harvey Diamond with the ideal 'Proper Food Combining' done with each dish preparation. There would be an Organic Vegan option on the menu. Organic fruit and vegetable Juicer juice would be on the menu. All the meat, fruits and vegetables will be Organic. At the entrance beside the hosting station will be a Welcome Wall with the Heading:

***The Universal Family of Revolutionaries.***

***We support.***

* + Green Party Revolution
	+ Criminon
	+ Narconon
	+ Citizens Commission on Human Rights CCHR
	+ Greenpeace
	+ Habitat for Humanity
	+ The United Way
	+ World Food Programme
	+ UNHCR
	+ Amnesty International
	+ The Universal Flower King Revolution
	+ American Indian Movement AIM
	+ First and Six Nations
	+ Alternative Medicine (Burton Goldberg)
	+ Organic Farmers Network
	+ Nutraceuticals Network
	+ Health Food Store Network
	+ Green Energy Network
	+ Tesla Motors

Beside this list there will be the banner heading:

The Universal Family of Revolutionaries

* + Angelina Jolie-Salvation
	+ Oliver Stone
	+ Michael Moore
	+ Mike Moore (Attorney)
	+ Sean Penn
	+ Julia Roberts
	+ Susan Sarandon
	+ Elisabeth Moss
	+ Giovanni Ribisi
	+ Barry Pepper
	+ Michael Pena
	+ Forest Whitaker
	+ Sergio Beaulieu
	+ Thosh Collins
	+ Valerie McDermott
	+ Joni Mitchell
	+ Sia
	+ Alicia Keys
	+ Celine Dion
	+ John Lennon and Yoko Ono
	+ Elvis Presley
	+ Michael Hutchence
	+ Omegaman Casper Salvation
	+ Jim Morrison
	+ Bryan Adams
	+ Bono
	+ David Grohl
	+ Stevie Nicks
	+ NAS
	+ Angela Davis
	+ Charles A. Reich
	+ Jesse Ventura
	+ Nelson Mandela
	+ Gandhi
	+ Che Guevara
	+ Dr. Peter Breggin
	+ Dr. Eric Berg
	+ Burton Goldberg
	+ Harvey and Marilyn Diamond
	+ David Suzuki
	+ Greta Thunberg
	+ Russell Means
	+ Buffy St. Marie
	+ Tantoo Cardinal
	+ Mark Cuban
	+ W. Brett Wilson

All of these great people will have framed pictures hung up on the walls in the restaurant. Music idealism would play in the dining room on a low speaker. Ideal songs about Humanity and true love would be played like John Lennon's 'Imagine' and 'Power to the people', INXS' 'Hear that sound' and 'Guns in the sky', Omegaman Casper Salvation's 'The Better Way' and 'Universal Solution', Michael Jackson's 'We are the world', Elvis Presley's 'In the ghetto', NAS' 'New World', Bryan Adam's 'Don't Drop That Bomb On Me', Madonna's 'Music' and 'Rebel Heart', Sia ‘Never give up’, Celine Dion's 'The Power of love', Joni Mitchell's 'Sex Sells, Sex Kills'; etc. Music idealism only.

The Universal Kitchen will be a restaurant where a good person can meet and dine with good people, to have a good, delicious, organic meal and beverage, to listen to good music and talk about and coordinate good things in the world. A gathering place for social, economic and environmental justice. This would be a place where activists, environmentalists, philanthropists, Scientologists and humanitarians would come together to enjoy a delicious organic meal and discuss Charity/Cause campaigns such as The Universal Flower King Revolution.

The Universal Kitchen

Slogan

Universal Truth, Universal Love, Universal Mind, Universal World.

Join our Universal Family of Revolutionaries.

I urge everyone of you at Universal and each one of you to come together as a collective of investors to make this revolutionary business venture become a reality. It would change the world with every dining experience for breakfast, lunch and dinner. To spawn good Revolutionaries in society.

# Chapter 16

# The Universal Café

Imagine. Universal investing in a network of Social Lounges in every major city in the world with the theme of catering to activists, philanthropists, scientists and artists that want a place to spend their time and meet like minded individuals. Each Universal Cafe will be established with an Organic Juice Bar to make fresh juicer juice to provide healthy refreshments. No alcohol. There will be a lounge area with couches, tables and chairs. Books from Scientology, Alternative Medicine by Burton Goldberg, Fit For Life by Harvey and Marilyn Diamond, David Suzuki, Angela Davis, Charles A. Reich, Dr. Peter Breggin; etc. would be made available and displayed in the lounge, as well as magazines from Greenpeace, Amnesty International, The Daily Worker, Green Party; etc. Movie posters of landmark films about humanity like 'To Kill a Mockingbird' by Gregory Peck, 'Mr. Smith goes to Washington' by James Stewart, 'The Distinguished Gentleman' by Eddie Murphy, 'Phenomenon' and' 'A Civil Action' by Robert Duvall, 'JFK' and 'The Doors' by Oliver Stone, ‘Erin Brockovich' by Julia Roberts, ‘Braveheart' and 'The Passion of the Christ' by Mel Gibson, ‘Equilibrium’ by Danny Weber, 'Capitalism. A Love Story' by Michael Moore, 'Beyond Borders' and 'Unbroken' by Angelina Jolie; etc. will be placed on the walls. Posters promoting Criminon, Narconon, CCHR, Greenpeace, Green Party, UNHCR, Habitat for Humanity, World Food Programme, Amnesty International; etc will be stuck on the walls. Framed pictures of Humanitarians and Revolutionaries such as Angelina Jolie-Salvation, Michael Hutchence, Omegaman Casper Salvation, Sean Penn, Madonna, Valerie McDermott, Bono, Greta Thunberg, David Suzuki, Dr. Peter Breggin, Oliver Stone, Arnold Schwarzenegger, Michael Moore, John Lennon and Yoko Ono, Russell Means, Tantoo Cardinal, Buffy St. Marie, Mark Cuban, W. Brett Wilson, Nelson Mandela, Gandhi, Angela Davis, Charles A. Reich, Heber Jentzsch and L. Ron Hubbard will be hung on the walls. There will be a dance floor and a DJ will play only songs about Ideals and Humanity like John Lennon's 'Imagine' and 'Power to the people', Bon Jovi's 'Keep the faith' and 'Undivided', INXS' 'Hear that sound' and 'Guns in the sky', Omegaman Casper Salvation's 'The Better Way' and 'Universal Solution', Elvis Presley's 'In the ghetto' and ‘If I Can dream’, NAS' 'New World', Bryan Adam's 'Don't Drop That Bomb On Me', Celine Dion's 'The Power of love', Joni Mitchell's 'Sex Kills'; etc. Music idealism only.

The Universal Cafe will be a place where a good person can meet and mingle with good people, to have a good nutritional beverage, to read good books and magazines, to listen to good music and talk about and coordinate good things in the world. A gathering place for social, economic and environmental justice. This would be a place where activists would come together to organize Charity/Cause campaigns such as The Universal Flower King Revolution.

The Universal Cafe

***Slogan***

Universal Truth, Universal Love, Universal Mind, Universal World.

Join our Universal Family of Revolutionaries.

I urge everyone of you at Universal and each one of you to come together as a collective of investors to make this revolutionary business venture become a reality. It would change the world. To spawn good Revolutionaries in society.

# Chapter 17

# The Future of Humanity Ethical Investing Plan

'A Revolutionary investment and reform strategy'

Great Men like Mark Cuban and W. Brett Wilson can lead investors to be consciences humanitarians and activists to have critical objectiveness and foresight to change the world through uninvesting in corrupt and destructive industries to people and the earth's ecosystem and reinvesting in ethical and humane industries. I urge Cuban and Wilson to lead the flock of investors like Moses leading the Slaves out of Egyptian Pharoah rule towards the promised land. We'll call them the 'Moses Men' leading investors towards the land of milk and honey, towards the ideal world of social, economic and environmental justice. Imagine a world lead by the 'Moses Men’ that is established by the collective of investors to cause a revolution in the stock market to rid the world of crime, poverty,, pollution, disease and illness. The 'Moses 'Men' leading investors towards 'Heaven on Earth'.

It's simple. When we redirect financial traffic away from industries and business that harms people and the Environment, we simply must collectively uninvest and take that money to invest in ethical industries and business.

Uninvest from corrupt industries such as oil, petroleum, coal, fossil fuel, nuclear, forestry, combustion engines, weapons, military industrial complex, prison industrial complex, pharmaceutical, psychopharmaceutical and psychiatric industries that harm people and Mother Earth.

Reinvest into ethical industries such as Green Energy, Green Products, Alternative, Restorative and Preventative Medicine, Nutraceuticals, Organic Farming, Scientology, Criminon, Narconon, NASA and Tesla Electric Vehicles that create an ideal world.

Revolutionary books, authors and organizations to reference.

'Opposing the System' by Charles A. Reich.

'From Naked Ape to Super Species' by David Suzuki and Holly Dressel

'Alternative Medicine' by Burton Goldberg

'Fit for life' by Harvey and Marilyn Diamond

'Where White Men Fear to Tread' by Russell Means

'Dianetics. The Modern Science of Mental Health' by L. Ron Hubbard

'Are Prisons Obsolete' by Angela Davis

'Criminon' www.criminon.org

'Clear Body, Clear Mind. The Effective Purification Program' by L. Ron Hubbard

'Narconon' www.narconon.org

'Brain Disabling Treatments in Psychiatry', 'Medication Madness' and 'Toxic Psychiatry' by Dr. Peter Breggin

'Psychiatry. The Ultimate Betrayal' by Bruce Wiseman

'Citizens Commission on Human Rights' www.cchr.org

Theme songs.

'Imagine' by John Lennon

'Don't Drop That Bomb On Me' by Bryan Adams

'The Better Way' and 'Universal Solution' by me Omegaman Casper Salvation

Let's make this Revolution happen!

Free in form.

Beyond the norm.

Ready to conform in the new reform.

"One for all and all for one in the Universal Sun"

Universal Solution.

#

# Chapter 18

# The Universal Flower King Revolution

**Charity/Cause Employment Plan**

In 1999, I worked at the Flower King in downtown Toronto employing homeless people. I would manage the Flower shop prepping the truck with roses and carnations. At 7am I would load the truck with flowers and vendors whom were mostly homeless people. I would station a vendor with buckets of flowers at every bus station in downtown Toronto. Flowers were priced $12 - $15 per dozen. The vendors would get 20% of each sale. I would pay the vendors when I went to pick up the buckets at every bus station at 7pm. This didn't make much money for anybody. Soon I figured out The Flower King Revolution. The plan was to sell a single rose for $5 door to door in support of a worthy charity/cause. $1.50 to the vendor, $1.50 to the flower shop, $2.00 to the Charity/Cause. This would employ homeless, unemployed people and people that are affiliated to the Charity/Cause. A bulk order of cheap short or medium stem roses or mass produced plastic rose pins can be sold with a pamphlet that describes the Charity/Cause mission with a toll free number and website to collect donations.

Charity/Causes and Green Party Revolution

Habitat for Humanity

Roses for residence

The United Way

Roses for resources

UNHCR

Roses for refugees

World Food Programme

Roses for relief

Amnesty International

Roses for relief

American Indian Movement AIM

Roses for redemption

Greenpeace

Roses for restoration

Criminon

Roses for rehabilitation

Narconon

Roses for rehabilitation

Scientologists can sell Roses or rose pins door to door to educate the public and raise funds for the Criminon and Narconon programs. Homeless and unemployed people will have a good paying job and support a worthy Charity/Cause. Ex convicts can work on the Criminon campaign. A poster for Flower King Revolution vendors wanted can be put up in every Probation/ Parole Office. Recovering Substance abusers can work on the Narconon campaign. A poster can be put up in every Narcotics Anonymous and Alcoholics Anonymous meeting room.

Temu will mass produce Rose Pendant and Rose Keychains can be utilized to coordinate a Flower King Revolution Campaign in any town or city. Each vendor will be established with a bag or back pack established with 100 Rose Pendants and keychains with pamphlets.

Employment news newspapers and websites can advertise a Help Wanted Ad indicating that everyone can make good money and raise money for a worthy charity/cause. Meaningful and respectful employment. This is The Flower King Revolution to change the world.

A new trend will happen when women cut the stem of the rose and wear it in their hair as they go around with the Charity/Cause Pamphlet to spread the good news. Each pamphlet will urge people to carry their Rose Pendant or Rose keychains to wear it to spread the word. This will be a huge revolution my friends

A price of $10 per rose or plastic composite rose pin might be ideal with the catch phrase of "$10 for for the revolution" as a sales pitch. $2.00 to the vendor, $2.00 to the Uhaul Field Manager and $4.00 to the Charity/Cause. 25 cents to the Coordinator of each Universal Flower King Revolution campaign.

This is the Universal Flower King Revolution. Celebrity endorsements can be promoted on each pamphlet. Each one of you can establish this with the Charity/Cause you believe in. Angelina Jolie with UNHCR Greta Thunberg and David Suzuki with Greenpeace. Tatanka Means with the American Indian Movement AIM. Elisabeth Moss with Criminon and Narconon.

A Charity registered central organization called The Universal Flower King Revolution would need to be established. Valerie McDermott as CEO and Selma Heyak as COO would oversee the North American and worldwide operation with the Church of Scientology with Herber Jentzsch.

$10 for the revolution

$2 – Vendor

$2 – U-Haul Truck Field Manager

$4 – Cause/Charity

25cents - Coordinator

$1.75 – Registered Charity of Universal Flower King Revolution (Administration, promotions, CEO and COO)

 )

Let's make this Revolution happen.

Unite and conquer

# Chapter 19

# The Refugee Solution

**The Refugee Solution with the Universal Flower King Revolution.**

The main reason why refugees are caught within the dire situations they are forced into is because a civil war and conflict between the dominant government militants that want to impose their rule over the people that clash with the rebels that defy their governance and suppression. The civilians are caught in the middle of the clashing forces became displaced and forced to vacate their stable homes into foreign regions of the country to avoid violence and suppression as these civilians are forced into poverty, homelessness and starvation. My Angelina Jolie must propose to the clashing forces and the ruling to the clashing forces and the ruling parties including the displaced civilians or so-called refugees to cooperatively work together with the Church of Scientology with the Universal Flower King Revolution. My Angelina Jolie must propose to all clashing parties to disarm and instead work together to sell roses or rose pins door to door within all Metropolis’s within the country and in North America and the world in partnership with Habitat for humanity endorsed by Madonna, with the United Way endorsed by Valerie ‘Babydoll Angel’ McDermott, World Food Programme endorsed by Sean Penn (is mightier than the sword), with UNHCR endorsed by my Angelina Jolie, my Queen of Angels, with JBJ Soul Foundation and Kitchen International endorsed by Jon Bon Jovi, with Tesla (for an all electric vehicle world and man’s venture into space with the Space X Program endorsed Elon Musk (A Men’s musk fragrance that smells like high heaven in here) and the Church of Scientology endorsed by Elisabeth Moss (when we’re in a serene Tone 4 as we all endorse The mass orientation and distribution of the ‘Emotional Tone Scale Booklet found as a recommended ‘Google Search’ -Emotional Tone Scale Booklet in Scientology Free PDF- all collectively in unison in promoting to build cooperative communal housing developments in the region to establish the Universal Society and elect a Green Party Revolution endorsed by Jesse Ventura with ‘The Future of humanity Ethical Investing endorsed by Mark Cuban and W Brett Wilson should all be asserted and canvassed with the Universal Flower King Revolution with my free PDF ‘The Universal Book’ all endorsed and addressed with the United Nations by my Angelina Jolie-Salvation.

A Universal Solution is a solution that resolves the conflict for both sides since it’s an error to take sides to support one side of the conflict and condemn, alienate and vilify the other side so a Universal Solution must be proposed to give forth a Universal Solution for all sides.

 Unite and conquer,

#

# Chapter 20

# Mind over Muscle

It’s all based on the truth behind the difference between Jesus and Barabus. Jesus used his mind and acted much in the way as a noble gentleman with serene diplomacy over Barabus whom used muscle, weapons and violence to cause an insurrection instead of a Revolution. Action stars promote ill fated heroes that use violence, weapons and even super powers to defeat a perceived villainy in such films as Die Hard, Braveheart, Batman, Dark Atom, Superman, Fight Club; etc. Mind over Muscle is demonstrated in such films such as Ghandi, Mandela, A Civil Action, Erin Brockovich, Phenomenon, Beyond Borders and especially in our film The Holy Ghost ‘Messiah’ (including all my work with Universal Sun Productions) in order to awaken the conscience and heighten our awareness in order to free us from the corruption that harms us. We must learn to use serene Tone 4 diplomacy as noble ladies and gentleman instead of being machismo and barbaric in an attempt to overcome adversity and cause a peaceful revolution in the world.

Humanism over barbarism. Gentleman over barbarian. Hooligans and machismo barbarians are people that are shallow that use physical prowess over their spiritual inclination to be a noble gentle in serene Tone of diplomacy. Animal versus spiritual. We need to be noble ladies and gentlemen in a disciplined serene tone to maintain peace and harmony in this world. Hooligans and barbarians have a more anger toned machismo behavior to impose their will over you. Universal honesty and respect in a serene tone on the 8 dynamics of life is the ideal way of the noble lady and gentleman. Serene UN Peacekeepers over anger tone aggressive militants. Truth, peace and love.

Unite and conquer,

Casper Vattiata

# Chapter 21

# The 7 cogs of the machine of suppression

**The 7 cogs of the machine of suppression**

**according to Scientology**

In accordance to Bruce Wiseman's book Psychiatry ‘The Ultimate Betrayal’, the 7 cogs of the machine of the Devil are:

1. The police
2. The prosecutor
3. The judge
4. The probation/parole officer
5. The jail/prison guard
6. The psychiatrist
7. The corporate psycho- pharmaceutical companies

All 7 cogs in this machine are working parts of the same ‘Think Tank’. The Serpent System with the head of the Serpent being Psychiatry.

The policing, justice and penal is based on BF Skinner's ‘Operant Conditioning’. BF Skinner was a psychiatrist. We would be in an ideal state once Scientology is successful to abolish psyche (psychiatry and psychology) and replace it with Criminon, Dianetics and Scientologist ‘Ethics Officers’ with the use of Scientology Tech.

Humanism over barbarism.

Upward spiral rehabilitation in Scientology over psychiatric suppressive degradation.

The system is based in Psychiatry. Psychiatry is obscurity, suppressive and dehumanizing. It is the downward spiral of man. Scientology is the upward spiral of man.

Scientology is advanced logic, higher awareness, self improvement, the greater human potential, awakened ESP abilities with the OT Levels with Universal human rights organizations such as Citizens Commission on Human Rights and United for Human Rights including the most effective rehabilitation programs in existence such as Criminon, Narconon and Dianetics Auditing Therapy to relieve traumas or better known as engrams to clear the Reactive Mind.

[www.criminon.org](http://www.criminon.org)

[www.cchr.org](http://www.cchr.org)

www.cchrint.org

[www.narconon.org](http://www.narconon.org)

[www.dianetics.org](http://www.dianetics.org)

www.humanrights.com

# Chapter 22

# The Scientology Solution

**The Modern Solutions and Truth in Scientology.**

When people speak of Scientology it is a common misconception due to the false propaganda you will find on the internet about Scientology being a Science Fiction Religion about aliens. This is the furthest thing from the truth.

Scientology is simply advanced logic, higher awareness, self improvement, the greater human potential, awakened ESP abilities in the OT Levels, the most profound human rights organizations in the world and the most effective rehabilitation programs in existence such as Criminon, Narconon and Dianetics Auditing Therapy.

L Ron Hubbard is the reincarnated Buddha and after becoming a Dianetics Clear where one is free from the Reactive Mind where one's Time Track is cleared from engrams than the Time Track will open up to the extended Time Track of past lives indicative of Hubbard’s Book ‘Have you lived before this life?’. In the OT Level’s Hubbard was able to back track on his Time Track to have an account about our past lives within a different idealistic civilization in a far off galaxy. As the true story goes we were once were enlightened and empowered being that were capable of using our full mind power enhanced with all ESP abilities such as touch healing (Touch Assists), telepathy, telekinesis and levitation. L Ron Hubbard was able to decipher through his Time Track recollections what mental processes were required to learn to awaken such ESP abilities. According to OT 3 an intergalactic tyrant named Xenu imposed a similar method to suppress and abduct such beings, that Hubbard dubbed as Human Supremes, in which are our own past and future selves within our evolution. A genocide happened that Xenu committed by attempting to solve over population in which he sedated us, as Human Supremes, through imposed psychotic type injection placed on Starships to relocate on planet Earth, known as Teegeeack, to have us blown up on top of volcanoes. Our souls, or as Hubbard dubbed as ‘Operating Thetans’, were dispersed throughout the planet as they traveled throughout the spiritual universe. The ‘Operating Thetans’ melded with other life forms than ultimately melded with apes that caused the evolution of the ape species into the modern man. Every religious philosophy from the past is an attempt at understanding our true potential that only Scientology has unraveled into the absolute truth. Every past religion is an outdated and primitive perspective and method at an attempt to understand the 8 Dynamics of life in accordance to L Ron Hubbard’s book ‘The Fundamentals of Thought’. Old School Religions are all suppressive complexes. Scientology gives forth modern day solutions to the world's modern day problems and answers all of the questions posed by past philosophers including Jesus whom was enlightened in acquiring touch healing (Reiki), telepathy and levitation (walk on water) abilities as he was a student of Buddhism when he traveled to Tibet with his uncle during the undocumented time in the Bible.

All in all, Scientology is the most monumentally relevant modern religion that has all the questions answered in regards to the total understanding of our existence and our full potential as Supreme beings in order to exist in a serene symbiotic state of harmonious existence.

By Casper Vattiata-Salvation Copyright. Bridge Publications.

(Heber Jentzsch)

# Chapter 23

Universal Society

This is the Ideal World Revolution. Heaven on earth in the 8 dynamics with the filtration of all forms of corrupt industries and the building of a worldwide website based community that will be a union of World Equality, World Equalism and World Equalists, WE. Equal rights, equal opportunity, equal respect and equal standard living.

Step by step.

[www.universalsociety.org](http://www.universalsociety.org) (Coming soon)

This is the new world order to replace the government replacing with a socialist organized community where there is World Equalism (W.E.) which is Equal rights, equal opportunity, equal respect and equal standard of living for social, indigenous, health, economic and environmental justice and solutions towards an ideal world. Heaven on earth without corporate or government tyranny.

Each World Equalist Universal Society US member will have their own webpage profile that will give the US member the capabilities to have pictures and profile stationed. As a prerequisite each US member must do a fundraising campaign to be a door to door vendor to sell roses or rose pins with the Flower King Revolution, in order to raise funds for Universal Minimum Income to end poverty and homelessness, by give people an income to pay their mortgage or rent, so everyone in the world will have a home. An US Banking system will be established on the Universal Society website with a fixed interest rate. Flower King Revolution fundraising campaigns will raise funds to create world changing effect with the partnership of UNHCR with Habitat for Humanity with United Way with JBJ Soul Foundation is to build housing, World Food Programme to provide organic fresh fruits and vegetables, Criminon to prevent crime, Narconon handle substance abuse, Greenpeace and David Suzuki Foundation to environmental initiatives, Green Party to build the political ideal and a prerequisite campaign fundraiser for the Universal Society to establish Universal Minimum Income so that every World Equalist US Member can buy food, buy a Tesla to trade in their gas guzzling vehicles for the Tesla Electric vehicle domination revolution and to facilitate Restorative, Alternative and Preventative Medicine practices for health care through our network of Naturopaths and Alternative Medicine practitioners. The Flower King Revolution fundraising campaigns will be invested into our Umbrella Charity/Cause Network to build an ideal world. All based on a Tesla transitional market vehicle domination to replace all fuel combustion engines and charging stations instead of Petroleum gas stations.

On each US Members webpage it would be organized on the side bar a list of website network links so that the US Members will have a sidebar of links that are oriented around their worldwide community network.

At the top of the list would be ‘Universal Society US Government core.’

In this government core it would be oriented around the SAC (Science and Art Co-existence) with the Board of Directors of this registered charity act as the Official government of the world community website of World Equalists (W.E). David Suzuki (President) Angela Y Davis (Vice President) Elon Musk (CEO) would have their contact info made available for the US community. A monthly membership fee of $9.99 per month will raise funds for the ideal world. Their will be an online US Member Community Center where public announcements can be made about Universal Flower King Revolution Campaigns that can be coordinated at your local Church of Scientology and missions with U Haul trucks Field Managers to canvass roses or rose pins for our Umbrella charity/cause Network and Universal Minimum Income. Also a Bulletin Board with posted community events such as community meetings onto sign-up for community events like Bowling tournaments, billiards challenges and concerts of good noble ladies and gentlemen artists such as Bon Jovi, U2, Bryan Adams, Tea Party, Our Lady Peace, Filter, Chip Taylor, Phil Collins, Peter Gabriel, Madonna, Joni Mitchel, Alicia Keys, Celine Dion and Shania Twain (only good artists) will be announced on the online bulletin board. Special announcements for special rebates on Tesla Vehicles that will help the transition occur from fuel combustion engine to Tesla will be championed by the Universal Society with a rebate program to trade in your gas guzzler for a Tesla.

- A Link for a ‘Universal Store’ would be for Healthy Planet or a Health Food Store Network where a US Member would do all their Healthcare and organic fresh fruits and vegetables shopping to be delivered to their home by a Tesla courier service.

- Atelier Jolie will continue it’s great work to employ artist and designers to design clothing for the humanitarian in you. The clothing store will expand worldwide providing quality and innovative clothing designs in partnership with great artists and designers.

- Amazon will sell only goods that will be filtered to maintain only an ethical basis. Amazon will sell clothing, electronics, appliances and entertainment multimedia as they do now but be filtered into an ethical and environmentally friendly integrity.

- Temu will sell ethical goods such as clothing, electronics, appliances and jewelry all mass produced in Equalist China for the Citizens of the world filtered into an ethical standard.

A central hub for ‘Universal School’ would offer free online course within the fields Science and Art. The Science and Art Coexistence. Science would offer courses in Tesla Auto mechanics, engineering, rocket science and Restorative, Alternative and Preventative Medicine Art would offer courses in guitar, piano, singing, painting, graphic design, film studies, acting, songwriting.

The courses are learned through Hubbard’s gradient learning method at your own pace so one can be Scientist and/or artist. Once someone graduates he/she can be contributing member of the Universal Society to help evolve humanity in an uncorrupt manner as a Scientist and/or Artist. A mechanic would work with Tesla. A rocket scientist can work with NASA and Space X. A Restorative, Alternative and Medicine practitioner can work as a Naturopathic doctor. A musician can work with Universal Music. A film director or actor can work with Universal Studios. An illustrator can work with Disney and Marvel. All multimedia platform projects would be made about truth and love.

A link for ‘Universal Medicine’ would provide free Healthcare by the fundraising efforts of the Flower King Revolution There will be a network of Naturopathic doctors and Alternative Medicine Practitioners that provide effective and safe Restorative, Alternative and Preventative Medicine practices in place of hazardous conventional medicine that is oriented around drugs and/or surgery practices which are determined by the tests, assessments and procedures that determine what drugs and/or surgery one requires. The genetics theory that proves that cancer is a genetic predisposition is false propaganda proven in the books ‘Clear body, Clear mind’ by L Ron Hubbard proves that drug residuals accumulation in the body tissues eventually mutates into cancer with toxins. Also the book ‘Alchemy of disease’ by John Whysner proves that drug residuals, toxins and chemicals are the main cause of cancer. Also the book ‘Secrets of an Alkaline body type’ prove with absolute certainty that having an Alkaline diet and body type by ingesting organic fresh fruits and vegetables will main you as ‘Alkaline’ which makes you cancer free and resistant for life. It’s an ‘Acidic’ diet and body type that makes you prone to cancer which is caused by the consumption of sugar, caffeine, alcohol, nicotine, street and pharmaceutical drugs, processed food and animal products. The Ultimate that proves this is ‘Fit for Life’ by Harvey and Marylyn Diamond.

- Another link would be the ‘Future of Humanity Ethical Investing Plan’ endorsed by Mark Cuban and W Brett Wilson whom are the Moses Men made to lead investors out of corrupt industries such as oil, chemical, forestry, alcohol, porn, nuclear, psychiatry, prison industrial, military industrial and pharmaceutical industrial complexes. The Moses Men will lead the investors to uninvest in such corrupt industries and invest your money into Organic Farmers, Nutraceuticals, Green Energy, Scientology Solutions such ss Dianetics Auditing Therapy, Criminon, Narconon and Citizens Commission on Human Rights www.cchr.org . This is the Future of Humanity Ethical Investing Plan for a transitioned and sustained ideal world.

* Another link in the ‘Universal Store’ would be to ‘Whole Foods’ for all your fresh organic produce of fruits and vegetables delivered to your home by a Tesla Courier.
* Another link in the ‘Universal Store’ would be to the network of small Independent Health Food Stores and environmentally oriented clothiers such as Atelier Jolie that represents all humanitarians, activists, environmentalists, activists, Scientists and Scientologists.
* Another link called ‘Scientology Central’ would be a direct link to your community Scientology mission or local Church of Scientology to get services to enroll in free online courses and participating in live Zoom meetings and lectures at your local Church of Scientology or attend gatherings or watch announcements by David Miscavige and John Travolta, all online from your home. The Scientology Revolution.
* Angelina Jolie-Salvation and My Queen of Angels’ and the United Nations would have a direct link to the Universal Society in our One World Community Network with CHIN TV. (Lenny Lombardi) to address the world through the Universal Society with Angelina Jolie’s Samsung A53 5G inspirational mp4 speeches from the platform of the United Nations along with Sanna Marin.
* All website network stores such as Atelier Jolie and Greta Thunberg Mother Earth organic fashion design (for the humanist in you) will work out a percentage of the profit shares to permit customers from Universal Society to take a percentage to be fundraising investments into our Umbrella charity/cause Network.
* The www.universalsun.org website will be endorsed with banner ads to promote multimedia projects in film, television, music, literature and comic books with Jolie Pas Productions, Universal Sun Productions, Ixtlan Productions, Marvel, Disney and Universal Music and Studios will bring us into our greater potential in the 8 dynamics of life for social, indigenous, health, economic and environmental justice worldwide.
* A link to a website called [www.queenofangels.org](http://www.queenofangels.org) that is centralized and features the greatest humanitarian Angelina Jolie to give a 25 second speech to young girls as World Equalists as US Members to participate in Flower King Revolution fundraising campaigns for contributing towards the ideal world in unison within the unity of the Universal Society. Every girl will get a membership card making them an official ‘Activist Angel’ signed by Angelina Jolie ‘The Queen of Angels’. The theme sing played on the website by Train is the inspiring song ‘Calling all angels’
* The ‘Scientology Central’ link will have a John Travolta video giving a speech to inspire World Equalists US Members to enroll in fee Scientology course, network with Dianetics Auditing Therapy partners, schedule a Field Auditors and attend live lectures and gatherings with David Miscavige and John Travolta through Zoom.

The Universal Society US Worldwide Community website will bring the world into our One World Universal Society US. For equal rights, equal opportunity, equal respect and an equal standard of living with Universal Minimum Income worldwide ridding crime, poverty, illness, substance abuse and pollution forever.

Checkout all the content on the website for a complete understanding of the extent of the greatest revolution to ever happen at:

[www.universalsun.org](http://www.universalsun.org)

Coming soon

[www.universalsociety.org](http://www.universalsociety.org)

# By Casper Vattiata-Salvation

‘The Universal Solution’

‘The Angelina Jolie-Salvation Revolution’

**About the Author**

Casper Vattiata-Salvation, born Gaspare Salvatore Vattiata, is a revolutionary multi-media artist and political activist. He has several accolades and credentials under his belt. He is a devoted Scientologist since high school in 1993. A graduate from Ryerson University for Music Production. A graduate from Dov Simens' Film School for film production. A graduate from Jeff Schechter's screenwriters class for screenplay writing. A graduate from Tracey Erin Smith's acting class at Second City for Dramatic Arts. As a member of the Songwriters Association of Canada and the Writers Guild of America, he has honed his craft as a multi-media artist and producer. As a musician he is known as Omegaman Casper Salvation with his album Universal Sun. As an actor, writer, producer and film maker he has written several revolutionary screenplays with his revolutionary production company Universal Sun Productions. Casper's education is mostly self-taught from the library and bookstore, since he decided to be a free thinker, within the Arts and Sciences in serene tone in the 8 dynamics of life to think above and beyond convention.

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