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Coming events are said to cast their shadows. Some sci-fi moviemakers seem to have a talent for tapping into that level of the mass subconscious in which new concepts are in the formative stages, and bringing them into public consciousness. Typically, their films are instantly very popular, often unexpectedly, because the audiences, to the extent to which they also are in touch with the subconscious, respond with interest and enthusiasm without consciously understanding why. Nothing is as inexorable as an idea whose time has come, and because film is such a

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- [IS A LOW-FAT DIET ALWAYS GOOD FOR YOU?](#) by Ann Louise Gittleman

I know it's almost sacrilegious to criticize carbohydrates, but in light of so many negative effects from their imbalance and overuse, the time has come to take the carbohydrate craze to task.

- [SECRETS OF FORGOTTEN WORLDS: A CONVERSATION WITH PETER TOMPKINS](#) by J. Douglas Kenyon

For the many who date their personal discovery of the wisdom of the ancients and the power of unseen forces with the late 1960s and early '70s, two books enjoyed nearly unequalled influence. The Secret Life of Plants and Secrets of the Great Pyramid were both runaway best sellers, which, if nothing else, put the orthodox establishment to considerable trouble defending itself. While today, notions such as the preference of plants for good music and the miraculous measurements of the Great Pyramid may have become somewhat passe, 25 years ago they caused quite a stir, and in the process earned not a little notoriety for author Peter Tompkins. For one who had dared to challenge so flagrantly the titans of the scientific establishment, Tompkins achieved not only celebrity, but also, for a time, an unprecedented measure of credibility.

- [TOP 10 MAGICAL JOURNEYS YOU CAN TAKE](#) by David Hatcher Childress

If anyone manages to live real life like Indiana Jones it is David Hatcher Childress. A veteran of many expeditions to some of the most interesting destinations on Earth, Childress has made adventure a career. The author of many lengthy books on lost cities and civilizations, he has learned the hidden byways of world travel up close and personal. Who better to provide Atlantis Rising's guide to magical summer travel trips you can actually take without mounting a full scale safari.

- [THE SEARCH FOR MEANING IN THE DEAD SEA SCROLLS](#) by Len Kasten

In 1947, near the banks of the Dead Sea, Bedouin tribesmen found seven crumbling scrolls hidden in caves since the time of Christ. By the end of 1956, archaeologists had discovered 800 scrolls in the desolate Judaeen wilderness near the ruins of Khirbet Qumran. Yet the question of who wrote the scrolls is now a matter of fierce international debate. A mysterious veil has settled over the Dead Sea, over the scrolls and their meaning, keeping them hidden still. In the meantime, tantalizing clues link them with sources found as far away as Tibet. Some of the most important texts, one-fourth of the entire corpus, have only recently seen the light of day. Dominican priests, said to be fearful of their implications, kept the scrolls secret for decades while publicly denying their relevance. And today, the scrolls remain one of the most controversial and puzzling finds of our time.

Early Rays: [News Bulletins](#)

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Atlantis Dimension

Astrology: [THE CYCLES OF PLUTO](#) by Kathie Garcia

The impact of Pluto, the slowest moving of the known planets in our solar system, is intense and far-reaching. Pluto's energies bring about changes on a worldwide scale, reshaping history and ushering in major social, political and geological changes and transformations. Plutonian changes may be regenerative or degenerative, but whether positive or negative are generally extreme and long-lasting. Astrologers Sakoian and Acker note, Pluto in the signs always produces a permanent change. The change is in relation to the sign that Pluto occupies. It goes without saying that when Pluto changes signs, it's time to take note. On Jan. 18, Pluto began a 15-year transit in Sagittarius. On April 22, Pluto dipped back once more into Scorpio for a final phase lasting until November 11, 1995. From then on, Pluto will continue its transits through this fiery sign until the year 2010. What does it mean for us all?

Book Reviews: [WISE & OTHERWISE](#) by Dr. Joseph Ray

From Horus to Yogananda...

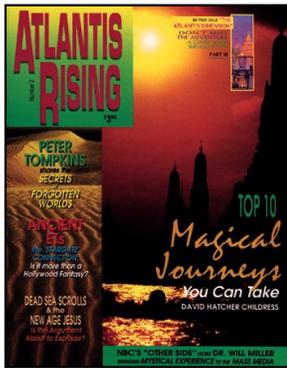
Music: [STILL SOUNDING POSITIVE](#) by Robert J. Resetar

You may have noticed that most of the music reviews in this and previous issues are positive ones. That could either mean that a) I love all music no matter how bad it is; b) I'm taking cash incentives to promote certain recordings; or c) For a bi-monthly with limited space I decided it was best to present a few well-chosen gems that stood out among the many recordings in the market place because of their gentleness, musical integrity and/or originality. The correct answer will be found in next month's issue.

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A WALK ON "THE OTHER SIDE"

by
Cynthia Gage

Last October, NBC took a daring plunge into the New Age. In addition to airing *Angels II*, *Beyond the Light*, they launched a one-hour daytime show called *The Other Side*. The program is a response to what producers perceive to be the powerful American fascination with extraordinary events that science cannot always explain. It explores everything from alternative medicine, dreams, self-hypnosis, and near-death experiences to angelic visitations and alien abductions. It's fast-paced, fascinating and sometimes phenomenal. Invited guests, subject experts and the studio audience participate in a lively discussion on the featured topic, assisted by the mediation of host Dr. Will Miller, a professed skeptic who deliberately plays the devil's advocate, then leaves conclusions to the individual viewer.

Miller, otherwise known as Dr. Will (the character he created for Nickelodeon's *Why We Watch* on Nick at Night), is what investors are banking on. A licensed psychotherapist, ordained minister, professional stand up comedian, and Ph.D. educator, he is the best bet they have for making a paranormal product palatable to the general public. The popularity of Dr. Will's tongue-in-cheek analysis of such programs as *Bewitched*, *The Brady Bunch*, *Gilligan's Island* and *Lassie* provides a track record that makes the stakes less scary. As Miller puts it, Who better than a Therapist/Minister/Comedian to host a show like this? The therapist side of me lets them know I'd be empathetic with people, my ministerial training and my education told them I could handle the subject matter and the comedy background assured them I could do the talk show part. Reticent at first ("It's very important to me to preserve my image as a legitimate professional"), Miller is now thrilled to be using all of his talents in one endeavor and sharing them with people all over the country. And people all over the country are enthusiastic about *The Other Side*. Ratings have been good enough to generate a loyal following, even outside California.

Miller's easygoing manner, boyish good looks and contagious smile appeal to a wide audience; his expressive face conveys empathy, level-headedness and humor. He's funny, warm, intelligent and diplomatic, and seems to sincerely respect interpretations of faith and experiences outside Judeo-Christian norms. He comments, As a minister, I have beliefs that science can't explain and as a therapist, I could never demean anyone's experience. Sometimes visibly moved, he often puts his arm around an audience member during emotional moments, such as the time a young black man stood in the audience with tears streaming down his face as a medium communicated a message from his deceased grandmother. Miller admits that the charm and relaxed manner haven't always been so polished. As the host of a show, I've had to learn to be more expressively tolerant. People hear what I say and it has added value because I'm not just another guest on the program. Sometimes people will say things that are really intolerant and I have an inclination to want to lash back at them; I have to find ways of confronting that won't turn off people who may agree with them; that's been something of a high-wire act.

Describing his personality as peppery, Miller says, I know I come across with some warmth, but I am a New Yorker and I've been a comedian in the clubs there, and that's a very aggressive art form. The humor is innate; born in Brooklyn, NY, Miller was second of seven in a family where everyone was funny except my father. He didn't taunt siblings with his talent, though, and doesn't use it indiscriminately today. I've been very lucky, because I'm not one of those comedians who has to be on all the time. I've always felt very confident that my humor doesn't put anybody down. I use it appropriately and allow it to be organically present, I don't force it; it comes up when it comes up. Fortunately, it surfaces at least once during every show and, if NBC has its way, we'll be seeing more of the comedian and less of the therapist.

Miller's zigzag between academic and comedic paths prompted the *LA Times* and *People Magazine* to call the show a sitcom for *The Jung* and the *Restless*. Yet it's his ministerial calling that Miller is most tuned in to.

A devout Christian, he attended Union Theological Seminary and was ordained in 1989. Realizing he wanted to minister through counseling, he obtained a master's degree in Clinical Psychology, then worked in a mental health clinic daytimes, did comedy at night and served his church on weekends. The mental health work established a baseline for what he does today. I'm really grateful I spent a few years working with people who were very severely impaired, because I got a really close-up look at people who were suffering; I saw the range of fantasy and distortion the human mind can create in that context. That gave me a primer for working with people who are healthier but who are utilizing fantasy to help them cope.

Fantasy and myth are contexts Miller uses to interpret the phenomena he's inundated with every weekday. I'm never really shocked about anything in particular, but am continually reminded of what Carl Jung said about the interior of the human mind. Here is someone who lived in the glorious Alps in Switzerland and was aware of the great expanse of the exterior universe, yet he said the interior landscape of the human mind is equally rich in expanse. People have a rich

reservoir of meaning inside them. Miller sees *The Other Side* as a forum in which to explore that reservoir. Responding to less than enthusiastic reviews by *Newsweek* and *The Wall Street Journal* (they lambasted us), he states, They're missing the point. What we're dealing with is cultural myth, with how people are finding meaning. We are giving exposure to what hasn't been given much exposure and that is the array of expression that people are finding to give meaning to and anchor their context for human living. I think that's very powerful, even if it comes across or is interpreted as trivial, and even if the viewing audience doesn't understand it on a conscious level. To be sure, the show's subject matter is often out there (one show featured guests who claim to have had love affairs with ghosts), yet *The Other Side* is probably the only daytime talk show where no one screams, argues or bares sleazy family skeletons, and where a thoughtful, articulate audience asks interesting, probing questions. Miller expresses surprise at the interest shown by professional friends and people from my church. He figures that people feel society is deteriorating and are scrambling for something to give them hope. They're not finding it in traditional institutions like organized religion and are increasingly turning to new or esoteric spiritual forms.

Of all the provocative, disturbing and awe-inspiring subjects he has hosted, Dr. Miller cites three areas that have blown me away. One, he says, is the power that comes when a person combines the best traditional medicine with mobilizing the psychological and spiritual resources that are inside them to combat illness or people who radically vest themselves in diet, prayer, meditation and the like while following their doctor's recommendations. Perhaps the most dramatic example of such a person is Dr. Paul Pearsall, whose battle with a rare form of cancer is documented in his book, *Making Miracles*. Another thing Miller finds inspiring is seeing people who have faced some crisis or the death of a loved one, their own near-death experience or have utilized it to completely turn their lives around and now have the perspective of peace. I wish we could all grab that perspective without having to go through a crisis. That's available to you and me today, we can grab that position now.

And he's always been knocked out by some of the really strange stuff. Like James Van Praagh, a medium who claims to be able to speak with the spirits of the dead and whose intermittent appearances have become the main sizzle of the show. How he's doing it, I don't know. He's either an extremely gifted mentalist or...I just don't know. But what interests me is the reality or non-reality of this. As a therapist, what I find curious is that the people who surrender to him and just believe that they have really had contact with someone on the other side have positive changes that seem to hold. Miller seems to wear his therapist's hat and ministerial robes as an invisible uniform. He links his experience with Gestalt therapy to his musings about the medium. The chair exercise (where you imagine whomever you have intense feelings about sitting in the chair opposite you and then tell them everything you feel; then move into their chair and respond to what you've heard from yourself) is incredibly powerful. We all know the voices of our mother and father inside of us, no matter how disconnected we are; I wonder if that's not what James Van Praagh is doing for people...providing a cathartic experience with an impact similar to gestalt. So whether or not he's actually contacting someone's deceased relative may not matter.

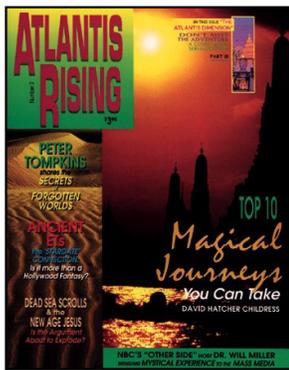
Other subjects have left him dubious. I've not been persuaded by channeling or past life regression, because they don't demonstrate well. It winds up looking silly and is demeaning to what I know is a very profound experience. Also, the whole very strange concept of alien abductions didn't come across well. (One rural viewer commented that Dr. Miller and the audience on that particular show appeared to take marked adversarial positions to the guests describing their experiences, and that he didn't feel the subject was adequately discussed.) Indeed, sometimes the pace of the show precludes an in-depth discussion about very hot topics that might be better served by a two-hour special such as the Nielsen levitator, *Ancient Prophecies*. Then, too, there was the WICCA (the organization for Witchcraft) show. That was the worst show I ever did. The only criticism I've ever gotten was on that show. I sort of got offended; I was not patient. The presentation of the moral base of Wicca was not effectively demonstrated; it came across as very odd to me; I couldn't access it. For the most part, though, Miller is able to put his personal beliefs aside and recognize the validity of a variety of paranormal phenomena. Not bad for a Baptist minister who says he's grounded in science.

Miller has, for the time being, taken off his educator's hat. With a Ph.D. in Urban and a Master's in Special Education, he's leaving the formal teaching to his wife, Sally, a high school principal. Parents of two children (he got her daughter, Tamara and son, Tommy in time for adolescent rebellion and college tuition), they lead an active prayer life and envision the world a better place through community development. Miller feels passionately that the media puts too much emphasis on the one or two heated relationships we may have and grossly underestimates the need for extended family, neighbors and others. We're getting sicker as a culture because we've lost community. What ails our society is that too many people have too few relationships. I really believe that the human being flourishes within the broad array of many relationships. We're trying to grow healthy human beings in very depleted soil. The other side to their vision for a more positive world lies in family participation in the educational process. Miller, whose own mother left housekeeping at 45 to earn her Masters degree, believes that we have to return to whatever it is that fosters meaning, history and memory as a context for education. Only the family can help a child access his or her own interior.

Miller's personal interior or *Other Side* experiences have been limited to earthly inspirations from heavenly realms. I've had profound spiritual experiences, always in the context of my religious involvement as a Christian and a minister. The sense of certainty I had about being called to the ministry is inexpressible. Hosting a show such as *The Other Side* is perhaps the greatest ministry Miller could provide. In a world fraught with religious strife, he offers an example of someone with very definite spiritual beliefs affording others the right to experience God differently. Doing the show has deepened his personal beliefs. Seeing people who experience their spirituality very differently from me has still served to inspire a life of faith. Many Bible-quoting Christians regard reincarnation, hypnosis, astrology and mediums as pagan, blasphemous or downright devilish, but Miller sees it differently. To me, feeling threatened by this material is betraying a lack of faith. God is in charge of the world, not me; my job is to live out my life according to how He has made it clear to me. Are we heading for the Apocalypse? Nah, I'm not worried about that, we have a lot more stuff to do before we get into that. Miller enjoys the support of his American Baptist congregation, and with good reason. I'm rooted in my faith in Jesus Christ and I work hard to embody the Good News of the Gospel. I try not to speak or interpret the Bible, but to do my best in humility to walk the walk of Christ, of Love, to be Jesus to others, to be open. I try to allow God to radiate Divine Love through me. I love the prayer of Saint Francis...(Lord, make me an instrument of Thy Peace....'). I endeavor to embody the Holy Spirit of God and take that wherever I walk.

Amen.



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ATLANTIS OF YOUR DREAMS

by
N. Thomas Miller

Imagine: The vast city of Poseidon, the capital of Ancient Atlantis, stretched out before us. The time is approximately 30,000 years ago, and Atlantis is at the apex of its achievement as a civilization. We see commerce, large anti-gravity vessels called valixes ascending and descending, many sailing ships of all kinds, small anti-gravity personal craft and land vehicles, as well as crowds of pedestrians.

Canals and exotic buildings surround an enormous pyramidal structure which dominates the landscape. Scattered throughout are hanging gardens, parks, and gigantic statues of Poseidon and the various gods and goddesses of the city. Now imagine the same scene thousands of years later with most of the structures and statues in disrepair, badly weathered, and under heavy rain-soaked skies, a giant tidal wave bears down upon it. Then again imagine remnants of the city seen underwater during our present time.

Today, such scenes in a feature film or for television are not only possible technically and artistically, but in the hands of the right directing, producing, and effects team, can be much less expensive than they once were, just a few years ago. When *The Last Star Fighter*, the first film to use computer 3-D models instead of actual miniatures, was made, the required super Cray computer hardware by itself cost the production approximately \$6 million. Nowadays, however, the necessary hardware is available at a tiny fraction of the old costs. Two things have happened to make this possible.

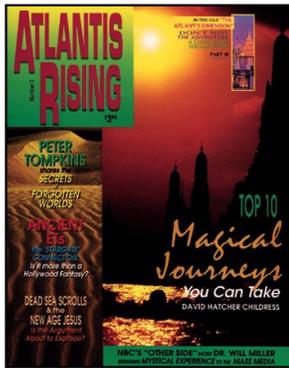
1. Digital compositing technology has grown by leaps and bounds, replacing older forms of compositing by optical methods.
2. Major advancements in software have improved computer modeling and 3-D animation.

The dinosaurs in *Jurassic Park*, for example, look frighteningly real when combined seamlessly with the live actors. Furthermore, the digital compositing tricks are so good and impressive nowadays that Tom Hanks, as *Forrest Gump*, can be made to shake hands with former presidents, one reason the film took this year's Academy Award for special effects. All of this is important because scenarios such as the one above can now be produced, because costs are within bounds. Also, when recreating scenes such as the last days of Atlantis with the myriad artistic and technical challenges, the result could effectively convince audiences they are actually there, and not put them off with the tell-tale tricks of the past.

As much as I once admired old-style Hollywood producer George Pal for his Atlantean efforts, I'm sorry, but they never worked for me. There was very little variety and everything looked like, well, like models. The advent of personal computer software and hardware in the professional entertainment marketplace has had a revolutionary effect. Pioneered by the Amiga personal computer and Lightwave 3-D software from New Tek, were breathtaking but inexpensive special effects. Television shows like *Babylon 5*, *Robo Cop*, *Seaquest*, and *Unsolved Mysteries*, are among those to exploit the technology. *Jaws* have been dropping in executive suites all over Hollywood as it has become apparent that the lowly Amiga, with its inexpensive software, can indeed do broadcast quality animation. Budgets have dropped, too. In feature films, George Lucas's Industrial Light and Magic company, originally put together for *Star Wars*, led the way for much of the technology we're talking about, especially advances in digital compositing.

A curious thing has happened on the way to the marketplace for the 20th anniversary reissue of *Star Wars*. Quoting Lucas: The digital technology that ILM pioneered in films like *Jurassic Park* and *Forrest Gump* allows me to revise a few scenes which bring the movie closer to my original vision. As reported in *Cinescape* (Feb. 1995) magazine, his plans include adding or enhancing key sequences outside the famous cantina and in the *Tatooine Dunes*, among others. New shots of digitally realized creatures, vehicles and droids are expected to be integrated. Of the scenes likely to be added to the movie, the restoration of a lopped confrontation between Han Solo and Jabba the Hutt (who didn't make his first appearance until six years later in *Return of the Jedi*) has received the most attention. As originally scripted and filmed, Solo runs into a humanoid Jabba after being hired as a taxi driver by Luke and Ben Kenobi. After Jabba bickers with Solo over why the maverick pilot dumped a shipment he was carrying for the intergalactic black marketeer, the scruffy glutton agrees to give Hans a chance to repay him for the lost cargo.

So, what do *Babylon 5*, *Seaquest*, and *Robo Cop* (the TV series) have in common? Special effects on PCs (Amigas) which are better than the stories. Now let's hope the stories can catch up.

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HOLLYWOOD AND THE STAR GODS OF ANCIENT EGYPT

by
Len Kasten

Coming events are said to cast their shadows. Some sci-fi moviemakers seem to have a talent for tapping into that level of the mass subconscious in which new concepts are in the formative stages, and bringing them into public consciousness. Typically, their films are instantly very popular, often unexpectedly, because the audiences, to the extent to which they also are in touch with the subconscious, respond with interest and enthusiasm without consciously understanding why.

Nothing is as inexorable as an idea whose time has come, and because film is such a powerful medium, nothing can precipitate it as quickly as a well-made movie that opens wide. It is the Hundreth Monkey principle accelerated to warp speed! Consequently these films usually become watershed events with permanent social effects.

Stanley Kubrick's 2001 - A Space Odyssey and Steven Spielberg's Close Encounters of the Third Kind are clearly in this category. The Star Trek series has had such a profound social effect that it has actually evoked a sort of reverse nostalgia, a longing for the good new days! And now, a new star has appeared on the horizon.

MGM's recent film, Stargate has revived the old excitement. As with the others, somehow this movie struck a chord that resonated in the mass subconscious, and consequently has enjoyed a surprising box office bonanza. The sequel is already in production. The movie's success would appear to validate growing public interest, and belief in, the concept of ancient astronauts, a subject that has intrigued a small, but international, group of enthusiasts ever since the advent of Erich Von Daniken's book, Chariots of the Gods, in 1968.

Star Wars was the first popular film to address this milieu, claiming to have taken place a long time ago, on a planet far away. Then, the popular TV series, Battlestar Galactica picked up on the theme, portraying the adventures of a band of nomadic stellar expatriates heading for the new promised land, Earth, eventually to become our ancestors. In Stargate, an ancient stone ring, about 30 feet in diameter, unearthed by archaeologists at Giza in Egypt in 1928, is discovered, in the present day, to be a gate to inter-stellar travel.

When activated by a certain sequence of seven symbols, it permits travel through the gate. The Air Force takes over the project, and recruits an expert in hieroglyphics to decode the glyphs inscribed around the ring. He succeeds and they send through a probe and track its path all the way across the universe to a planet in another galaxy.

A small Special Forces expedition is assembled. They go through the gate and find themselves in what appears to be an abandoned temple in the middle of a desert. Two tall obelisks stand at the entrance. A duplicate of the Great Pyramid of Giza stands nearby.

While they know they are on a planet circling a distant star, the scene is very reminiscent of ancient Egypt. A huge spacecraft descends over the pyramid, and a youthful king, with his entourage, and bodyguards who resemble the Egyptian jackal-headed creatures, take residence in the temple.

It is Ra, the Sun God, he who rides in the Celestial Disk. Ra keeps the people of a nearby city terrorized by means of high technology. He has winged craft equipped with death rays, and his bodyguards carry cylindrical ray guns.

The people worship him as a god, and they are thus kept enslaved, working on mining operations. The story becomes predictable after this as the Earthlings, well acquainted with such problems, organize and lead the people and precipitate a revolution.

The film is obviously suggesting that this is essentially what happened in ancient Egypt, that Ra and the other gods were extraterrestrial who made a profound impression on the pre-dynastic Egyptians, who then memorialized a catalogue of religious rituals based on these early experiences. These rituals then eventually became solemn and sacred ceremonies carried out by the priests and pharaohs for thousands of years afterwards. According to at least one researcher, this scenario is uncannily close to the truth!

The Five Books of Zecharia

One of the foremost ancient astronaut theoreticians in the world today is Palestinian born Zecharia Sitchin. Sitchin is a walking Rosetta Stone, a multi-lingual scholar who acquired proficiency in ancient languages at an early age. He is the only investigator in this field in the world who reads ancient Sumerian, in addition to Hebrew, both ancient and modern, Greek and Aramaic, and who has developed high competency in Egyptian hieroglyphics.

Sitchin has built a reputation for scrupulous and thorough scholarship and research, tempered with a healthy dose of

intuition, a potent combination that gives his books an air of solid respectability and authority.

Based primarily on his deciphering of thousands of Sumerian clay tablets, Sitchin has written a series of five books called *The Earth Chronicles* in which he lays out an elaborate story about space travelers from a theoretical 10th planet (12th if the Sun and Moon are included) in the solar system, about four times the size of Earth, called Nibiru, or Marduk in Babylonian.

Sitchin claims that this planet has a very eccentric orbit whereby it travels from way out beyond Pluto, cutting across the orbits of the rest of the planets, and then half-circling the Sun between Mars and Jupiter, taking 3,600 Earth years for each revolution. On its closest orbital approach, about 450,000 years ago, a band of Nibiruans known as the Anunnaki, came to Earth and landed in southern Mesopotamia. They then proceeded to mine gold, which they evidently needed for the survival of their planet.

At first they extracted it from the Persian Gulf, but they couldn't obtain the quantities they needed that way, so they began underground mining in South Africa. The workers were not used to such backbreaking toil deep under the earth, and finally, after 40 Nibiru years, or 144,000 Earth years, they rebelled. This precipitated a visit to Earth by Anu, the Lord of Nibiru, and a meeting was convened to resolve the problem.

It was decided to genetically engineer a race of slave workers by crossing the ape-like creatures, then inhabiting Earth, with the Anunnaki. About 300,000 years ago, after a period of trial and error, they succeeded in achieving the perfect model of a primitive worker by implantation of the engineered embryo into the womb of a birth goddess. Then they went into mass production. Using a group of fourteen goddesses, they produced seven humans of each gender at a time, and put them to work in the mines when they reached adulthood.

At first they had to keep producing them because, as hybrids, they were sterile. But later, thanks to the experiments of Enki, the leader of the original expedition, they were able to develop a model that could reproduce.

Initially, the gods were angry at Enki for giving humans this gift, but they eventually realized the advantages. Sitchin claims that this was the basis of the Adam and Eve story, and the advent of the human race. As humans proliferated, the Anunnaki put them to work on a variety of jobs including building their houses, or temples.

Humans also cooked, danced and played music to entertain the gods. Such intimate fraternization ultimately led to the inevitable. The gods found the human females physically compatible and attractive and began to take them as wives. This explains the cryptic statement in Genesis, the sons of god went in unto the daughters of men, which is now more understandable since the females were also descendants of the gods.

This launched an era of Dionysian revelry by the gods, who acted much like drunken sailors in a foreign port, which their leaders found disturbing since it diluted their mission. Enlil, the Lord of the Earth, knew that the Antarctic ice cap would soon be plunged into the ocean because of Earth convulsions caused by the next approach of Nibiru. In order to end this orgy of miscegenation, it was decided to allow the human race to perish in the coming deluge while the Anunnaki orbited the Earth safely in their spacecraft. However, once again Enki came to the rescue of humanity, and secretly instructed the first human king, Ziusudra, in the construction of a submersible vessel. This, of course, is the Sumerian version of the story of Noah. The Advent of Ra.

Of Time and the Pyramids

There is now mounting evidence that the Giza pyramids are much older than the Fourth Dynasty, and that instead of having developed out of earlier primitive pyramids, they were actually the prototypes of the later pyramids, which were really pale imitations. They were clearly never used as tombs, and the technology displayed in their construction was much too advanced for the era of Khufu, about 2600 B.C., but very probably existed in the time of the gods.

Sitchin points out that the most convincing piece of evidence that Khufu did not build the Giza monuments is the so-called Inventory Stela found in the Temple of Isis near the Great Pyramid. The inscription by Khufu makes reference to the pyramid and Sphinx as already standing. And in *The Stairway to Heaven* Sitchin makes a very convincing case for the fact that the red paint quarry marks referring to Khufu, discovered in 1837 in the sealed chambers over the King's Chamber, were forgeries.

The Great Pyramid was built perfectly level and perfectly aligned with the four directions of the compass, with each side at a precise angle of 54 degrees. Says Sitchin, The wonderment only increases as one realizes the interior complexities and precision of the galleries, corridors, chambers, shafts and openings...the locking and plugging systems ... all in perfect alignment with each other... Consider what primitive equipment and tools were available in that period.

The Egyptians of that era did not have knowledge of the pulley, or block and tackle. All they had were wooden rollers and levers, and wood was at a premium in the desert.

Consider also the immense difficulty of transporting those 2.3 million 200-ton stones from the quarry all the way down the Nile at Aswan. If they cut, moved and placed ten stones per day, it would have taken 632 years to completion. The Great Pyramid still remains the largest stone structure in the world, and probably could not be duplicated today.

But for the Anunnaki, it was probably not such a difficult feat. Ra's father, Ptah or Enki, was known as an engineering genius, and Ra is said to have enlisted the assistance of Thoth, the Egyptian god of sciences and of magical powers. This suggests that the Anunnaki might have had the ability to move the massive stones around without benefit of manpower.

The Pharaoh's Journey to the Stars

Robert Bauval, a construction engineer working in the Middle East, had always been fascinated by the sophisticated astronomical knowledge of the ancient Egyptians, and how it was incorporated into their religious ritual.

As the god king, each pharaoh was considered to be the personification of Horus, the son of Osiris. According to the Pyramid Texts, the only authentic source of information, the purpose of the whole process of mummification and the accompanying rites was to prepare the pharaoh for a journey to heaven in the stars, specifically Orion, there to rejoin his father Osiris and to become a star in that constellation, as he was.

To help in this journey, the priests would frequently paint star maps on the insides of the coffin lids, or on the ceilings of the tombs. Live and be young beside your father, beside Orion in the sky says Pyramid Text 2180. About 1954, an Egyptologist named Badawy advanced the theory that the shafts in the Great Pyramid were not for ventilation at all, but were pointed towards certain star systems, and had some religious significance.

After making corrections for precession, he determined that around 2600 B.C., the time of Khufu, the southern shaft pointed directly at the belt of Orion, making it very likely that some ritual was probably performed in the King's Chamber involving the flight of the soul of the pharaoh through the shaft to Orion.

Bauval, who had always wondered why the three pyramids at Giza were aligned the way they were, was intrigued when he came across Badawy's data. He began to believe that there was some correlation between Orion and the building scheme at Giza. He pored over aerial photographs seeking some clue.

Then, one night in November of 1983, on an overnight camping trip in the desert dunes near Riyadh, Saudi Arabia, he woke up around 3 A.M. and gazed at the stellar canopy above, so crystal clear he could almost touch it.

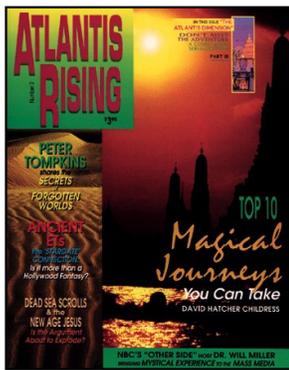
He awoke his friend Jean-Pierre and they observed and discussed the Milky Way, Orion and Sirius. Then Jean-Pierre pointed out how the third star in Orion's belt was smaller and slightly out of alignment with the other two. In a flash Bauval realized that the three pyramids at Giza were a replication on Earth of the three stars in Orion's belt! He then perceived that the Orion stars were in approximately the same relation to the Milky Way, which resembles a great river in the sky, as the Giza pyramids were to the Nile.

This was a momentous discovery, fraught with implications for both Egyptologists and ancient astronaut theorists alike. It indicated a grand plan at Giza far beyond the capability of Pharaoh Khufu. And if Ra was the builder of the pyramids, this would connect him with Orion in some way.

Bauval's breakthrough is discussed in detail in his new book, *The Orion Mystery* (Crown, 1994) penned with co-author Adrian Gilbert. Bauval then went on to study precession, and discovered that Orion made its first appearance over the horizon at Giza in 10,400 B.C., almost exactly when Sitchin claimed that Ra had built the Giza pyramids!

Sitchin never mentioned him (and Bauval never mentions Sitchin), but Bauval points out that famous clairvoyant Edgar Cayce also claimed that very same date to be the beginning of the design phase of the Great Pyramid. With a scientist/engineer, an anthropologist/linguist, and a clairvoyant adding their voices of concurrence, the case for the antiquity of the Giza pyramids and Sphinx seems impressive.

And so it appears that somehow Stargate has tapped into a vision of the distant past that no respectable anthropologist, archeologist or Egyptologist has ever painted, or would even dare to entertain. It has brought us the true story of Ra, the Star God, He of the Winged Globe. I guess if you want to learn the truth about the past, or to see into the future, you have to go to the movies. Pass the popcorn, please.

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IS A LOW-FAT DIET ALWAYS GOOD FOR YOU?

by
Ann Louise Gittleman

I know it's almost sacrilegious to criticize carbohydrates, but in light of so many negative effects from their imbalance and overuse, the time has come to take the carbohydrate craze to task.

Carbohydrate overloading tends to displace protein foods the body needs for immunity, stable blood sugar levels, hormones and tissue repair. Plus carbohydrates such as bread, pasta and potatoes are deficient in essential fatty acids (EFAs) that control the cardiovascular, reproductive and nervous systems. So, my clients suffer sugar cravings, lack of concentration, lack of energy, the need for more sleep, fluid retention, aging skin, high glycerides and weight problems.

Carbohydrates are considered the preferred fuel for human beings, but our national obsession with cutting dietary fat has produced diets unusually high in carbohydrates and, therefore, deficient in EFAs, the real key to overall health. If you were to follow the U.S. Department of Agriculture's (USDA) Food Guide Pyramid as your guide to daily food choices, you'd eat 6 to 11 servings of bread, cereal, rice and pasta a day, foods that contain practically no EFAs. You'd also be advised to consume fats and oils sparingly because, according to the USDA, they contribute empty calories to your diet.

I observed carbohydrate-connected health concerns such as gluten intolerance years ago when I worked at the Pritikin Longevity Center. Yet that doesn't compare to the problems my fat-phobic clients face as a result of their extreme diets. Many have cut down on nutritional staples such as eggs, meat and other proteins, and butter due to cholesterol concerns. Instead, these people eat record numbers of fat-free candy, honey and fruit juice-sweetened cookies, and low-fat (but sugar rich) frozen yogurt. We overeat sugar and carbohydrates, which can make us fat.

Studies show that Americans eat less fat now. The USDA reports a drop in red meat intake between 1980 and 1990. In the past 20 years, butter intake has declined by 25 per cent. Unfortunately, we've substituted sugar for the missing fat calories. High sugar intake is linked to higher insulin levels, extreme hunger and, consequently, overeating.

Nearly half of all adults and 75 percent of the obese have a problem with carbohydrate metabolism due to insulin resistance. Insulin is a hormone that metabolizes glucose from carbohydrates into energy. Insulin resistance is a condition whereby body cells resist the action of insulin, which they over-produce because of too many sugary and simple carbohydrate foods. Insulin resistance is an underlying cause of a condition associated with Type II diabetes, hypertension, obesity and high glyceride values. Individuals who produce high levels of insulin are constantly hungry and crave rich foods.

Consistently high levels of insulin in the blood promote fat storage and the inability to access stored body fat. So, people who consistently eat foods that promote high insulin response are generating fat storage.

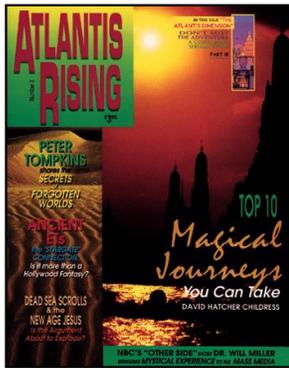
Even if you eat excess complex carbohydrates, you may set the stage for fat buildup. When you fill up mainly on fat-free foods such as wheat bread, fruit juice and corn chips, you may foster fat because insulin is a fat-promoting hormone.

So what can a weight-conscious person do? The truth is, we're all different, and: some people can tolerate more carbohydrates, others less, due to the way foods are metabolized. The slow oxidizer does better on a Pritikin-style diet (high carbohydrates with EFAs, of course), while the fast oxidizer will thrive on a diet high in protein and fat. In general, men seem to handle a greater carbohydrate load than women probably because they generally have fewer fat cells and more muscle mass, which makes them able to burn more carbohydrate calories. My female clients, however, do better on a diet that ranges from 30 to 40 percent in carbohydrates unless they're very physically active. In this case, athletic women may be able to tolerate a diet closer to 50 to 55 percent carbohydrates.

To be safe, we should strive to keep insulin levels low. This is easily accomplished by eating meals that consist of a mixture of proteins, carbohydrates and some fat. The good news is that protein can increase metabolism 30 percent, while a purely carbohydrate meal increases metabolism only 10 percent. Protein helps balance insulin release through production of the hormone glucagon. Protein-induced glucagon in turn mobilizes fats from storage tissue, thus aiding weight loss. Glucagon acts in the opposite way as insulin. By eating balanced meals you get more steady blood sugar levels and the ability to burn stored body fat for long-term weight loss.

Fats (butter, olive oil, sesame oil) also slow insulin release, plus a little goes a long way in making you feel full so you won't overeat. Besides, essential fats such as safflower oil and flax oil have metabolic raising effects. When you add the right fat, you'll balance carbohydrate intake automatically.



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SECRETS OF FORGOTTEN WORLDS:

A CONVERSATION WITH PETER TOMPKINS

by

J. Douglas Kenyon

For the many who date their personal discovery of the wisdom of the ancients and the power of unseen forces with the late 1960s and early '70s, two books enjoyed nearly unequalled influence. The Secret Life of Plants and Secrets of the Great Pyramid were both runaway best sellers, which, if nothing else, put the orthodox establishment to considerable trouble defending itself. While today, notions such as the preference of plants for good music and the miraculous measurements of the Great Pyramid may have become somewhat passe, 25 years ago they caused quite a stir, and in the process earned not a little notoriety for author Peter Tompkins. For one who had dared to challenge so flagrantly the titans of the scientific establishment, Tompkins achieved not only celebrity, but also, for a time, an unprecedented measure of credibility.

Both books remain in print but Tompkins, though scrupulous in his research, came to be dismissed by the conventional as something of a crank. More recent books (i.e., Secrets of the Mexico Pyramids, and Secrets of the Soil) have done little to change his undeserved reputation; nevertheless he remains today busy and unrepentant. Nor have advancing years quenched his fire. At 75, Tompkins has just delivered to his publisher Harper's his latest manuscript, offering concrete proof of the existence of elemental creatures. The book should be forthcoming in the next few months.

Just back from a trip to Colombia, the author, at his home in Washington, D.C., took time recently to share his secrets on many mysteries, ancient and otherwise.

Originally from Georgia, Tompkins grew up in Europe, but returned to the U.S. to study at Harvard. College, though, was interrupted by World War II. Initially employed by the New York Herald Tribune, Tompkins began the war as a correspondent. Soon he was broadcasting for Mutual and NBC. By the end of the war he was working with Edward R. Murrow and CBS. In 1941, his reporting career was interrupted by a stint in the TOI (a precursor of OSS, which ultimately became the CIA). Five months were spent behind enemy lines. At the Anzio landing, he recalls, General Donovan and General Park sent me into Rome ahead of the landing, and had they not failed to arrive, we would have had a big victory. But as it was, we got stuck. Then I had to send out radio messages four or five times a day of what the Germans were doing, where they were going to attack and in what strength and so on. During the mission, Tompkins recruited numerous agents which were sent north to link up with the partisans and help clear the way for the planned allied advance. Eventually he went to Berlin. When, at the close of the war, Truman abolished the OSS, Tompkins found he had no desire to join the newly organized CIA and went his own way. The years following the war were spent in Italy learning moviemaking and scriptwriting and developing a healthy distaste for censorship. I realized the only way I could say what I wanted to say was by writing books. They don't get censored.

Even then, he was finding his views made him anathema to many. I got thrown out of more dinner parties, he chuckles, for talking about metaphysical, or what were considered crazy, notions at the time, so I learned to be quiet.

Being quiet in print, though, has not been his wont. Nor has censorship of a sort been entirely escaped. Tompkins believes his most recent book Secrets of the Soils which he describes as A cry to save the planet from the chemical killers was virtually squashed by the publisher afraid of scaring the public. A followup on the Secret Life of Plants, the book spelled out alternatives to the use of chemical fertilizers which Tompkins says are absolutely useless and only lead to killing the soil and the microorganisms, poisoning the plants and ultimately animals and humans. Tompkins believes such fertilizers to be primary contributors to the spread of cancer.

The writer has found his plans thwarted, not only by publishers. One idea to use a promising technology he had chanced upon, to virtually X-Ray the Great Pyramid, was apparently blocked by Zahi Hawass and the Egyptian Antiquities Authority. It would have cost about fifty grand to X-Ray the whole pyramid and find out what the hell really is in there, he says. It seemed to me that it would make an interesting television program, but no one was interested. It was very strange.

On the recent highly publicized work of Belgian astronomer Robert Bauval purporting to show an alignment between the pyramids and the constellation Orion, he shrugs. It's a hypothesis, but it's not provable. I'm only interested in those things about the great pyramid which are solid, which are indisputable. Tompkins wants more than endless theories, of which he claims to have a room full. But he concedes, If you think of the Dogon and the Sirius connection, it's obvious that on this planet, that people knew a great deal more about astronomy and may have been linked in one way or another with the stars. But I'm only interested when someone comes along with fairly hard proof.

Proof of advanced ancient astronomical knowledge, Tompkins believes, is abundant in much of the ancient architecture. It's obvious that all the great temples in Egypt were astronomically oriented and geodetically placed, he says. He is especially interested in Tel el-Amarna which he sees as the subject of a possible future book. The astronomical knowledge incorporated into the city built by Akhenaton, Tompkins believes to be mind blowing. Unfortunately for his plans though, Livio Catullo Stecchini, the Italian scholar and authority on ancient measurement, upon whom Tompkins relied for much of his work in *Secrets of the Great Pyramid*, is dead.

Interestingly, Tompkins never permitted *Secrets of the Great Pyramid* to be published in Italy because the publisher wanted to cut out Stecchini's appendix (not the organ, but the text). The injustice still angers Tompkins. Here's an unrecognized Italian genius, but the Italians said if you print it you can't have the book.

His subsequent book on the Mexican Pyramids further reinforced Tompkins view that the ancients were possessed of advanced astronomical knowledge. Though not convinced that the similarities between Egypt and Mexico prove the existence of a mother culture like Atlantis, as some have suggested, he does believe it's obvious that people went back and forth across the Atlantic. And he believes the Mexico builders used the same system of measurements as the Egyptians. I should write another whole book on the subject of what was known on both sides of the Atlantic.

During his Mexico experience, Tompkins succeeded, at great expense and difficulty, in filming the effect of the rising and setting sun at equinox on the temple at Chichen Itza. It's absolutely staggering, he relates, but you can see that snake come alive, just on that one day. It goes up and down the steps. We filmed it and it's just beautiful. How did they orient that pyramid so that would happen only on the equinox?

Answering that question led Tompkins to New Zealand and Geoffrey Hodgeson, who gained fame in the 1920s by clairvoyantly pinpointing the precise position of the planets at a given time. Convinced by Hodgeson's demonstration, Tompkins concluded that he knew the secret by which the ancients were able to achieve their precise astronomical alignments without access to modern instruments. They didn't need the instruments, because the instruments were built into them. Clairvoyantly they could tell exactly where the planets were and understand their motion. Such understanding, while available to the ancients, has been largely forgotten by alienated high-tech Western society. We've closed ourselves in, he says. We've pulled down the shades on our second sight.

Fascinated by clairvoyance and the potential it represents, Tompkins has tried to deploy it as a resource for his more scientific investigation. When his own search for concrete proof for the existence of Atlantis took him to the Bahamas he used every tool at his disposal. When one site appeared to be littered with ancient marble columns and pediments, it was a psychic who told him that the spot was nothing more than the final resting place of a nineteenth-century ship bound for New Orleans with a marble mausoleum on board. On the more scientific side, clandestine core sampling of the celebrated Bimini Road convinced him the pavement was not manmade but only beach rock. It took a University of Miami geologist to give him what he wanted.

Dr. Cesare Emiliani showed Tompkins the result of his own core sampling over the years in the Gulf of Mexico. Here was conclusive proof of a great inundation of water in about 9,000 BC. Tompkins remembers, Emiliani said, they say that Atlantis has been found in the Azores and found off the coast of Spain and off the East Coast of the United States. All of these places, he said, could have been part of the Atlantean empire that was submerged at exactly the date when Plato said it was.

Several years earlier he had written the foreword for the English translation of Otto Muck's book, *The Secret of Atlantis*. Muck's hypothesis that Atlantis had been sunk by an asteroid Tompkins thought very plausible, and he still thinks so, though it remains to be proven. In Emiliani's work, though, Tompkins believes he has found the only geological proof on the subject.

Of course, proved or not, Atlantis, like many other controversial notions, is not likely to be readily accepted by the intellectual establishment. The reasons for which seem clear to Tompkins. They would have to rewrite all their archeological schoolbooks if some of this is proved. If John West's theory about the Sphinx is correct (that it's over 10,000 years old) it's going to change a lot of stuff. By way of analogy he describes a man he knows in Canada who has developed a cure for cancer and points out what a threat such a discovery is to the billion-dollar-a-year cancer industry. All of which leads him to another one of his favorite subjects, though acknowledging that it may cost him credibility with some people: Who really wrote Shakespeare?

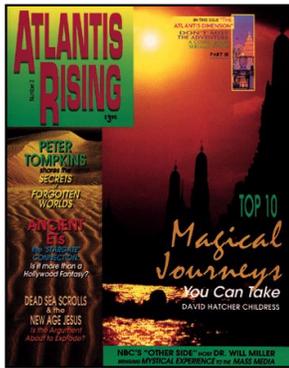
It was written like Hollywood scripts are written today, he explains. Written by members of the privy council, which could have been at the time, not only Bacon and Southampton, but all of them who were involved, one way or another, in trying to save the country from civil war, and realized that neither the Catholics nor the Protestants had the answer, and you had to look deeper somewhere. So you had to go back to the Egyptians, hence the presence of Giordano Bruno involved in some of the plays. He sighs, The whole subject is absolutely riveting and fascinating.

A lifetime of searching the hidden byways has made Tompkins philosophical about his own inevitable physical transition. While acknowledging that he is getting on, he says, I'm infinitely more peaceful about the prospect of death. Like time, it's sort of an illusion. I mean you lose the body but what's that. You've had many before and you'll probably have more after. Maybe you'll do better without them. At any rate, his productivity has yet to suffer. His next book promises to prove the existence of elemental creatures.

The project was inspired by the recent scientific validation of the work of Annie Besant and C.W. Leadbeater in mapping sub-atomic structure. Before the turn of the century the two leaders of the theosophical society had decided to use their

yogic powers to analyze the elements. Leadbeater saw and Besant drew. When their work was published, no one paid any attention. After all, not only was it impossible to do what they were doing but their results contradicted conventional science. Then in the 1970s an English physicist discovered their work and realized that they were accurately describing quarks and other features of the atom which had only recently been discovered. With such powerful vindication established, Tompkins now goes into the detailed work which the two produced on elemental spirits, as well as the work of the renowned clairvoyant Rudolf Steiner. If you put it all together and realize these people could actually, many years ahead of the discovery of atoms and isotopes, accurately describe and draw them, and then look at their description of the nature spirits, their function on the planet, their connection with human beings and why it is that we should reconnect with them, you have to listen. I mean it's black and white. You can't escape it.

What will the new book be named? I don't know because I hate to give names to my books. They'll probably call it the Secret Life of something or other....

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TOP 10 MAGICAL JOURNEYS YOU CAN TAKE

by
David Hatcher Childress

If anyone manages to live real life like Indiana Jones it is David Hatcher Childress. A veteran of many expeditions to some of the most interesting destinations on Earth, Childress has made adventure a career. The author of many lengthy books on lost cities and civilizations, he has learned the hidden byways of world travel up close and personal. Who better to provide Atlantis Rising's guide to magical summer travel trips you can actually take without mounting a full scale safari. EDITOR

1. ATHENS

What to See: The Acropolis, the Parthenon, and the National Museum.

History The Greek philosopher Plato, around 400 B.C., mentions how his relative Solon, visiting Egypt around 590 B.C., had been told by Egyptian priests of Atlantis and its war with ancient Athens around 9000 B.C. The Egyptians told Solon that the world had been destroyed several times and that the Greeks had forgotten their own history. According to Greek mythology, Athens was founded by the goddess Athena and was a great civilization as early as 10,000 B.C., before the Mediterranean was flooded and the Aegean Sea was created. Even modern historians are in disagreement as to when Athens was founded, but by 1400 B.C. it was a powerful city-state. Apparently the Acropolis is built on the foundations of ancient blocks of stone, much like the Roman temple at Baalbek in Lebanon. The current buildings, including the famous Parthenon, were started in 447 B.C. Don't miss wandering through the Plaka, the old city with its narrow streets, restaurants, and gift shops.

Hints A good side trip is to the Island of Thera (Santorini), thought by some Greek archaeologists to be the origin of Plato's Atlantis. Thera can be reached by daily flights or ferry (12 hours from Athens). The volcano of Thera exploded around 1450 B.C. and is now a crescent-shaped island with steep cliffs and spectacular views. Sit at the Atlantis Hotel on the rim of the crater and sip a drink at sunset, watching the deep orange colors fade over the still smoking crater.

2. LUXOR

What to See: Karnak Temple, Luxor Temple, and the Valley of Kings.

History Luxor is ancient Thebes, the capital of Upper Egypt. Here, the greatest temple in all of Egypt existed, Karnak, the massive temple to Amon-Ra. When walking through this gigantic temple the glory and awesome scope of ancient Egyptian civilization will overwhelm you. Here are megalithic walls and columns a 100 feet high built to last for thousands of years. White-sailed felucca boats sail up and down the Nile outside your hotel, and if you cross the Nile you can journey to the underground tombs of the Valley of Kings and Valley of Queens. No Egyptian mummy has ever been found in a pyramid, instead the Egyptians buried their mummified dead in rock-cut vaults deep underground. Believing that mummified egos could not reincarnate, Atonists like Akhenaton and Nefertiti preferred cremation to mummification and even fought a war over this principle. Early Christians, who also believed in reincarnation, were forbidden to be mummified or embalmed as well.

Hints Don't miss the Sound and Light Show at the Karnak Temple every evening, the smaller but still magnificent Luxor Temple, and be sure to take a walk through the Arab market a block from the Nile. Wander among the carpet shops, tea cafes, and papyrus shops, but be prepared for the relentless attention of shop owners and street vendors. Tourism is down nowadays in Egypt, so it's a buyers market. A good rule of thumb is not to pay more than 40% of the first price quoted to you. And remember, anything you want is available at five other shops around the corner.

A good side trip is to the Temple of Abydos several hours north along the Nile. Here you can visit an excellent temple in which the full list of all the kings of Egypt are listed in chronological order. Behind the temple is the famous Osirion, or Tomb of Osiris. This is a pre-Egyptian megalithic building, half submerged in a swamp, that is said to date from the time of Atlantis when the Mediterranean was a dry valley, the ancient Osirian Civilization. Curiously, the walls of the Osirion are built of huge polygonal blocks of stone identical to those found in Peru.

3. JERUSALEM

What to See: The old city with the Dome of the Rock Mosque and the remains of the Temple of Solomon.

History Like Baalbek in Lebanon, Jerusalem was laid out on the massive ruins of an ancient city, a megalithic platform. King Solomon built the first Temple on top of the huge ashlar blocks that are now the Wailing Wall. This temple held the Ark of the Covenant. This object is said to have come from Atlantis and kept in the King's Chamber of the Great Pyramid. Destroyed by the Romans and in the 10th century, the temple ruins became the site of the Muslims beautiful Dome of the Rock Mosque, the third holiest site in Islam.

Hints Don't miss the walks along the top of the ancient city walls or sitting in a cafe in one of the old quarters. A one-day side trip from Jerusalem should be to Qumran and the Dead Sea. The ancient Essene community of Ein Gedi was along the shores of the Dead Sea and the Qumran caves where the Dead Sea Scrolls were found is just up a nearby wadi.

(See article on page 18)

4. TAJ MAHAL

History It is sometimes said of famous sights that they are never as good as you think they will be. The Taj Mahal is one of those places even better than you imagine. Built by Shah Jahan for his wife Mumtaz, the magnificent white marble structure with pools and gardens is a true mystical experience.

Hints Don't miss visiting the Taj during a Full Moon when the desert sky is clear and the building shines in the moonlight. India is famous for its train trips, and Agra can be reached easily by train from New Delhi.

The ancient city of Fatehpur Sikri is nearby. This Mogul city was abandoned when the water supply disappeared. Spend a fascinating afternoon walking among its red sandstone minarets and archways. A three-day side trip to Benares (Varanasi), the holiest city in the Hindu religion, and Ganges River would be well spent. This ancient city goes back to the Rama Empire of around 12,000 B.C. Bathe in the Ganges at dawn while an orange sun rises above the hundreds of temples that adorn the shore.

5. KATHMANDU

What to See: Swayambu Temple and Bodhi Tree

History Kathmandu is an ancient city built in a valley surrounded by the Himalayas. Buddha was from the Nepalese city of Lumbini, and it is said that Jesus traveled from Lumbini to Swayambu in Kathmandu and on to Lhasa in Tibet in his early years. Swayambu is a great geomanced temple mound with a Buddhist shrine on the summit.

Hints Beware of the aggressive monkeys and don't take any food. Wander through the city streets and markets to the many temples. The smell of incense and temple bells fills the air. Bodhi Tree is a sacred Buddhist shrine on the outskirts of the city. Don't miss dinner at Kathmandu's original hotel, The Yak & Yeti, and an evening rickshaw ride through the city.

As long as you're in the Himalayas, a week-long side trip could be made to Lhasa, the ancient capital of Tibet. With the imposing Potala Palace towering over the city, this center of Tibetan Buddhism captures the heart on the Roof of the World. Though the Dalai Lama now lives in exile in Dharamsala, India, Lhasa is still a city of magic and mystery.

6. MESA VERDE

What to See: The ancient hogans and cliff castles

History Mesa Verde is connected to the extensive road system emanating out from Chaco Canyon in northern New Mexico. The vanished Anasazi who lived at Mesa Verde are believed to be related to the Hohokam Indians of Arizona and ultimately with the Toltecs of Tula in Northern Mexico. Mesa Verde is the northernmost site with the ball courts, kivas, walled cities, and cliff buildings typical of southwestern American Indian settlements. The people imported exotic birds from Central America and used crystals and boomerangs.

Hints Don't miss climbing the buildings high on the cliffs, and looking for the mysterious pyramid of Mesa Verde.

If you continue west an interesting side trip is to Canyonlands National Park in southern Utah or south to Canyon de Chelly and the Hopi Mesas. The ancient cities, cliff dwellings and ball courts of the Anasazi and Hohokam can be found from Aztec, New Mexico, to Chaco Canyon, the Zuni Pueblo to Montezuma's Castle near Sedona.

7. TEOTIHUACAN

What to See: The Pyramid of the Sun, the Pyramid of the Moon and the Temple of Quetzalcoatl.

History The ruins around the valley of Mexico are very ancient, the Aztecs were late-comers to this fascinating area. The Aztec city of Tenochtitlan was built on an island in the center of a lake which has now been drained and smothered by Mexico City, which is slowly sinking into the still, soft lake bed. The ruins of Cuicuilco, near the University of Mexico, are thought to be over 9,000 years old, but the most spectacular site is the Toltec sacred precinct of Teotihuacan just to the northeast of the city. Here the huge Pyramid of the Sun and the Pyramid of the Moon tower above the valley. The temple to Quetzalcoatl, the ancient saint who walked throughout North and South America, is found between the pyramids.

Hints Don't miss climbing to the top of the pyramids for an awe-inspiring view.

A one-day side trip to Tula, the ancient Toltec capital three hours north of Mexico City, is well worth it. Here the gigantic statues, called Atlanteans, stand 80 feet high, once the columns of a gigantic temple.

8. MACHU PICCHU

What to See: The ancient megalithic city perched on a mountain in the Urubamba Gorge of Peru.

History No one knows what is the original name of this fabulous, secret city perched on a jungle mountain top, but today it is known as Machu Picchu, named after the mountain. While often attributed to the Incas, it is likely that Machu Picchu was built many thousands of years before the Inca dynasty, as were Ollantaytambo, Cuzco, and Tiahuanaco. This hidden city commanded the road from the lower jungle areas up the Urubamba River into the Sacred Valley. It is one of the most spectacular sights in the world.

Hints Don't miss taking the train from Cuzco to Machu Picchu station or hiking to the top of the peak above the city, Huaynu Picchu, through the rock-cut tunnel.

A good side trip is to the ancient city Ollantaytambo, with its megalithic fortress overlooking the town. This is one of the few ancient cities of South America that is still occupied, and wandering through the quiet streets with the stream running along the sides is a trip back into the dim mists of history.

9. TIAHUANACO

What to See: The Gate of the Sun, pyramid and buildings of Tiahuanaco.

History Tiahuanaco is one of the oldest cities in South America, going back many thousands of years. Guesses range from 3,000 B.C. to 24,000 B.C. A two hour's drive from La Paz, the capital of Bolivia, Tiahuanaco, is the site of the bleak, windswept Altiplano of the Andes. The pyramid and walls of the city first catch your attention and the scattered megalithic blocks about the site. The center of attention is the Gate of the Sun with its mysterious hieroglyphs and the strange goggle-eyed statues.

Hints Don't miss seeing the gigantic cut-stones of Puma Punku a mile away which are said to be the ruins of an ancient canal and temple. A side trip to nearby Lake Titicaca would also be enjoyable. Lake Titicaca is the highest navigable lake in the world and sits among the snow-capped peaks on the border of Peru and Bolivia. The sacred Island of the Sun, where the first Inca, Manco Capac, stepped out of a cave in the 4th century A.D. can be visited in the middle of the lake. UFO activity is often reported around the lake.

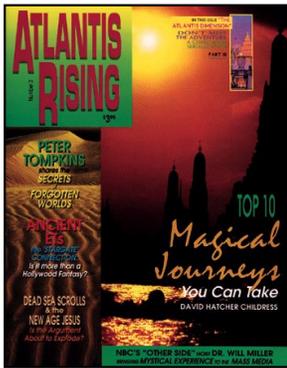
10. EASTER ISLAND

What to See: The many gigantic statues, the volcanic quarry and the walls at Vinapu.

History No one knows when Easter Island was first occupied, but the historians of Rapa Nui, as the islanders call their land, say that there was once a land called Hiva to the north of them from whence they came. The island has walls such as at Vinapu, near the airport, that are identical in construction to those found at Cuzco, Ollantaytambo, and Machu Picchu in Peru, testifying to their ancient age and contact with South America. The volcanic quarry of Rano Raraku is also a natural amphitheater where scores of huge statues, buried to their chests stand looking down to a tortora reed lake. Platforms of statues exist at various places around the island.

Hints Don't miss hiking around to the Arongo Birdman city on the cliffs above the Rano Kao volcanic crater and looking out at the sacred birdman islands below.

Easter Island can only be reached by private yacht or by plane from Santiago, Chile, or Papeete, Tahiti, therefore a convenient side trip would be to fly on to Tahiti and the Society Islands. On Tahiti you can visit the ancient pyramid sites and the famous Gaugin Museum and its megalithic Tiki statues. Here the Polynesian culture continues its vibrant existence.

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THE SEARCH FOR MEANING IN THE DEAD SEA SCROLLS

by
Len Kasten

In 1947, near the banks of the Dead Sea, Bedouin tribesmen found seven crumbling scrolls hidden in caves since the time of Christ. By the end of 1956, archaeologists had discovered 800 scrolls in the desolate Judean wilderness near the ruins of Khirbet Qumran. In biblical times, a mysterious religious sect lived in the place twenty miles east of Jerusalem, deemed by historians to be both a monastery and a fortress. While its exact nature is uncertain, the sect is said to have been Essene, and author of the scrolls.

Yet the question of who wrote the scrolls is now a matter of fierce international debate. Renegade scholars contend the site was not home to a sect at all, but, in fact, the outpost of a militant, nationalistic movement. These militants who wrote the scrolls, they say, were the early Christians.

If so, the ship of religion and Western civilization may be foundering in high seas. We of the Judeo-Christian world, it seems, may have to take another look at who we are and where we come from. It isn't easy, though. A mysterious veil has settled over the Dead Sea, over the scrolls and their meaning, keeping them hidden still. In the meantime, tantalizing clues link them with sources found as far away as Tibet. Some of the most important texts, one-fourth of the entire corpus, have only recently seen the light of day. Dominican priests, said to be fearful of their implications, kept the scrolls secret for decades while publicly denying their relevance. And today, the scrolls remain one of the most controversial and puzzling finds of our time.

From the beginning, an atmosphere of intrigue cloaked the discovery. Early on, an agent of the newly formed CIA examined one of the manuscripts in Damascus, Syria. But any possible role the CIA could have played in the subsequent drama remains unclear. In the political turmoil surrounding the formation of the state of Israel, it was uncertain what nation owned the texts, let alone who wrote them. The scrolls changed hands on the black market, passing from Bedouins to shady antique merchants. Years passed. As if some sinister force had cast a spell upon the discovery, the world, it seemed, had failed to realize its significance. Indeed, in 1954, an intriguing advertisement in the Wall Street Journal offered some of the genuine Dead Sea Scrolls for sale. Shortly thereafter, the already enigmatic scrolls were hidden behind another veil of secrecy, the Vatican's.

Under the lax auspices of the Israeli Antiquities Department, which had painstakingly acquired the scrolls from black market and other sources, the Ecole Biblique et Archéologique, a Dominican body, took possession of the scrolls. While slowly translating and publishing copies of Biblical and apocryphal texts, the Ecole kept another category of manuscripts secret. Until recently, one fourth of the entire corpus, scrolls dealing with the political, cultural and mystical nature of the mysterious Qumranians, remained unpublished. Some scholars suggest that the Dominicans, in keeping the scrolls secret for so long, acted on the Vatican's behalf, because the texts threaten beliefs about Christian origins. The suggestion, it turns out, is based on history.

In the nineteenth century, just as science was taking up the empirical method, the Vatican was assembling an institution to deal with archaeological discoveries and scientific theories pertaining to biblical history. With new-found authority, archaeologists were demonstrating the truth or falsity of religious myths, Heinrich Schliemann's discovery of ancient Troy being a notable example. As archaeologists excavated the ruins of the Temple at Jerusalem, the Vatican recognized a threat. In the old days, heretics would simply be burned at the stake. But this was the nineteenth century, so the Vatican created an intellectual guardian of the faith, the Ecole Biblique et Archéologique Française de Jerusalem. Today the Ecole, while financed in part by the French government, is still composed largely of Dominican priests.

To deal with the Dead Sea Scrolls, the Ecole worked in semi-secrecy, forming an international team composed mostly of Dominicans. The team, after monopolizing the texts, meticulously pieced them together, translating them from Aramaic and ancient Hebrew. Secrecy notwithstanding, a few facts about the Ecole and its team are known with certainty. Their reason for being: the interpretation of archaeological evidence that pertains to Roman Catholic dogma. Their methods: refusing access to certain Dead Sea texts, and perhaps others, that deal with the pivotal period between 150 B.C. and A.D. 60. Their motive: to neutralize debate about the political, cultural and religious context of early Christianity. We know, also, that other finds, such as the Nag Hammadi corpus, went public rather quickly compared to the Dead Sea texts.

In the press, the Ecole's delaying tactics provoked charges of scandal. Scholars trying to gain access protested, having been refused for decades. The Ecole's Father De Vaux promised publishing dates as early as 1970, and then, in 1989, offered 1997 as a possibility, an incredible fifty years after the initial discovery. Herschel Shanks, editor of the prestigious

Biblical Archaeological Review in Washington, D.C. charged that piecing together and decoding thousands of crumbling fragments written in ancient Hebrew and Aramaic, an ancient jigsaw puzzle, was too great a task for the team. He said they would never publish the scrolls because the team was too small. Shanks, as we shall see, was right. The scrolls went public through other channels.

In the fall of 1991 everything changed. The Huntington Library in California announced, magically, that it had a set of photographs of all the Dead Sea Scrolls. Back in 1961, Elizabeth Bechtel, wife of Kenneth Bechtel of the megalithic but shadowy Bechtel Corporation, somehow acquired the photos and entrusted them to the Huntington. How Mrs. Bechtel came into their possession is unclear, perhaps through her husband's connections with middle-Eastern governments. The Ecole team and the Israeli government demanded the photos. The Israeli Antiquities Department even charged the library with theft, without legal basis since Israel had taken possession of the scrolls as a form of war bounty. Undaunted, the Huntington Library responded by offering scholars access to the photographs for a mere ten dollars. The ancient veil had parted, at least somewhat.

So, what do the scrolls actually say?

Interpretations vary. But some phrases suggest the Qumranians may have had a lot to do with the early Church. What gives the scrolls weight is that the Bible, and Jesus, speak in Qumran-like phrases and cadences, using terms like zeal, liar, law, and others that renegade scholars Robert Eisenman and Michael Wise, in their book *The Dead Sea Scrolls Uncovered*, associate with the mentality of the militant Zealots who challenged the Roman domination of Palestine. Moreover, Jesus' fierce denunciations of the Pharisees imitates the tone and character of the scrolls, specifically the community council curses the sons of belial, as translated by Eisenman, a fierce execration of the Angel of The Pit and The Sons of Belial. John the Baptist also speaks and acts much like a zealous Qumranian. And the route to the Jordan River, where he baptized Jesus, passes very near the Qumran ruins. Jesus and his followers would at least have known of the settlement. More-over, the gospels, the Beatitudes, the Sermon on the Mount repeat key words and concepts from the scrolls as if the terminology and context were second nature to Jesus and the early Christians. In short, since the scrolls predate the Bible, written after A.D. 60, early Christianity may derive from the Sect at Khirbet Qumran.

So the scrolls may be as relevant to early Christianity as the Bible, though most scholars squeamishly reject this. But looking at the New Testament, the renegade scholars identify specific passages that suggest not only a connection to Qumran, but an origin there. Some texts refer to Qumranians as Followers of the Way, using the exact phrasing found in the New Testament. The Bible in fact is rife with Qumranianisms that, when put in context, give those phrases a revolutionary meaning. Especially revealing is the use of the Hebrew *Ebionim*, meaning The Poor, found in the Hymns of the Poor. Synonyms familiar to Christians appear as well, the Meek, the Downtrodden.

Steven Feldman, also with the BAR in Washington, states that the common phraseology of the scrolls and the New Testament was simply that, the talk of the times, and that linkage of Qumranians with early Christians springs from the fringe of biblical scholarship. Yet historical evidence has often contradicted Christian dogma, the beginning of creation in 4,000 B.C., for instance. If historical evidence links early Christianity with the militant Zealots, then the contradiction becomes dramatic indeed.

Ancient copies of the scrolls turned up at Masada, the Jewish fortress besieged by Rome in the first century. Jewish Zealots there apparently revered the scrolls, presumably as adherents to the Qumranian form of Judaism. Outnumbered and starving, the rebels committed mass suicide rather than succumb to Rome's suppression of their spiritual and national identity. That some historians see Khirbet Qumran as a fortress, not a monastery, with connections to the Maccabean Revolt of the first century B.C., contradicts the long-held notion of a pacifist Essene community on the banks of the Dead Sea. With New Testament links to the scrolls, and scrolls turning up at Masada, the image of early Christians appears more akin to that of the rebels in Star Wars fighting the Darth Vader of Roman hegemony than that of meek followers of the Lamb.

Michael Baigent and Richard Leigh, authors of *The Dead Sea Scrolls Deception*, argue that a pacifistic Jesus was very unlikely. As the authors point out, Qumranian phrases flowed from his lips, sometimes word for word. Traditionally, scholars concede that at least some Zealots made up Jesus' inner circle. The Bible itself reveals him acting in a Zealot-like way, driving the money changers out of the Temple. He states in the gospels: I am come not to bring peace, but a sword. In the same vein, when a cohort of Roman soldiers comes for him in Gethsemane, Peter raises his sword against them, hardly the act of a meek Christian. As revealing is the number of soldiers in a Roman cohort, six hundred. Why send six hundred soldiers except in anticipation of armed resistance? And crucifixion, remember, was the method of execution for rebels, not rabbis. These biblical events, in conflict with Christian tradition, do not conflict with the Qumran context. On the contrary, they fit.

Through gleanings from the gospels, however, and from more obscure sources that we shall explore, Jesus appears nothing less than a revolutionary, albeit a deeply mystical one, drawing on traditions from a far broader geographic and spiritual context than even the renegades of modern scholarship dare speculate. Was the master of Galilee far from Palestine, as some claim, during the time of unrest? Could he have been in India, or Tibet, and returned to political chaos? The Bible itself, specifically the letters of Paul, supplies some clues.

Woven through the poetic and mystical language, the scrolls reveal a devotion to Jewish Law that, if we are dealing with early Christianity, seems to preclude Paul's evangelism among the Gentiles, who were strictly off limits to the supposedly xenophobic Qumranians. Unfortunately, the Bible provides little historical information about the Early Church. What is known has been gleaned from historians writing centuries later. Reliable accounts vanished with the fall of the Jewish Temple in A.D. 70, the burning of the library at Alexandria and, as Morton Smith has suggested, with the possible suppression of texts written by Jesus himself. The writings of the apostle Paul, however, help explain how early Christianity may have evolved from a fervent nationalistic Judaism into the spiritual movement that swept the Western world. Also, Paul's experience on the road to Damascus may provide another piece in the puzzle, mystical communion.

After the death of Jesus, Paul traveled and preached beyond Judea and Palestine, actions inconsistent with the religious nationalism of the Qumranians, or Judaism for that matter, although his language resembles that of the scrolls. Was he a Roman agent infiltrating the Jewish rebels, co-opting the movement, as Baigent and Leigh suggest? Or was he a mystic teacher inspired by progressive revelation? Let's look more closely at his story.

After being struck by his vision of Jesus on the road to Damascus, Paul sets out for Rome, Greece and Asia Minor, spreading a new religion that extols Faith in Christ, in contrast to the scrolls, the writings of James Jerusalem Church, which, we are told, extol Jewish law and works over faith. Keep in mind the New Testament did not yet exist. Christian doctrine, as we know it, did not manifest until the Council of Nicaea in A.D. 325. Yet Paul makes Jesus into an Eastern-style avatar, like Krishna, capable of leading his followers into a divine state, a mystical promised land. He preaches joint heirship with Christ, a oneness through inner contact, the force of the Star Wars trilogy, a blend of eastern mysticism and Persian dualism that to this day, though biblical, defies orthodoxy (where spiritual parity with Christ is blasphemy). Paul speaks of an inner man of the heart, much in the way the Vedas of ancient India speak of an inner spiritual identity united with Brahman, the All. The Dead Sea Scrolls also speak of this identity, suggesting ties, or at least shared knowledge, between Eastern mystics and the Jews of the New and Old Testament. That the scrolls resemble the Jewish mystical writings known as Kabbalah, support this as well.

Eisenman offers the following revealing translation from a Dead Sea text, called The Beatitudes for its similarity to the biblical passage of the same name. His translation reads: Bring forth the knowledge of your inner self. This phrase (among others in Western scripture) appears to derive from the Vedas of India, just as Jesus referring to himself as the Light of the World evokes Krishna's language in the Bhagavad Gita. Implicit in the translation is that this self, or atman in the Sanskrit, is the identity of Brahman, or God, residing mysteriously within the individual. (the force?) This teaching is not Judeo-Christian in the orthodox sense. So, do the traditions of East and West have a common origin in eastern mystical experience?

Other evidence tells us that Jesus taught the initiatic mysteries, the science of immortality, like the great Eastern mystics. In 1958 at a Greek Orthodox monastery in the Judean desert, Morton Smith discovered a letter written in A.D. 200 by Clement of Alexandria. The letter speaks of a secret gospel of Mark, a more spiritual gospel, Clement writes ... read only to those who are being initiated into the great mysteries. This intriguing letter, written long before Eusebius, speaks of a secret mystical tradition without nationalistic borders. That Jesus taught and participated in this tradition is more than likely. So doing, he, in all likelihood, was no slave to regional agendas, rising beyond symbols of relative good and evil, Jew and Gentile, while fiercely opposed to spiritual evil embodied in corrupt priests.

Could it be that Paul seized the kernel of Christian and Vedic wisdom, leaving behind the rind of politics, that as a mystical initiate in Eastern wisdom that he attempted to bring to the Western world? The teachings of Joint Heirship and the inner man of the heart seem to do exactly that, suggesting spiritual parity with Christ, the path of oneness in the Dead Sea Scrolls, stated as: Bring forth the knowledge of your inner self. Could this be the real threat the scrolls present, spiritual freedom, individual enlightenment as opposed to subservience to orthodoxy? Going a step farther, was this pursuit of mystical oneness at the heart of early Christianity?

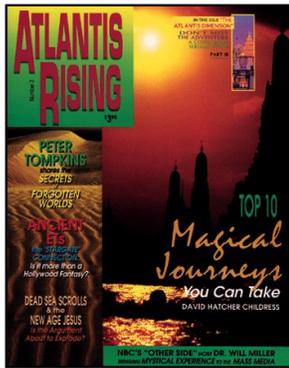
Texts from a Tibetan monastery provide some clues.

For many years rumors have suggested that the Vatican holds exotic texts about the life of Jesus Christ, which would drastically alter traditional beliefs about Christian origins. In 1887 a Russian traveler, Dr. Nicholas Notovitch, claimed he discovered these texts in a monastery at Himis, Tibet. Returning to Russia he wrote The Unknown Life of Jesus Christ, a book about Jesus journey eastward as a young man, his lost years. Another book by Notovitch, The Life of Saint Issa, describes Jesus studying and teaching the Vedas in India. Taking up with a caravan at an early age, the story goes, Jesus traveled the Silk Road, then to Kapilavastu, birthplace of Buddha. While in India, he fiercely denounces the Hindu priest-class, the Brahmins, in much the same way he denounces the Pharisees in Matthew's gospel, which, as stated, resemble the tone of the Dead Sea texts. An Indian Swami, Abhedananda, published a Bengali translation of the Buddhist texts in 1929. The same year, Nicholas Roerich, the painter and explorer, traveled the far East. Transcriptions from his diary reveal a mystical teaching on the Divine Feminine given by Jesus in India, again, similar to teachings in the scrolls, and a decidedly different view of reality than that of the Vatican.

If it seems a stretch that Jesus traveled to India, studied the Vedas, that Vatican clerics stashed away Buddhist accounts of his journey, then remember the Vatican-founded Ecole Biblique and its handling of the Dead Sea Scrolls. Consider that Thomas, the follower of Christ, journeyed to and built a mission in India, where faithful Christians worship to this day.

If Jesus spent much of his short life in India and Persia, as the texts say, far from the din of Palestine, the alleged militancy of early Christianity becomes less of an issue. On his return, Jesus would have found himself in the midst of zealotry and rebellion, which he would have, it seems likely, honored in principle. If he was God, he was also man, as the gospels point out, telling us he wept and got angry, much like the rest of us. Why should we deny him the right to be caught up in the struggle of his people?

Pieces of this puzzle, scattered across time, tell us there is more to early Christianity, more to ourselves, than Western tradition reveals. The truth reaches from crumbling texts, barren landscapes, into the most inward part of us, prompting us to remember the force, to solve the mystery from within. The battle over the nature of Christian origins rages nevertheless, like the battle over the Holy Land itself, as if the most sacred treasure stands to be won or lost, and this is more than likely the truth. As the veil parts above the Dead Sea, the real treasure revealed may prove to be that of our own history, our origin. Our soul.

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Early Rays

News Briefs In Issue Number 3

THE RUINS OF ATLANTIS IN WISCONSIN?

A new book from Galde Press makes the startling claim that ruins of Atlantis can be found in Wisconsin. Atlantis in Wisconsin by Frank Joseph describes underwater pyramids in Rock Lake, 50 miles west of Milwaukee. According to Joseph, high-tech search instruments have now verified Indian legends of an ancient city of the dead at the site. The Indians remembered it only as Aztalan. A sequel to the author's earlier work Lost Pyramids of Rock Lake, the new book claims to have evidence that the lake is a sacred vortex wherein time itself is bent....., that The lost civilization of Atlantis has a discernible link to Rock Lake... and that The ancient builders of the drowned structures used a psychic technology more advanced than modern building methods. For more information, contact Galde Press, (612) 891-5991.

RESEARCH PROJECT STUDIES NEAR-DEATH EXPERIENCES OF CHILDREN

Near-Death Experience researcher P.M.H. Atwater is conducting an in-depth study of such experiences involving children. The Beyond the Light author (Atlantis Rising, #2, page 28) is seeking volunteers for her study.

Atwater is interested in hearing from child experiencers of any age and from any significant others with direct knowledge of such events. I am especially interested in seeing the near-death experience from the child's point of view, and I want to talk to parents and school teachers of such children, says Atwater. In my own work, I keep running into discrepancies, differences between what is now known about children who experience the near-death phenomenon and what actually exists in people's homes, in their lives. I suspect we've missed a few things, and it's now time to take a deeper look.

Send all materials as soon as possible to: P.M.H. Atwater, P.O. Box 7691, Charlottesville, VA 22906-7691.

NEW AGE EXPO AT PIKES PEAK

April 28 through May 1, Colorado Springs played host to the first annual Pikes Peak UFO & New Age Expo. Forty speakers on everything from magnetic healing to Mayan cosmology conducted sessions and workshops at the Radisson Inn.

Keynote speaker was Budd Hopkins, author of Missing Time and Intruders. The star of the show, though, was probably Max, the 36,000 year-old crystal skull making a rare public appearance.

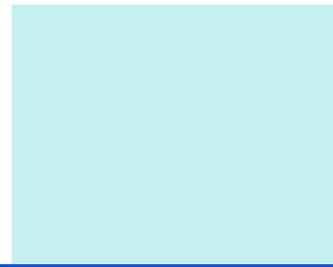
D.C. DEMONSTRATION FOR UFO INFO

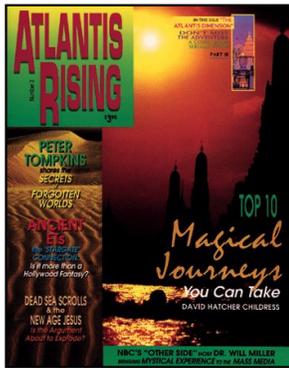
Operation Right to Know, an organization dedicated to exposing government secrets regarding UFO encounters, was on the attack this spring. Though only a small group showed up for a Washington, D.C. demonstration outside the General Accounting Office, the event succeeded in attracting national attention to their attempt to raise public awareness of current GAO investigations into the whereabouts of documentation on the notorious saucer crash incident in Roswell, N. M. 1947.

Despite official explanations from the Air Force that the episode amounted to nothing more than the recovery of secret

weather balloon wreckage, public skepticism has abounded, prompting Rep. Steven Schiff, R-N.M recently to request a GAO inquiry into the matter. Operation Right to Know believes that if evidence of government coverup in this case is finally brought to light, many other long-buried secrets of clandestine government contact with intelligent extra-terrestrial life will not be far behind.

Boasting a large and intense international following, the group maintains an on-line computer address (alt.alien.visitors) and charges \$15 to join.



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THE CYCLES OF PLUTO

by
Kathie Garcia

The impact of Pluto, the slowest moving of the known planets in our solar system, is intense and far-reaching. Pluto's energies bring about changes on a worldwide scale, reshaping history and ushering in major social, political and geological changes and transformations. Plutonian changes may be regenerative or degenerative, but whether positive or negative are generally extreme and long-lasting. Astrologers Sakoian and Acker note, Pluto in the signs always produces a permanent change. The change is in relation to the sign that Pluto occupies. It goes without saying that when Pluto changes signs, it's time to take note. On Jan. 18, Pluto began a 15-year transit in Sagittarius. On April 22, Pluto dipped back once more into Scorpio for a final phase lasting until November 11, 1995. From then on, Pluto will continue its transits through this fiery sign until the year 2010. What does it mean for us all?

First of all, in considering where we're going we need to look at where we're coming from. Pluto entered Scorpio in 1984. In anticipating this ingress at the time of the publication of their major work, *The Astrologer's Handbook* in 1973, Sakoian and Acker wrote Regeneration or die will be the order of the day. This is because Pluto rules Scorpio, the sign of death and regeneration. Moreover, Pluto has its fastest orbital motion while going through Libra and Scorpio, which also coincided with the period of Pluto penetrating Neptune's orbit. Uranus (the Awakener) was in Scorpio in 1975. This 25-year period until the end of the century is also believed by many astrologers to coincide with the ending of the 2000-year Piscean Age and the beginning of the Aquarian Age. We saw the fulfillment of prophecies of famine and plague, atomic waste and the acceleration of the taking of human life in legalized abortion, the beginnings of the legalization of euthanasia, suicidal terrorism, armed youth in our schools and on the streets, as well as financial crises during the Pluto in Scorpio years. Yet for all the terror of the times, we were spared much. The Scorpio experience is the rising up of new birth out of the ashes of the old order. So beyond the often disparaging continuum of the daily headlines are seeds of hope, of new cures, of a more transcendent common vision.

What changes can we expect with Pluto in Sagittarius? Well, for one thing, Sagittarius is a fire sign while Scorpio is a water sign. With Uranus still in earthy Capricorn through 1997, we're going to be on our toes more than ever for the fire aspect of earthquakes. Fires, like anger, is apt to be on the increase. There is also the possibility of famine and drought. Sagittarius relates to the mental cross. Fire of mind can be a fiery tongue, often self-righteously so. People will be very outspoken during this period. Sagittarius has to do with religion, philosophy and ethics. Expect debates to run hot and loom large, with tempers rising on both sides. There's the definite possibility of diplomatic blunders and faux pas. Published material may make a big social/cultural/political impact. Religious groups will increase their memberships. Young people will bring in New Age teachings on a widespread scale and these will gain greater acceptance in general. Since Pluto's the bad guy of the zodiac, religious intolerance is also part of the picture, and anti-religious fanatics may also seek their day. Religious wars are a possibility as well as the kind of suicidal terrorism fed by so-called religious fervor. One of the areas where change is the most needed and which we can expect is with the high school age youth. Education in general will be swept up with grass roots movements.

As Uranus (planet of change) enters Aquarius (science, technology, reform, groups) and trines the U.S. natal Uranus in Gemini, scientific breakthroughs are predictable as well as much publicized controversy as to the ethics related to them. Genetic engineering may top the list. We may begin to feel pushed around rather than inconvenienced by so much electronic innovation. (Did you hear the one about imbedding subcutaneous sensors in a person's hands providing important personal data like bank accounts, social security, etc., much like the labeling code system works in the supermarket?) Sagittarius rules sports. Was last summer's baseball fiasco a prelude of what's to come?

Pluto takes about 248 years to complete one full revolution around the Zodiac. The last time Pluto was in Sagittarius was in 1750 to 1763. Writes Astrologer Rudhyr in *The Galactic Dimensions Of Astrology*: During the eighteenth century, the transit of Pluto through Sagittarius coincided with the war between England and France which started in America and spread to Europe. The defeat of France paved the way for the establishment of the British Empire, which was a foreshadowing of the future world organization.

This was a time when men in the colonies put their lives on the line in passionately expressing their beliefs. The debate was a prelude to the American and then the French Revolutions.

Pluto entered Gemini, the polar opposite to Sagittarius, in 1884 to 1914. In many ways, we are on the rebound of that cycle, tying up the accomplishments and new trends set in motion during that time. Gemini is a sign of intellectual knowledge and communications. This era saw tremendous breakthroughs in the application of scientific knowledge and technology in everyday living. Uranus and Neptune were in Sagittarius (exploration). This was a time of great scientific

exploration. Many of the conveniences not known since the time of Atlantis, that great writers and visionaries such as Jules Verne had written about (flying machines) were discovered. Alexander Graham Bell's telephone became well known during this period. Nikola Tesla, Thomas Edison, and others discovered the uses of electricity and laid the groundwork for modern electrical technology and communication. The automobile was developed and the Wright brothers flew the first airplane. Wilhelm Roentgen, a German physicist, discovered X-Rays in 1895. Henry Ford began his experiments with engines around 1890 and completed his first automobile in 1896. The Model T came out in 1903.

Interestingly, when Uranus (the Awakener, the Shatterer) was in Gemini, the atom bomb was discovered. In the 80s, with Uranus and Neptune in Sagittarius, one of the themes of the times was arms reductions. So while we have great scientific development in Gemini, its social, moral, cultural implications will be debated in Sagittarius.

Pluto conjoins the U.S. conceptional Ascendant at the end of the century. In a natal chart, Pluto on the Ascendant can threaten one's very survival. We enter a phase requiring tremendous strength, fortitude and union. Resentment built up against the United States could break loose. Our tendency to jump in without preparation and then not to complete the cycle could prove fatal. Since the U.S. conceptional natal Pluto is in Capricorn which follows Sagittarius, we are in a closing phase of our nation's history. Astrologers have looked to this time as the doorway to a long-awaited spiritual awakening. Astrologers Sakoian and Acker predict that religions will be completely transformed. It is well to remember the high principles upon which this nation was founded, an experiment in liberty never accomplished before. We need to raise up the flame of freedom and remember our common identity and purpose as Americans.

Pluto is a catalyst of transformational-like changes in our life, forcing us to remove excess baggage by sucking us into a vortex of emotional turmoil if we refuse to wrestle with our pain and the shadow aspect of consciousness. By anticipating Pluto's next move in your chart and cleaning house before he arrives, you've a definite edge in coming out on top! Determine which house(s) transiting Pluto currently occupies in your natal chart. Pluto can stay in a single house for 10 years or more, highlighting the affairs the house represents. Make particular note if Pluto is leaving one house and entering another (requires a house cusp with Scorpio 27 to 30 degrees or Sagittarius 00).

Who is most likely to feel the impact of Pluto in Sagittarius in 1995 and 1996? If you were born between Nov. 22 and 25 of any year you will experience the effect of transiting Pluto conjoined your natal Sun. Take note. This once-in-a-lifetime transit is best described as intense and transforming. Change is inevitable during the next two years. Your best bet is to take a serious self-inventory and decide what has to go. Otherwise, your worst ego traits could be pronounced, and opposition to you personally could be considerable. Harness your determination, and these could be landmark years. Avoid dangerous situations. The Sun's house position will describe the staging (business, marriage, etc.), the Sun's aspects describe the dynamics.

Transiting Pluto square natal Pluto: those born Sept. 1955 to June 1959. 1955 and 1956 birthdays are winding up the Pluto square, Pluto cycle whereas 1957, 1958 and 1959 are entering the cycle. For the earlier group, this is a time to consider the gains and look toward the future, even if changes were painful in recent years. For the '57, '58 and '59 crowd: in facing serious crises demanding resolution, you will need to address your fears, transmute resentment; through understanding you'll find peace.

Transiting Pluto square natal Uranus: Aug. 18, 1961 to Mar. 1964. Prepare for unexpected, even drastic changes. Keyword: upheaval. This cycle can also bring liberation, but it requires attunement and vision and spiritual detachment from apparent adversity. For example, a serious health problem leads to discovering a new healthier lifestyle; problems at work result in greater efficiency, new aspirations. Your goals will be revised. In case of unavoidable changes, seek the seed of opportunity in every adversity. Avoid extreme radical activities. Changes may involve health or work, groups, friends.

Transiting Pluto square natal Saturn: Feb. and Mar. 1935; Dec. 1964; Jan. and Feb. 1965. A time requiring you to call upon your reserves of inner strength and patience. It's like preparing your home for a hurricane; if the house is well built it will stand strong, if not it may be destroyed and need to be replaced. This transit will test the structures in your life. The thirties group is setting the stage for decades to come. Sakoian and Acker describe it this way: If the native handles this experience with good judgment, courage and fortitude, he can emerge with greater strength, wisdom, capability and deep understanding of the nature of good and evil.

Transiting Pluto square natal Neptune: Nov. 1970 to June 1972. The nature of problems facing you now, whether on a large social order, or personal, require soul searching to resolve. Fears flooding your world may come from deep pockets within the unconscious, even perhaps from other lifetimes and may not be easy to address. Especially the 1971 to 1972 group may include run-ins with authorities. A good time to seek professional help in self-understanding.

Transiting Pluto conjoined natal Uranus; Nov. 1981 to Oct. 1982. The wind could blow either way: much depends on the choice of companions. Sudden changes in these youths lives leave an impression for life. Their sense of direction changes. Guide them. These are born philosophers. Take heed their sages don't become pop stars and TV heroes. This transit may denote serious changes in their immediate environment or more sweeping global changes.

Transiting Pluto conjoined natal Saturn: Dec. 1926; Jan. 1927; June through Sept. 1927; Oct. and Nov. 1956. As always, strong Pluto transits can lead to substantial improvements by eliminating old conditions and making way for the new. However, Saturn tends to dig in her heels and may resist change. If so, change may come through circumstances that seemingly are forced upon you. You may feel threatened by others who think differently. Anger and resentment get you nowhere. Take a detailed look at what's going on (Saturn by house position tells what aspect of your life is most affected), be objective in your thinking and complete your projects and cycles. Especially the middle-aged group may meet frustration in trying to revamp the system when those in charge think differently. You may have a better, more efficient way to get the job done. Some may break through to a new lifestyle but find parts within them resistant to change. Hold

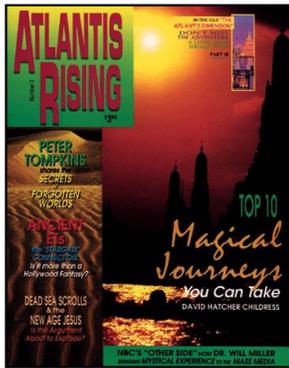
on!

Transiting Pluto trine natal Saturn (natal Saturn in earliest degrees of Aries and Leo): Jan. through early Mar., 1938; Aug. and the first three weeks of Sept., 1946; Feb. through the first two weeks of June, 1947; Mar. and Apr., 1967; June and July 1976. You're highly resourceful, but perhaps you've had to work through parental or other authoritarian type influences, or hard circumstances, that have inhibited you in your self-expression. Now, more than ever, you can move forward in your ambitions. Direct your will toward a defined purpose. Be persistent in pursuing your goals as patience and steadfastness pay off for years to come.

Transiting Pluto trine the Sun: Sun in the earliest degrees of Aries (Mar. 20 to 24) or Leo (July 20 to 24). A great desire for personal renewal characterizes this period. To maximize the positive potential benefits of this transit, direct your energies toward a specific goal. Creativity is high as is self-expression. A boost for anyone involved in education, politics, sports. Self-confidence is on the rise but Plutonian energies can also inflate the ego.

Transiting Pluto trine the Moon: Moon in the earliest degrees of Aries or Leo (check your natal chart). Now more than ever you're inspired to throw out old habits that have cramped your style. Whether in health, business, or family affairs, this is the time to regenerate your emotional habits. Psychotherapy may be helpful in this regard. Get rid of self-destructive habits and relationships for good! Favorable for finances and real estate transactions.

Transiting Pluto conjoined natal Jupiter: Nov. 1935; Late Oct. and Nov. 1947; Sept. and Oct. 1959; Sept. and the first two weeks of Oct. 1971; Late Dec. and the first three weeks of Dec. 1983; last week of June through the second week of Sept. 1983. For the older set, transforming experiences lead to spiritual growth and regeneration. Major conversions, probably through religious experience, possibly during travels, missionary type work. A good time to expand your education. For some, teaching others, broadcasting the word, publishing their experiences. Seek moderation. Avoid fanaticism. Guard against spiritual pride. The same holds true for the middle-aged group. The last few years haven't been easy and, as Pluto also squares your natal Pluto, you find yourself making important life decisions that will affect you for years to come. Avoid ricocheting off fear through over-zealous behavior. Seek wisdom and balance. For those in their early twenties, a time of soul-searching as Pluto also conjoins natal Neptune. No longer can you live ignoring the higher path. Avoid drugs. You may have to come to grips with inner child issues related to a parent, authority figure, or division within the family that possibly became internalized. Parents, direct your teenagers well, lest they espouse a philosophy supporting extreme rebellious behavior. Their choice of friends is vital now, since transiting Uranus squares their natal Pluto simultaneously. Travel and cultural experiences that open up new possibilities pay off.

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WISE & OTHERWISE

by

Dr. Joseph Ray

The Nag Hammadi Library has earned a reputation. From its discovery it has been surrounded by extremism, intrigue and mystery. It has been difficult to assess, to translate and awkward to comprehend. The accidental discovery of the large jug containing the N.H. codices (a type of book) occurred in 1945, by one of two peasant brothers come to collect nitrate-laden rocks for fertilizer at the base of large cliffs flanking the Nile river valley. There were in these cliffs of Upper Egypt dynastic tombs nearby, already plundered long ago.

Surrounding the discovery or associated with the retrieval of the documents were murders too ghastly to imagine, the most banal ignorance, capital greed and occasionally a little sense of the historic on the part of a few. Those codices that were not burned their way into various hands, including those of a priest, the priest's brother who taught English on an itinerary circuit, illiterate Muslims, a gold merchant, a grain merchant, a one-eyed outlaw who acquired most of them, a Belgian antiquities dealer and even the Jung Institute in Switzerland. Now, all remaining codices are conserved in the Coptic Museum in Cairo. Many of these are fruitlessly fragmentary. Nevertheless, about 30 fundamentally complete passages (called tractates) have survived their ordeal out of the jug.

All the tractates had been translated from Greek into Coptic, which is the hieroglyphic language of ancient Egypt written with the Greek alphabet. The writing styles vary greatly and I wondered if they were in the vernacular of the day and by whom; for certainly, they were not written for everyone, since few could read. The modern translators have stressed the fact that these ancient translations vary markedly in quality: the apparent degree of understanding possessed by the ancient translators of the often subtle ideas was sometimes incomplete. Moreover, it is conjectured that the various codices may have been written almost anywhere in the ancient world and translated over several centuries by different translators living in entirely different societies. Still, students of this era have discerned many slight hints and pieced together probable conjectures.

Most but not all of the tractates have been described as Gnostic writings from the early centuries after the death of Jesus Christ. Many contain quotations of Jesus. Some contain references to the Bible as well as extensive quotations from it. However, the subject matter varies extensively, and some tractate titles do not seem to fit our already-established conceptual categories for sacred writing (e.g., The Hypostasis of the Archons or the Paraphrase of Shem).

None of the tractates is particularly long and in this sense they facilitate reading. Quite often editorial marks (denoting missing words or other problems with the textural material) necessitate a slower passage through the texts. Some tractates appeared to me to be rather more historical in nature than others. Frankly, these interested me less than others, some of which are magnificent, profound, expressing difficult-to-discover insights.

One such is the Gospel of the Egyptians which contains marvelous passages attributed to Seth, a main character in the ancient Egyptian myth of Osiris. Anyone who has studied Gurdjieff's primary work, *Beelzebub's Tales to His Grandson* or Swedenborg's *Heaven and Hell* will feel a pounding heart upon reading certain passages of this tractate. Throughout these passages, long strings of vowels appear, identified as glorious names (mantras). Near the end of the tractate is this sentence: This great name of thine is upon me, O self-begotten Perfect one, who art not outside me. I felt, after completing this tractate, that its author had attained an elevated psychological stature.

Another monumental one is the Tripartate tractate, which tells us the origin of the universe. In particular, I found the long passage on the nature of God astounding in its approach to the subject and insightful in its ability to avoid the undesirable propensities of the intellect. Re-reading this several times one can gain a real sense and deep feeling of the limitations of our, especially in these times, over-cherished and underdeveloped intellect. Whoever wrote this understood these deficiencies and intentionally avoided them. Thunder, Perfect Mind, Authoritative Teaching, Apocalypse of Adam, the Exegesis of the Soul and On the Origin of the World will each provide one with useful insights and food for thought.

The tractates do not readily lend themselves to quotation. Rest assured they are powerful and inspiring. You can verify for yourself quite readily that the popular writings of today are in no way superior to the writings of these never-to-be known people from earlier millennia. Humanity is neither more intelligent now, nor more capable in thought than in bygone eras. Today, there are thousands of new titles published (for profit!) every year. Quite possibly, we might learn more from reading old and ancient writings such as these than we might from reading almost any modern ones.

This last idea arose repeatedly as a question in my mind: it wanted to be pondered. Is it perhaps true that humanity already may have available in its seldom-read inspired works, disregarded sacred writings and the teachings of its documented avatars everything necessary to guide us through the period of transition into a new age? Is it possible that the recent spate of channeled books, by someone who receives the royalties, is called an author, yet is not responsible for the information conveyed, exert a negative influence on the readers of them? While wondering this, I chanced upon a relevant quotation from 1971(!), by J.G. Bennett, a student of G.I. Gurdjieff. It is, We are now in a period of transition to a New Epoch; and new illusions are arising to replace the old ones. The question arose quickly: If this is so, are the illusions coming in books? To shed a little light on this question, I decided to read a popular channeled book, Bringers of the Dawn: teachings from the Pleiadians by Barbara Marciniak, which was first published in 1992. I had no idea the surprises that awaited me.

According to this book, some time, long ago, new owners of earth (by conquest), created versions of humans with a different DNA, the two-stranded, double-helix DNA. Originally, said the Pleiadians (who are described as a collective of energy from the Pleiades) humans had a 12-strand DNA: that was disassembled but left in the human cell, unplugged. After that, a frequency fence...was put around the planet... to limit the presentation of the frequencies of light-information. Readers of the book, and the Pleiadians too, are members of the Family of Light: we are system busters and will work with the consciousness of light.

The 12 helixes (helices?) of DNA (of which ten constitute the dormant part of the DNA that has baffled the scientists) correspond to 12 chakras. These five additional chakras are alleged to be outside of the body, some of them located millions of miles above one's head, out beyond our solar system. Our DNA, which consists of light-encoded filaments that carry information, is in the process of being naturally mutated... Right now, say the Pleiadians, There are some pretty chaotic tunes being played on this planet, and there is a purpose to all of them. In fact, there is a galactic tidal wave of light from the future coming toward your planet.... It will be as if the entire planet has a unilateral raise in consciousness. We can expect to experience the evolution of super-consciousness, the evolution into the highest aspect of your being. You do not need to worry about becoming this being, for you already are this being, and you just need to remember it.

We system busters are ourselves the Bringers of the Dawn. It is we who carry the rays of the sun and living light and knowledge. Indeed, we have a resume to back us (resume?); if we go in for this game plan to bust the system... we can, defy the laws, and complete the assignment. Once we have discovered for ourselves, that the eyes, ears, nose, mouth, and sense of touch are deceivers of reality, we will begin to understand secrets and also, to Move beyond the boundaries of self. Significantly, the big secret that has been kept from the human species is that thought creates experience, and thought creates reality. Once the uninitiated are given the inside scoop by our spreading the light (light is defined as, the promoting, dispensing, and sharing of information), more and more changes will occur.

Many of these changes will be personal. Foremost, perhaps, will be our capability to allow your brain cells to click into being without your rational conscious mind wanting to define things... We will, strengthen the self..., and eventually, Allow your intuitive self to be the standard bearer of your experience, which is experience no one else is going to validate. It will be possible to correctly relate to our sexuality (especially women), to masturbate without guilt and to appreciate sex for what it is, namely, a doorway to the higher realms of consciousness. Women have been poorly used by the system and a special piece of advice is given them. You don't need abortion: you never need to get pregnant in the first place if you don't desire it. How? By will. All of us, must be able to master who you are.

This is the first channeled book I've read in many years. However, I did read most of the Seth books, dictated by Jane Roberts in trance and written down by her husband, whom Seth called Joseph. And I've studied many books by Emanuel Swedenborg, who took dictation from angels and penned thousands of discussions with them. Bringers... is not at all like these. Those books, in which similar or identical topics are considered, impressed me with their intelligence, their descriptive, careful phrasing, contributing to a definite clarity of thought. Deep insights, wisdom and objectivity permeate these books. By comparison, Bringers... is twelfth rate at the very best. Furthermore, it is absolutely replete with errors of knowledge which one would expect the star-seeding Pleiadians to have had. One egregious example is their use of the phrase, eyes of Horus, at least three times.

The Eye of Horus is a remarkable ancient Egyptian hieroglyph: its esoteric meaning transcends greatly its physical qualities. Most marvelously, this enigmatic eye is comprised of the glyph for each fraction used in ancient Egypt, 1/2, 1/4, 1/8, 1/16, 1/32 and 1/64 which together total 63/64, and not by accident. Numerous additional serious errors of various types induced me to wonder: How advanced were these Pleiadian energies?

I ask you: would intelligent, evolved and beneficent beings have allowed their elevated thought and profound insights to be expressed in slipshod, sloppy writing? Would they have selected every kind of platitude, shallow journalistic phrase, adolescent slang and current misuse of our language to describe their revolutionary, essential and foreign ideas to us? Or would they have had so little discernment as to have picked a channel and writers (three women worked on the Pleiadian tapes) incapable of expressing their transmitted ideas except in language intrinsically demeaning of these ideas themselves? I would hope not. And, I think any and all advanced beings, who universally communicate by telepathy, are supremely skilled in language of all sorts: it is part of their intelligence and is as necessary to their philosophy, science, and technology as eggs are to our omelets.

I accept Ms. Marciniak's stated good intentions. Nevertheless, I doubt that they shall be achieved; there are far too many serious deficiencies in Bringers... for it ever to be really beneficial as a spiritually oriented book. For one thing, readers will (falsely but legitimately) conclude that neither special practices nor continual effort are necessary for evolution of their consciousness: indeed, not even meditation is mentioned. Worse, readers are lulled into complacency, and why not? A big wave is sweeping over us. However, there is an occasional truth in the book and a few good ideas too. But so many statements show such shallow or non-understanding, as well as a deplorable disregard for well-established fact and rationality, that the effect of the book cannot help but be undesirable on all readers save those whose discernment places them squarely beyond this book. A wonderful, relevant saying of a great Swami, (Swami Rama Tirtha) who came to America in 1902, arose in my mind. It is, Head as high in the clouds as you like, but feet firmly anchored on the ground.

Psychological evolution has never been free, nor has it ever depended upon irrationality and reality distortion.

Speaking of Swamis, Paramhansa Yogananda was an earthling born in India in 1893. Following his long years in training as a monk and his graduation from the University of Calcutta, he came to the United States at the behest of his guru. In 1920, he founded the Self-Realization Fellowship, headquartered in California. Toward the end of Yogananda's life a fellow, J. Donald Walters, entered his ashram. Walters had come from a wealthy area just west of Philadelphia having recently been graduated from an elite college there. In *The Essence of Self-Realization: the wisdom of Paramhansa Yogananda*, Walters says that Yogananda had encouraged his note-taking during informal gatherings. Since Yogananda, who died in 1952, did not edit this book (published in 1990), the thoughts conveyed have passed through Walters own brain; this process might well have modified them (as could occur in channeled books).

Personally, I found the informality of these quotations edifying and frequently provocative. Everyone can relate to the ideas presented in them and if they choose to, people can strive to put them into practice in daily life. There is, by the way, a useful index, by chapter and quotation number, organizing all the topics discussed by Yogananda in this book.

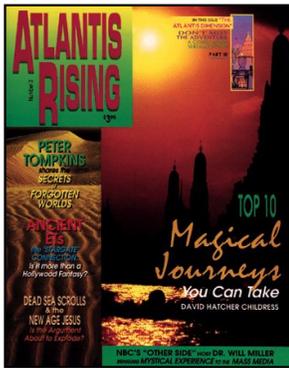
Under General Counsel, I found an interesting thought, namely, people usually praise or criticize others for all the wrong reasons. And then, Accept both praise and criticism with equanimity. If, however, you must prefer one of these to the other, then prefer criticism. Uncommon advice, in my experience, and not so easily lived.

In the chapter, On Meditation, are the following ideas: Meditate more and more deeply, until calmness and joy become second nature to you. To be ecstatic is not difficult. It is thinking that it is difficult that holds you apart from it. I found these thoughts important for two reasons, each associated with the gradually changing definitions of words. Firstly, as the derivation clearly indicates, ecstasy involves a degree of being beside oneself, of standing apart from oneself. In itself, this state is an altered and a higher state of consciousness than our ordinary state. Secondly, meditation has become, in numerous books and in the minds of many thousands of people, a pondering, considering activity, one in which the brain is active. Ironically, this is not the meditation Yogananda meant. That meditation, Eastern meditation in its various forms, quells the cerebral intelligence, the intellect, the (lower case) mind, a phenomenon well-established in many dozens of electroencephalographic (eeg) experiments.

There is an entire chapter concerning karma, which Yogananda believed many did not understand properly. Here are several quotations. Even when indulging a bad habit, because you can't help yourself, let your mind be constantly resistant to it. Bad karmic tendencies can be overcome not by concentrating on them, but by developing their opposite good tendencies. First, destroy in yourself the source of karmic involvement. That source is your attachment to the ego. Repeatedly, we are advised to establish a goal and to work toward it in a practical manner, just as we might work to gain a skill, or even financial security. And finally he says, An important factor in overcoming karma is meditation.

People seemed frequently to ask him about sin. It's a word one seldom hears these days. Perhaps the most inclusive statement he made on this subject is the following: Spiritual ignorance is the greatest sin. It is what makes all other sins possible. It may be noteworthy that in French, the word for conscience (our guardian against sin) and consciousness are one and the same.

The thoughts of Yogananda (as transcribed by Walters) strike me as compelling. Even when disturbing, one can feel they are true. This book is useful and worthwhile to pick up frequently, read a few pages, and then go about one's activities, bearing the thoughts in mind. In this way one may establish a psychological milieu supportive of psychological evolution which cannot occur without one's diligent and continuous effort.

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STILL SOUNDING POSITIVE

by
Robert J. Resetar

You may have noticed that most of the music reviews in this and previous issues are positive ones. That could either mean that a) I love all music no matter how bad it is; b) I'm taking cash incentives to promote certain recordings; or c) For a bi-monthly with limited space I decided it was best to present a few well-chosen gems that stood out among the many recordings in the market place because of their gentleness, musical integrity and/or originality. The correct answer will be found in next month's issue.

SECRETS OF LIFE

Donald Walters (Crystal Clarity Sound & Light)

Available in CD and Cassette. In the number one slot this month (Uh-oh! I'm starting to sound like a D.J.) Secrets of Life by Donald Walters stands out for its wonderfully creative merging of music and simple affirmations. Brief sayings like Look upon every setback as but a stepping stone to success are followed by lovely, soul-stirring music. This marriage of the spoken word and music allows you plenty of time to contemplate the meaning and significance of the affirmation in your life. Funny thing about timeless advice, you think you've heard it all before, and indeed you probably have. But once you think you've learned it so well that you don't need to hear it anymore, you probably haven't. As for me, I'm keeping my cassette player on auto-reverse.

Donald Walters has taken the spoken excerpts found in Secrets of Life from his new book by the same title, published by Warner books. A prolific writer of over 60 books and numerous recordings, he is a direct disciple of Paramhansa Yogananda.

- Style, Melodic neo-classical
- Instrumentation, Lightly orchestrated instrumentals using digital samplers. The final selection is sung by D. Walters.
- Feel, Warmth, purity and calmness.
- Performances, Very good
- Compositions, A childlike purity in these compositions makes them most effective for establishing an undercurrent of trust as we hear the comforting, fatherly wisdom.
- Arrangements, Light orchestral arrangements. There is one vocal selection, the final piece, a lullaby entitled Nightingale sung by D. Walters.
- Tempos, All reasonably slow.
- Recording Quality, Excellent
- Remarks, Great for inner healing and positive programming.
- Warning! This recording may be offensive to the terminally hip.
- For more information regarding Secrets of Life and other works by Donald Walters call 1-800-424-1055

THE MASK AND THE MIRROR

Loreena McKennitt (Quinlan Road)

For folk enthusiasts, Canadian singer/harpist/composer Loreena McKennitt is definitely worth checking out. Her sumptuous voice, pensive melodies and creative arrangements are an impressive trio. The Mask and the Mirror is an extremely well done recording which blends Celtic, Spanish, French, Middle Eastern and popular musical influences with striking musicality. There is such a diversity of unusual colors here that it required several listenings to take it all in. Be forewarned that there is a decidedly mournful quality to much of this recording. If you're looking for light-hearted, this ain't it. But if you're looking for an extremely creative folk recording with a lot of intensity, look no further.

- Style, Celtic-Middle Eastern-Folk (Got that?)
- Instrumentation, Vocals, Celtic harp, guitars, keyboards, fiddle, cello, percussion, accordion, bouzouki, bodhran, tamboura, tabla, strings and many more ethnic instruments.
- Feel, Folk ballads in this genre are not generally known for being cheery. They are a bit more intense and have a darker character. Mostly in minor keys, they well capture the feeling of the period (15th century) and locale which inspired them.
- Performances, Outstanding.
- Compositions, Excellent.

- Arrangements, Next to Loreena's voice, the most impressive part of this recording to me is the creative blend of ethnic instruments and the musicality of the arrangements. I'm personally not fond of some of the electric guitar use and the jazz fiddle solo in this context; but all in all, the work is exceptional.
- Tempos, Mixed. Nothing too upbeat.
- Recording Quality, Excellent.

CELTIC LEGACY, A GLOBAL CELTIC JOURNEY

Various Narada artists (NARADA)

Narada's latest offering to the ever-growing popularity of Celtic recordings. A combination of traditional and original selections performed mostly on acoustic instruments.

- Style, Celtic and nouvo-Celtic.
- Instrumentation, Most selections are performed by a small group of acoustic instruments, varying from piece to piece.
- Feel, Light and relaxing.
- Performances, Good overall. Some better than others.
- Compositions, Good to Fair.
- Arrangements, Although most of the instrumental arrangements are reasonably good, some tend to meander. The most disappointing aspect of this recording, however, is the choice of certain vocal arrangements. Two of these in particular tend to stand out so much, that the airy mood created by the other selections is disturbed. The problem, I think, is one of having too much variety in the tempos and arrangements.
- Tempos, I wouldn't recommend this for quiet massage ambiance, but for light backgrounds where a variety of tempos is appropriate this would do fine.
- Recording Quality, Very Good.
- Remarks, Although this recording has some shortcomings, it is certainly worthy of consideration for any lover of Celtic music.

EARTH SPIRIT

R. Carlos Nakai (Canyon)

Solo Native American Flute. That's all.

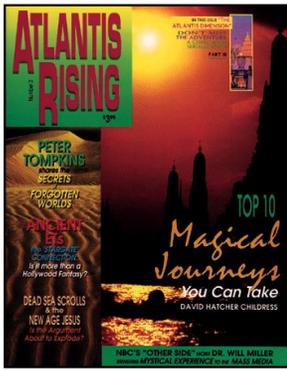
A golden oldie in more ways than one, Earth Spirit by R. Carlos Nakai has been around for awhile, but if you haven't heard it yet, I strongly recommend you give it a listen. The plaintive call of a solo flute echoing across the centuries. The first time I heard it I was half awake, listening to the breeze and the sounds of people going about their business. The music seemed to lift me above the mundane busy-ness of life, as if I was viewing it all from a timeless vantage point. A slight mournful quality seemed to shed a tear for a civilization so distracted that they barely remember who they are and why they are here. Now when music can do that, we're on to something.

- Style, Native American
- Instrumentation, Solo Native American Flute
- Feel, Timeless
- Performance, Excellent
- Compositions/Arrangements, Some improvised, some traditional
- Tempos, All Medium Slow
- Recording Quality, Good
- Remarks, For meditation, healing arts, or anytime you're looking for profound simplicity. Great with trickling water, rustling leaves and quiet sunsets.

If you can't find the reviewed selections at your local store, most of them can be ordered through the Present Moment book store in Minneapolis, MN. Their toll free telephone number is 1-800-378-3245. Ask for John.

All reviews by Robert J. Resetar, a composer/orchestrator currently living in the Minneapolis area. His musical scores and orchestrations have been heard on network TV, recorded and performed by major orchestras.

If you would like to have your recording considered for a review in Atlantis Rising please send it to Robert Resetar, P.O. Box 23528, Minneapolis Mn 55423. No selections will be returned and due to the constraints of space only a limited number will be selected for printing. Please include information on where readers can purchase them and what formats they are available in. Preference will be given to alternative styles that are especially calming, colorful or unique.

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Publisher's Comments

by
J. Douglas Kenyon

Like Rome, Atlantis certainly was not built in a day. So it should surprise no one that this publication may need a bit more time to realize the full-blown maturity which we envision. The product to date, we believe, has shown enough promise to justify some patience, but we hope our evolution will take somewhat less than the 100,000 thousand years or so reputedly required by our ancient forerunner.

We are delighted, of course, that readers have high expectations for us, and we hope not only to fulfill but to exceed your vision. Be advised, though, that the day when Atlantis Rising can mount full-scale archeological expeditions, sponsor comprehensive scientific research or shoot its own television specials is down the road a bit. Anyway, please, hold that thought. Someday we hope to do many such things, but for now, we will concentrate on getting our publishing act together.

We are, however, happy to report that Atlantis Rising is sponsoring an upcoming tour of Egypt led by Emmy-award-winning researcher John Anthony West. For anyone who has dreamed of visiting the many wonders along the Nile in the company of one of the most visionary scholars of our time, the event should be the kind of stuff of which tales to grandchildren are made. If you have followed West's debate over the age of the Sphinx and other issues with the Egyptological establishment, we believe you will recognize an unparalleled opportunity here to learn the amazing facts first-hand. For more information, please consult the back cover of this issue.

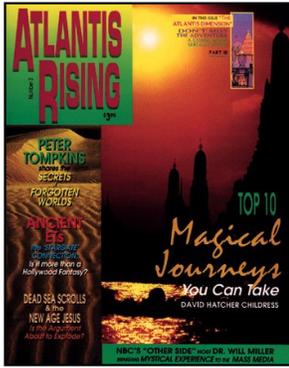
Hopefully, this will be the first of many such trips. If you are interested in participating in other group tours to the world's most mysterious and interesting destinations, please write to us. This is an area we wish to develop as quickly as possible.

For those unable to take part in such treks personally, it's worth mentioning that the next best thing to actually going could be reading about it in Atlantis Rising. For a case in point, don't miss in this issue the personal tips of maverick archeologist David Childress on favorite magical journeys you can take without leaving the planet.

Your ticket for many such adventures is the price of a subscription, only \$19.75. Just call 800/228-8381 and use your Visa or MasterCard now. All subscriptions will begin with the next issue, but your adventure begins now.

J. Douglas Kenyon

Publisher



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THE APPLAUSE CONTINUES

With two issues under our belts we felt like old-timers, but our readers remain willing to say nice things about us.

Like Ano Cero

Thank you one and all for the marvelous coverage of my book. There were inaccuracies (like who's ever heard of South Idaho Falls, I'm from Twin Falls), but all in all it was great. Your publication gets better each time. It reminds me of a newspaper version of Ano Cero, the top metaphysical magazine of Spain.

Hugs

P.M.H. Atwater

author of Beyond the Light

Charlottesville, VA

Cold Fusion Debate

David Lewis's article on cold fusion, Heavy Watergate, did a great job capturing the essence of the Cold Fusion War, the travesty of the now six-year-long attack by establishment science against one of the greatest scientific discoveries in history.

There were but a few imperfections, such as describing cold fusion as perhaps a lowly chemical reaction. Even if cold fusion excess heat were some kind of new quantum chemistry involving, let's say, the shrinking of the traditional orbits of atoms it would still be a spectacular technological/scientific finding.

At another point, the erroneous impression was given that some MIT researchers in 1989 failed to reproduce the cold fusion results. Not so. they got apparent excess heat, and then proceeded to bury the results by what can only be described as gross scientific misconduct.

I applaud Atlantis Rising for taking on such a challenging, paradigm-busting story. I hope you continue to follow the Cold Fusion drama.

Dr. Eugen Mallove

Editor, Infinite Energy

Concord, NH

The quality of your magazine is excellent. Please keep it going.

Eleanor Seelye

Moscow, ID

Great stuff!

Richard Rodeck

San Rafael, CA

More Interest than Sister's

I'm thoroughly enjoying your magazine even though you sent it to my sister who's not as interested as I am.

Anna Berordocco

Niagara Falls, Ont., Can.

Debunk the Debunkers

Fantastic!

...I especially like your wrap-up approach and the stories on suppressed technology. Remember to debunk the debunkers.

Paul Piper

Revere, MA

This is the best, most informative mag yet!

Claudia E. Freeman

Sun City, CA

Thanks for a great magazine!

Carolyn Nation

Tempe, AZ

I don't know of any other publication that publishes articles as interesting as yours.

David S. Alexander

Butte, MT

Needed Topics

The topics are what my friends and I need to help in expanding our horizons and raising our conscience.

Although I've read a number of books on near-death and life-after-death experience, *Beyond the Light* by P.M.H. Atwater sounds interesting and exciting.

Cleo C. MacArt

DeKalb, IL

Happy Subscriber

I Am a happy subscriber...! I greatly appreciate the update on many timely subjects.

I showed your first issue to several friends who also were impressed...

George A. Havach

San Francisco, CA

Hooked for Life

...after those two issues, I am hooked for life.

Marie Louise Holton

Sauk City, WI

Our south Florida UFO Research Community read with great interest your excellent article *Artifacts in Space...*

The *Crop Cypher Enigma* by Len Kasten, was another excellent scientific article, which explains in a very credible and scientific way.

Mike Wales

Palm Beach, FL

I have been scrounging around for this type of book and article for years. I have read most of the books and fewer and fewer remain for me to find. Thank you!

Diane Deveines, M.D.

East Greenbush, NY

Best New Age Magazine

Your new magazine, Atlantis Rising, is the best New Age publication to arrive on the scene this year or in any year, for that matter. It is superb!

Robert Huntington

Hyattsville, MD

Interested Group

I think it is really a great magazine!

...We have a group...We are interested in all the topics you've covered. We hadn't seen some of the crop circles you pictured. The Mars face is fascinating...

I don't know how I arrived on your list but I'm very happy I did!

Ardeana Duluk

Allen Park, MI

I've been very impressed with the magazine. Jeane Manning was right (see letters in issue #2).

Remy Chevalier

Weston, CT

In Pile of Things To Do

Atlantis Rising...came around the holidays and it was in a large pile of things to do. I just finally got to it and read it from cover to cover, not being able to put it down. I swore I'd never send for another subscription. Well...I sure hope the next issues are as interesting.

Jacqueline L. Glowacki

Franklin, PA

Don't Go Down Hill

I am very pleased with your new magazine...

Keep up the good work and don't go down hill like the Body, Mind and Spirit magazine did.

Alysa Waring

Dunsmuir, CA

Your book Atlantis Rising is Great!

It seems that no matter how much information is blocked, when the timing is right it will come forward. So many of us have been seeking to know the more that we feel is there, it's time for the questions to be answered. It's time for more information to be revealed. It's a great time to be here as this decade unfolds.

Laureen Faust

Riverdale, UT

Articles Don't Skim

I received your first promotional issue of Atlantis Rising, read it cover to cover, enjoyed it tremendously...then filed it away.

Now I received a second promotional copy. Again I read it cover to cover...even all the advertisements.

It then hit me! I gotta order this magazine. Never have I found a magazine that has captivated me this much. The articles don't skim the surface but go into great detail. You've definitely tapped my interest button. I'm hooked.

Dolores Sterner

New Freedom, PA

Getting Better

The second issue was even better than the first. Am looking forward to the next.

Ann Frank

Seattle, WA

Great Future

I think Atlantis Rising has a great future if it continues its article quality and breadth of topics. Best of luck to you in a tough business.

I plan to subscribe and shall recommend it to friends.

Jane E. Hartmann, D.Hom., D.H.M.

Placitas, NM

Beautifully Done

We want to commend you for the publication Atlantis Rising No. 2. It is beautifully done, for its layout and most importantly, the substance of the material of the magazine.

The writing is as objective as you can get, considering the futuristic as well as the pre-history of the recognizable civilizations on Planet Earth, and in addition to planets that have not been factually discovered by present astronomical

instrumentation.

Charles Spiegel

Unarius Academy of Science

El Cajon, CA

Need-to-Know Out There

I don't know how you got my mother's name. She has never subscribed to anything. But I also know there is a reason for everything. If it hadn't been for that special first cover and the name John Anthony West that grabbed my attention, I probably would have tossed it. Instead I read it from cover to cover.

I sent for the second tape in that program on the Sphinx that aired on TV. It was Richard Hoagland's Monuments of Mars. I didn't send for the one they've done about the moon yet, but there it was in your second issue. So now I'm hooked.

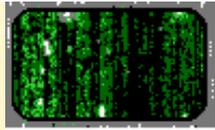
There is a need-to-know going on out there. Especially with all the computer nets grabbing it up. Now at last you and all your fine people have been called to fill that need-to-know. Please keep up the good work.

...I must say I agreed with all the letters of applause in your second issue...

It should thrill you to realize you are a part of that fulfillment, and to continue as you have begun. Good luck.

Joanne Lacy

Phoenix, AZ



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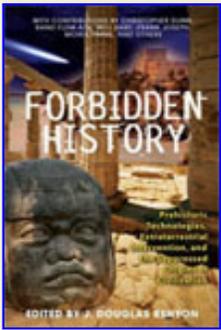
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Atlantis Rising

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Prehistoric Technologies, Extraterrestrial Intervention, and the Suppressed Origins of Civilization.

Edited by
J. Douglas Kenyon

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Please note that most of the photos from the original articles have not yet been included in the archives. We hope to do this in the near future.

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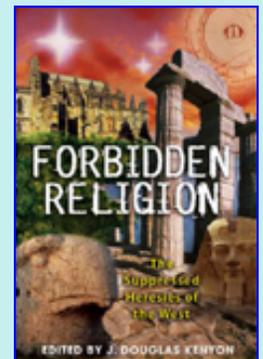
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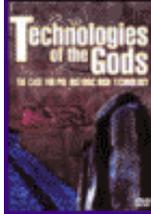
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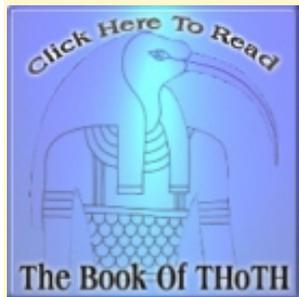
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