

THE EARTH

Online Monthly Newspaper



MAY 2008

THE EARTH - Online Monthly Newspaper of the "Ringing Cedars" movement.

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In the World:

IN THE NEAR FUTURE

Exclusive interview with Vladimir Megre for THE EARTH Newspaper.



Mr. Megre talks about his new book and answers important questions.

Follow the upcoming releases.

<http://www.earthlife.info/>

IN THE HEADLINES:

Golden collection of articles and presentations of Vladimir Megre.

Dear Ladies and Gentlemen,

We are pleased to offer you an excerpt from one of the most powerful speeches of Vladimir Megre. Have a pleasant reading.

Excerpt from the speech of V. N. Megre in Zurich (Switzerland)

Question from the audience:

How do you associate a hectare of land with the spiritual formation of man? Maybe the problem of farming is important for Russia but here in Europe this problem has already been resolved. We have gathered here to speak about spirituality.



Answer of V. N. Megre:

I mean a hectare of land used for creation of Kin's Domain, and some may think it's primitive. Apparently we need to speak about great sciences and spirituality because these are the main topics of this prestigious European forum. I know this because the organizers told me that in this auditorium there are many famous European innovators-educators, philosophers and writers, along with other important people, who are writing and thinking about spirituality. I do understand who is sitting in front of me and it is for this very reason that I speak about a hectare of land.

Ladies and Gentlemen, I am absolutely sure that such notions as love and spirituality must have their material implementation.

A hectare of land that I bring fourth and that Anastasia is talking about – it is not just a piece of land. This is a space connecting you with the Universe. All the planets of the Universe will respond to this space and, consequently, to you. They will become your friends, assistants and co-creators.

Look at what is happening according to the laws of nature: even a simple flower, like a chamomile, is inseparably associated with the Universe, planets and the Sun. A flower opens its petals to the rising sun, and is closes them when the Sun goes down. They are united in harmony with each other. Trillions of miles and light years cannot separate them. They are together – the Great Sun in the sky and a small earthly flower. They both know that only together they are the creators of great harmony of the Universe.

However, each little grass responds not only to the Sun. They also respond to other planets, human beings and energy of their feelings.

(Continued on the next page)

There was an experiment conducted by scientists. They hooked up several sensors to an indoor flower sensing even the slightest energy impulse coming from the flower. People were entering the room in turn. One was just passing by, the other was coming up to the flower to water it and the third was tearing away little piece of the flower leaves. The sensors registered that when the person, who used to tear away pieces of leaves, was entering the room, the flower was turning nervous and the needle on the indicator was deflecting.

One can often see the phenomenon when the flowers are fading after man has left. So we understand that all plants respond to man. They may love or not love man and therefore pass their love or repugnance to their planets.

And now imagine that you have this space – a hectare of land. Not just a hectare of land with potatoes you grow for sale, but a hectare of land where you are creating something having a certain level of consciousness and spirituality. You have your own territory where all vegetation has been planted by yourself and not by men you hired. Each plant and grass love you; and those plants, those living creatures are capable of collecting for you all the best energies of the Universe; collecting and giving them away to you. Plants are using not only energy of Earth. You know that there are some plants that can grow without any soil at all.

Five thousand years ago the priests living in ancient Egypt created many religions. Those priests were ruling whole nations. They were the richest people of those times. Their basements were full of gold and jewelry and they mastered many secret sciences. Even the Pharaohs used to come to them for advice and money. And each of those high-ranking priests had his hectare of land, where no slaves were allowed to work. Those richest people, who mastered many sciences, knew the secret of a hectare of land. The walls of ancient temples of Egypt had the inscription “Do not take food from your slave”. This is one example.

Here is another one. The senators of ancient Rome issued an edict that if a slave could do some farming, and has been given a plot of land, his master could sell him to another master only with land. And why did the Roman senators give land to some slaves? And sometimes even money so that they could build themselves a house? For one and only reason – to take 10% of the crop.

Both Egyptian priests and Roman senators knew which food was good for man. In no form or shape should we eat the food we are actually eating now – it is dead. There’s a great difference between the berries you pick from the bush and eat right away and berries sold at the store. The thing is not only that they are old. They don’t have any energy. They cannot feed human soul. To say nothing about our technocratic world, which created plants-mutants.

So, if you do not have your own hectare of land, there is no place where you can get the food that man deserves. Of course, you can buy some vegetables, but make no mistake – those vegetables were not grown for you. They were grown not for man at all. They were grown for money.

There is no sickness that can’t be cured by the space of love created by your hands and soul.

Men are children of God. Flora and fauna, air and everything around us is God’s creation. And all together it is nothing else but materialization of God’s spirit. If a person calls himself highly spiritual, let him show materialization of his spirituality.

Just imagine that God is looking at us now. And he sees some of his children driving a streetcar, some building houses, some salespeople working at stores. But he did not create those professions. They are for slaves. God did not want his children to turn into slaves. And he created a wonderful world and gave it to his children – take it and use it! But one must understand this world – what is the Moon, and what is small grass called milfoil.

(Continued on the next page)

So what is a hectare of land than? Is this the place where man must work up a sweat? NO! This is the place where man should not work at all! This is the place man must use to rule the Universe. Tell me, who will please God more: someone driving a streetcar or someone, who has turned his little piece of land into paradise? Of course, someone who has turned his land into paradise.

Unfortunately, Russia is striving to adopt everything from the West. Speaking of Western countries, the Russian politicians are using such words as “developed” and “civilized” and encourage catching up with their “development” and “civilization”. Our politicians do not know yet that we can not only quickly catch up but also surpass. It will happen though if we run in the opposite direction.

By no means would I like to insult or play down the importance of your Western civilization. But we are talking about spirituality and we should be sincere to each other. Spirituality can't be measured only by material wealth or technical achievements. I am sure all of you here will admit that such one-sided and technocratic way of development of humanity is inevitably taking us to a disaster. You will also have to admit that you are leading in this race to the abyss and we are following you. Try to stop and think over what happened to our world. If you can absorb and realize it, than shout to those following you: “Stop! Don't run! There is an abyss here and we are already on the verge of it. Look for another way”.

We all, together, should listen to our hearts and should pass from words about spirituality to its materialization. A hectare is a tiny spot on Earth. But millions of such spots will turn the whole planet into a blooming garden. Trillions of flower petals, happy smiles of older people and kids will tell the Universe:

“People of Earth are ready for the great co-creation.”

“We are waiting for you”, the planets of the Universe will answer. “We are waiting for you, worthy Son of God”.

The new millennium has laid down the foundation of a great transformation on Earth. Tens of thousands of Russian families are already on the way to their hectare of land. Fathers and mothers, who really create a space of love for their children, are more spiritual than any of the most famous wise men that do nothing but speak about spirituality.

May the spirit of each person grow from this land as a beautiful flower or a tree with flavored fruit and may it happen on each hectare of our planet.

(There was an absolute silence after these words and then the audience burst into applause.)

Zurich, Switzerland

THE EARTH newspaper
<http://www.earthlife.info/>

Everyone together - in the Kin's Domain

Kuznetskiy rabochiy [Kuznetsk worker] Novokuznetsk city newspaper 12 April 2008

A life on the land, in the midst of nature, is now attracting a large number of people. They want cleanliness, space, freedom. Even Dmitriy Medvedev, the new, recently elected president of Russia, proposed to transfer vacant federal lands for single-family construction (and now that he has come to power, it is possible that he will turn this into law). Active Russians, however, who have become tired of life in the cities, are themselves realizing their dreams of a clean and healthy life, and not waiting for government decisions. Uniting in associations and individually, they are building a new life in new areas. One person calls himself a follower of the ideas of Vladimir Megré, the author of the “Ring-ing Cedars of Russia” series of books; another person, not calling himself anything, has hit upon the idea on his own that a life on the land is the most promising. Without attempting to divide Russians into “city dwellers” and “land workers,” today we give the floor to one of those people who have already selected a “land-based” way of life for themselves.

Vladimir Klimanov, 27, an engineer at one of the city's scientific research institutes, became “infected” with the idea of kin's domains in 2000. We print his letter to the editor in an abbreviated form.



One work day I had a conversation with my colleague Aleksandr, who was preparing to leave the scientific research institute to set up his own taxi company. I remember the motivation for his departure to this day. He explained it like this: “I don't have my own apartment, and the time to start my own family is getting closer and closer, if it is not passing me by already. If I buy an apartment on credit now, even the minimum that I need, then by my calculations, I'll be able to pay it off only when I'm fifty years old. On the condition that there will be one child in the family.” I will note that our

salary is not the smallest in the city. And what is it like for those people who work for an “average” or “low” wage?

This is already the third year that I have been building my kin's domain, and now its structure is completely prepared. Approximately half a hectare (one domain is equal to one hectare) is occupied by a forest. A lake takes up six ares (at first I wanted nine—with an island in the middle and a pontoon crossing). A sunny glade with a lawn takes up seven ares. Garden beds take up one are (one is enough). Berry bushes occupy one are plus individual plantings over the entire parcel. The flower glade in front of the house takes up one are.

In fact, during this time I was able, alone, to build a two-story house (the second story is a mansard). The house is small, five by five metres (this is a thermal contour, like seven by ten), and is practically ready. There remains just a little to finish, and I will be living in it. It's big enough for three kids, and later I'm thinking of building a slightly bigger house, this is a joint project with my wife. I have only 70 families as neighbors, and many of them are building houses and bathhouses. Everyone knows each other, there is a lot of mutual help, after all, since we have come to the land, it is as if we are becoming related. But in the city I don't even know my neighbors on the same landing.

I am sure that the idea of creating kin's domains is the only way to provide the majority of the population of Russia with accessible housing. But can this idea be called a national one?

The concept of a national idea in our country appeared quite recently. Everyone remembers that there was a period in the development of our country when we almost assimilated a Western style of life. This period is now over. The country is on the rise. Something else was needed to unite us. The proposal was put forward to announce soccer as a national idea. But people who knew our soccer immediately said: it's better that we don't. Even though the position of soccer in the country is undoubtedly improving. But on the other hand, we now have national projects. One of these is the project of the low-rise Russia.

Where did the idea appear to spread the population of our country over the entire territory of Russia? I think it came from these same books by Vladimir Megré. In putting forward this project, I think the government took into consideration the reaction of the population. And it is most certainly positive.

This idea of creating a kin's domain consists of taking the best from the city and moving to a place with clean air, clean water, and clean food. In doing so, the new place should not assimilate the shortcomings of the city. Life on the domain should be better, including also the living conditions. I am making provision for an automatic washing machine and a heated lavatory.

Life in the domain is very interesting. But there is also something very unusual about it. In the summer I lived in my domain for three months. New abilities and phenomena began to appear. I want to tell you about two of them.

Even before my arrival in Novokuznetsk, I had a strong desire to learn how to sing. My voice was weak, and under the influence of the air of Novokuznetsk became even weaker. After three months of living in the domain, I unexpectedly noticed that my voice had become very strong. Moreover, the changes did not occur smoothly, but all in a rush. Since that time I have been singing. True, my singing technique is "shaky," but I'm not applying myself too much. The most important thing has happened.

Now the second incident. My mother came to visit me. She couldn't understand why I was doing all this. But I decided to show her the domain anyway. I decided that I would say nothing and I would ask nothing. How much of our relationship had we already spoiled with our quarrels! Let her see for herself. Would she understand or not? After she arrived, she dropped out of sight. Later she told me, "Suppose I wanted to see for myself what you're building?" And toward evening, she asked, "What do you need now for the construction, son?" I answered that the roof needed to be finished, the windows and doors were already here. They just had to be installed. She thought a bit longer and said, "I'll help you. I'll give you the money so you'll be able to do it before winter." And I managed to do everything.

Previously, my mother was the main opponent to these ideas. She didn't want to hear anything about it. Now our good relationship has returned, a relationship that didn't exist for many years. Now she says, "I'm going to move to live in the village at least, so I can be near your domain." Previously these changes seemed inconceivable to me. After all, for many years I attempted to convince my mother, but in vain. Then I realized that if you're going to argue, you'll achieve nothing. It's better just to show it, as you should, in silence.

We speak of a national idea, of kin's domains, but first and foremost these are conversations about our children. On the land you will become best friends with your children. Of course, not everything will be simple.

Vladimir Valiulin

That's right, you have to select the best from both worlds.

Ringling Cedars of Russia in Omsk City



Our movement arose after the publication of Vladimir Megré's books, which have been combined in the "Ringling Cedars of Russia" series. At the present, all of Russia and the countries of the CIS have become involved, there are clubs in far-off foreign countries. (Contact information here.) We are not a sect, we have no leader or central administration, we do not worship anyone or anything, etc. All our activities are based on the inspiration received after reading the books in question, on the personal initiative of individuals.

The basic goal is the creation of Kin's Domains.

A Kin's Domain is a parcel of land one hectare in size offered to each family or individual person who wants it, free, for life-long, inheritable ownership, with no right to sell it. On this parcel a house may be built, a garden, grove, a hedge may be planted, and a pond may be constructed. This is conducive to the creation of an ecosystem that does not require exhausting physical work from a person. Happy families should be living in this area, children should be born here. This is the type of place where your Kin will continue for centuries, admiring it blossoming in the spring and endowed with fruits in the summer. We are convinced that a similar co-existence of people in harmony with living nature, clean air fragrant with flowers, ecologically undamaged products, etc., will solve many of the problems of modern civilization. For people, at last, will appear their real Homeland. The problems of filthy water and smog-filled cities will vanish, diseases will disappear, there will be no more conflicts or catastrophes. People will be able to see where this insane modern life is leading, and turn aside slightly, and the entire Earth will be transformed into a blossoming garden. That same garden that was initially created by God and called by him Paradise, where his happy children should live.

We invite you to the "Meeting Friends" Festival. It will be held from May 11 through 18. Be sure to come. People are invited to construct their own Kin's Domain.

- 1) Settlement in Chernoozere, City of Omsk, Sargatskoe District, 140 km from the city. Nearby is a forest, Lake Inbiren, the Irtysh River. For information please call 8-913-607-73-91 Andrey.
 - 2) Settlement close to the city in the district of Gustafevo. Telephone: +79045814175 Tatiana.
- Our contact information. E-mail: andre33_3@rambler.ru 8-913-607-73-91 Andrey Strelnikov
City of Omsk, Sargatskoe District, Chernoozere



View the full gallery:

http://www.ringingcedarsofrussia.org/Photos/main.php?g2_itemId=2339

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A YEARNING HEARTS GATHERING WILL TAKE PLACE IN A SUBURB OF TYUMEN FROM JUNE 11 TO 15!

We invite all kind and good guests to our celebration—those who have not yet found their better halves, seek and don't lose hope!

This is the first time that a celebration on this scale will take place in our large city. We are expecting many guests, and we are therefore preparing ourselves with great joy and care.

It took a long time to choose the place for the gathering, but we had a thought: in Tyumen there is a picturesque spot with ancient pine trees and a stately river with steep banks. It is precisely here that the Sputnik Children's Health Camp is located, and therefore there will be abundant children's radiant energy. We can go beyond the territory of the camp at any time, make a large camp fire, greet the dawn and dusk, join a round dance, and sing songs beneath the starry sky. At the same time, it will be easier to resolve everyday issues regarding food and the accommodation of guests.

We shall eat in a cafeteria, the food will be vegetarian, three meals a day, with a varied menu. Experience has shown that when those attending a gathering do their own cooking, they are often upset if they miss something interesting when preparing food and washing dishes.

In addition, it will be convenient to accommodate those who come to the gathering with children in the children's camp. The children will be able to use the sports ground, they will be looked after by camp leaders and an experienced educator.

Participants in the gathering must bring with them the following: tents, sleeping-bags, mats, tea service for the evening bonfire, mosquito repellent if necessary, pretty kerchiefs (they will also come in handy for participation in games), folk costumes. We shall also be sincerely pleased to see those of you who touch people's hearts by playing musical instruments—bring your guitars, dulcimers....

You will be able to gladden people with the products of your handiwork—we shall set up a small market. At the market you will also be able to acquire other hand-made articles, books, disks, herbs, and cedar products.

The organized departure for the site of the festival is planned for June 11. We shall gather at 12:00 noon at the entrance of the railway station. We shall meet you with pink balloons.

REGISTRATION:

For the cafeteria it is necessary to submit an application 10 days prior to the beginning of the gathering regarding the precise number of persons. In addition, the organizers must know the quantity of groceries, drinking water, and stationery to buy, how many bonfires to plan and sitting places around them, the quantity of firewood.

Registration fee: 500 rubles for an adult, regardless of the number of days. Cost of participation: 650 rubles per day, 3500 rubles for the entire gathering (five days at 600 rubles per day).

Accommodation in tents, have sleeping bags and mats. The cost of accommodation in the building will be announced as a supplement. Adults who come with tents and sleeping bags pay for food, electrical power at the camp, the work of the cafeteria staff, and pay for training work and master classes. Payment is made for small children for accommodation in the cottages, food in the cafeteria, and for the work of the educator and camp leaders.

(Continued on the next page)

Registration of the participants will be by e-mail or telephone:

whiterock2002@mail.ru

Telephone: 8-919-936-36-00 Elena

Please send the money as follows:

Recipient's bank:

Branch No. 7215 VTB 24 (ZAO) INN 7710353606, KPP 720302001

Correspondent Account 3010181000000000943 at the GRKTs GU Bank of Russia for Tyumen Oblast,
Bank Identification Code 047102943

Account number 40817810201150001438

To: Logunova, Elena Valentinovna

Or by money order:

New Children Centre, Kizhevatov Club, 1 Melnichnaya Street, City of Tyumen 625048

To: Logunova, Elena Valentinovna, Telephone: 89-088-746-743, 8-919-936-3600

Please advise of any money sent: whiterock2002@mail.ru

Or by telephone: 8-919-936-36-00

In your letter you must indicate the sender, the city, the amount.

Organizers and leaders of the gathering:

1. Elena Valentinovna Logunova. Director of the New Children Academic Centre for Recreational and Communicative Technologies. Organizer of Vedrussian festivals of Maslenitsa (Shrovetide), Troitsa (Whitsunday), Kolyada, John the Baptist's Day. Master classes: Popular Mass Walks, Symbolism of Russian Embroidery, Preparing a Folk Costume, Indigo's Children.
2. Elmira Skiba. Director of the Radosvet Research and Education Centre. Author of the books Shkola razumeniya [A school for understanding], Ekologiya mladenchestva [The ecology of infancy], Cherez vremya i prostranstvo [Through time and space]. Specialist practitioner in spiritual midwifery, the mother of four children, organizer of trips to pilgrimage sites in Russia, India, China, Sri Lanka.
3. Natalya Davydova. History instructor, practicing psychologist in the conducting of training programmes, festivals, native hearts gatherings.
4. Lyudmila Medyanikova. Specialist in landscape design, conducts the "Soul of the Native Garden" master class.
5. Alena Biyanova. Organizer of training systems in interpersonal communications, instructor for round dancing and dances of the peoples of the world, organizer of better-half gatherings 2006/07 in a suburb of Yekaterinburg, member of the Perezvon Folklore Centre, Yekaterinburg.
6. Andrey Ermolov. Organizer of a rope course, producer of cedar products.
7. Olga Viktorovna Vashkeva. Director of the Folklore Group of the Rodnik Club, Tyumen.
8. Men's Group of masters in slavyano-goritskaya fighting, a Slavic martial art.
9. Vera Ivanovna Bykova. Artist, specialist in Ural and Siberian house painting, khokhloma painted wooden utensils and furniture, and Gzhel ceramics, Tyumen.

<http://www.ecosib.z42.ru/>

BELARUS:

Rodovoe Settlement



Amid historical sites (23 km from Baranovichi), in a picturesque area, the story of a new settlement, called Rodovoe, has begun. The name, which means “ancestral” in Russian, was not chosen by chance, since the land was obtained by many of the settlers from their ancestors.

Three kilometres from the settlement is an ancient Orthodox church and the domain of Adam Mickiewicz. Svityaz Lake is 12 km from the settlement, 3 km away is a burial mound of the ancient Slavic town of Gorodishche, 7 km away is the ancestral domain of the landowner Tuganov, nearby are the tsarist defensive fortifications from the time of the First World War, all around there are rivers (excellent fishing spots), small streams, large forests (with areas containing mushrooms and berries), a cedar and pine forest, the land is fertile, it is an excellent place for beekeeping, the people are congenial.

The roads are good, nearby is the Baranovichi-Novogrudok Highway, we have electricity, it is 800 metres to the gas pipeline. We are waiting for new neighbors.

Brest Oblast, Baranovichi District
avita-klyb@mail.ru

+375-29-802-41-87 (Pavel)



<http://www.sotvorenje.org/>

Diploma project.

Power-Efficient Community Center for a Village with Enhanced Ecological Status
(Chair Architecture of Residential and Public Buildings).

Research Advisor: Assistant Professor, Ph.D., Architect V. M. Chernatov

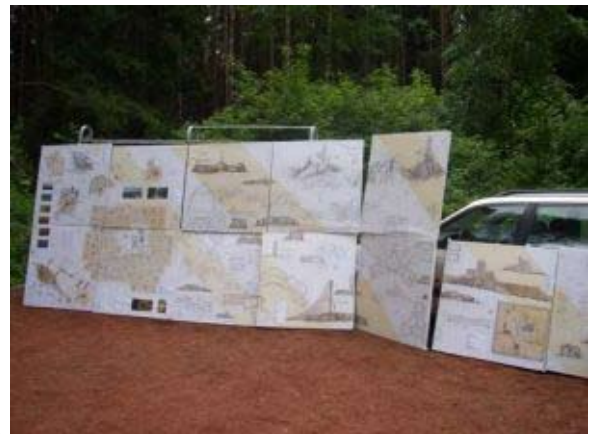
Designers: G. V. Senchenko and T. F. Sinegribova

Assistants: O. Shukova, T. Shuruho, E. Zharikova, G. Kozyrev



We have designed the project of the Kin's Settlement for the Republic of Belarus. The location was chosen in the Dzerzhinsky District of the Minsk Region, at the south border of Volma village. This territory is very picturesque due to its location on the Minsk upland, which is characterized by exceptional hilly terrain and, as a result, very rich animal and vegetal life. Besides, the considered territory belongs to the ecologically clean part of Belarus, which has not been contaminated with radioactive waste of Chernobyl nuclear plant. Our project includes 70 plots because the plots assigned by the government

are rather small nowadays. Only 40 ha have been allowed for the first settlement in the Minsk Region and 33 ha for the second. However, there are provisions for expansion of the territories. In general, there have been 9 ecological settlements established in the Republic of Belarus so far. The layout of the kin's domains has a very specific character, when a quarter of a hectare has both living and household outbuildings. This is because Belarus still has the limitations regarding linear dimensions of the construction plot. Pursuant to the building standards of Belarus, the construction of an individual house must be conducted at least 6 meters away from the red line (red line - is the borderline between the roadway and sidewalk). We think that the location of the house closer to the road is the most rational under the present conditions because fire safety regulations of Belarus require dividing the plot into two parts if the house is built in the center of the plot for the fire trucks to have access to the house in case of fire. It makes sense to have little ponds on each plot if they can be arranged into a certain system with flowage. It will not only allow changing of water but will also add beauty due to some carved bridges and decorations of little canals. In addition to that, the ecology of the country will only benefit from creation of such ponds. In Belarus there is a problem of everyday radon radiation, which is not exactly advertised nowadays, thus becoming even more dangerous. Radon in small doses is good. However, if permissible rates are exceeded, there is an emerging threat of cancer. In some places of Belarus the content of radon is 7 times higher than allowable limits (e.g. Mozyrsky district). This problem came into existence due to reclamation works in the country in the 20th century.



As for the community center, it should be built in the geometrical center of the settlement because due to the large linear dimensions of the plots, the access zones to the community center become larger, which, in its turn, results in the end domains being too far away.

When designing the settlement, we learned a lot about the history of our ancestors. We have come to a conclusion that it will be a good idea to have a small wood in the center of the settlement as our forefathers used to do. Each tree has its destination and, if selected properly, they can bring energy or relaxation and even help children in schooling. All buildings are supposed to be built of ecologically clean materials having the energy and warmth of life, the materials, which themselves are used in construction and the use of which completely or almost excludes factories and plants. Cardinal points, climatic conditions of the territory as well as prevailing winds (especially in winter) should be taken into account when designing the houses. For Belarus with its moderate continental climate and prevailing winter winds from the north-west, it is recommended that the total width of the house should be about 12 meters in order not to allow freezing of the house in winter. All storage rooms should face north in order to create a buffering protecting zone from cold. Windows are not recommended (or very small) on the walls facing north or northwest. The best location for a bedroom is the east side because this zone of the house will cool down from the sunlight thus creating a wonderful atmosphere for sleep.



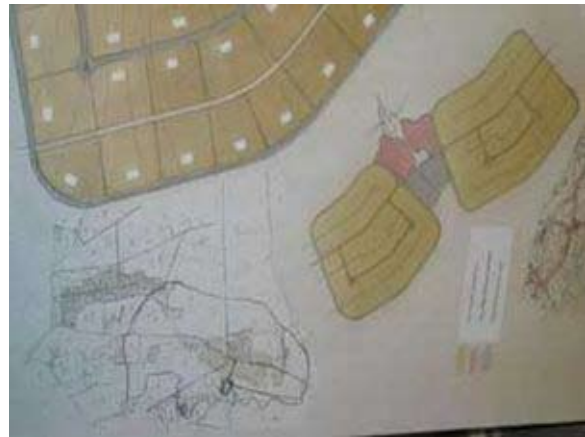
We wish you all love and co-creation.
Alexander. Minsk.
E-mail: aaminsk@tut.by

<http://www.sotvorenje.org>

Projects for Anastasia ecovillages by students of the Belarusian National Technical University.

The Belarusian National Technical University has adopted the idea of ecovillages as a topic for teaching students. The students have already created ten projects for ecovillages, which the students and instructors have named "Anastasia." Moreover, if in the previous year the developers and initiators of the project were two female students, this year the initiators were the instructors and office of the dean.

By an agreement with the administration of the institution, the institution will give all projects to the Sotvorenje Organization of Minsk.



View the full gallery:

http://www.ringingcedarsofrussia.org/Photos/main.php?g2_itemId=2277

<http://www.sotvorenje.org>

THE NEW “FLOWER CHILDREN”

In our unsettled times, many people in different countries of the world have already realized that, in order to be a happy person, one does not need all that very much—simply to live in harmony with nature, with the world surrounding us. After all, today mankind has forgotten that it is necessary not only to take, but to give something back in return, that we cannot regard natural resources from the point of view of consumers. Nature may pay us back in kind. There are many examples. The soil of Moldova, once one of the richest black earths, is gradually becoming impoverished, the lands are becoming deserted. And it is needless to talk about the condition of our rivers, lakes, and parks...if each person would think about this even for a minute, then perhaps everything would be different....

There are people in Beltsy who are not simply thinking about this, but are working on making our world just a little more beautiful. They are attempting to transform our small Moldova into a wonderful and blossoming land. They are, in particular, the New Civilization Social Association. Its representative, Liliya Butuzova, told us of her ideas and shared her plans for the future.

I think that many have heard of the “Ringing Cedars of Russia” series of books by Vladimir Megré. It was precisely in order to implement the ideas described in these books that New Civilization was created in 2006.

“The purpose of our organization is the ecological renewal of nature: planting forests, cleaning rivers, lakes, and springs, drawing subterranean water sources to the surface. We are carrying out this part of our activities as part of the National Programme Against the Desertion of the Republic. Nature itself is showing us the mistakes of past times, when, in order to provide the Soviet Union with foodstuffs, enormous forest areas were unthinkingly cut down. Agriculture was carried out in accordance with intensive technologies, and those who have even a small parcel of land can confirm that the expenditure of labour often exceeds the value of the harvest received. We began to wonder, could a person live in harmony with nature? Live without destroying nature, but help it provide us with all we need?”

“We found a solution in the creation of ecovillages. The essence of these villages is that each settler would have a parcel of land one hectare in size. On this parcel, the settler would build his or her own home from ecologically pure materials, plant a small woods, garden, and dig a pond.” To corroborate the truth of her words, Liliya showed me a film of these domain villages in Russia. People who have tired of the urban hustle and bustle and polluted air are abandoning the city and rushing out to nature, to their native land. They are creating their own small, comfortable domains, are lovingly planting gardens and raising animals (but not for meat). And how they are building homes! Only using natural materials! They are gathering their friends, nearest and dearest, and relatives and, helping each other, are building together. And not just like that, out of necessity: someone wants a wooden framework, someone else a perfectly round house. They also approach the design of the interior in an original manner. In the summer they occupy themselves with their vegetable gardens, with house-keeping. In the winter, when more time is available, they are involved in needlework, sewing, reading. “Three ecovillages are already being created in Moldova, organized by people who became interested in Anastasia’s ideas. Two of them are located not far from Kishinev, and the third is in Glodyanski District, near the Hundred Hills nature preserve. That is a bit too far away for us, and we want to create a kin’s ecovillage closer to our city, and also attract other interested people to work and create together with us. I realize that without a definite amount of money in one’s pocket this is complicated to carry out, but that is why our organization exists, to help people realize their projects with the least amount of expense.

We have a lot of information videos and books, which tell how to raise plants without exhausting digging, without weeding, even without watering, when each plant, including weeds, helps another plant to grow. And the taste of these plants becomes something completely different. While the yield from each are, for example, is larger, and it is more diverse than in the case of the usual cultivation of the land.”

Among them are Christians, and yogi, and followers of other faiths. But, as in any movement, spiritual development is very important—it raises a person to a higher level, gives a person the opportunity to understand himself or herself, attain peace, strength, and self-assurance. They do not have their own religion, there are no obligatory rites or idols; their ideas are based on studies of psychology and are directed toward each individual becoming simply a Person: a Person who has been able to change his or her life, relying more on his or her own strength, knowledge, and thoughts, not afraid to be honest and open, kind and happy, in order to live consciously and bestow love and warmth on those who surround him or her.

“How you are is also the way the world is around you. This is how you view it. I view this world as bright and wonderful. My world, my image is bright. How you view your life, how you think, has enormous significance. After all, what are we seeing now? People are criticizing the government, the mayor’s office, their bosses, instead of taking even a bit of responsibility on themselves and thinking what they themselves can do. As a result, they are creating this conflict-filled, aggressive world where we now live. I would like to invite all people simply to dream. Dream of a bright, happy future, dream about those ruling forces that they want to see. There will be parliamentary and presidential elections next year. If each person even for several minutes a day would simply think about how he would like to see the future president, then that is the type of person who will occupy the position. I don’t remember which great person said that ‘a nation has the government it deserves’—but after all that’s exactly how it is. We create the image with our thoughts. We must think about the beautiful and the good, and in time our thoughts will be fulfilled in our real life.”

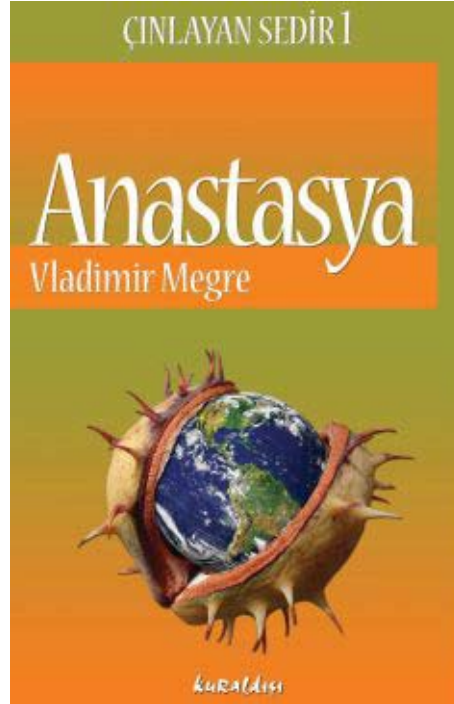
Tamara Kirik

Gazeta [Newspaper] Beltsy city newspaper, Moldova

No. 9 (14)

7 March 2008

TURKEY:



We are happy to announce the release of Anastasya, Book 1 of the “Ringing Cedars of Russia” Series in Turkish Language!

Right now be the first to order the Turkish translation of Book 1 - Anastasya of the Ringing Cedars of Russia book series and receive a 20% Discount! Click here to go to our online store

Books will be available to ship out in July 08.

Publisher: Kuraldışı Yayıncılık Ltd. Şti.

Official Distributor in USA, UK, Canada, Australia and New Zealand: RingingCedarsofRussia.org

<http://www.ringingcedarsofrussia.org/>

UKRAINE:

Who are we? What is Rodovaya Zemlya?



We are already more than thirty persons and families who firmly intend to create a small Paradise on our little piece of Earth. To realize Anastasia's image of the future, we have created the Rodovaya Zemlya Chernigov Municipal Social Organization. But in actuality, we are simply a group of like-minded persons, all completely different, but kind, sincere, open people, who want to break free from the fetters of our "cultured" civilization and revive the true culture, spirituality, knowledge, strength, and power of our Earth! Anastasia's appeals do not leave us indifferent. We have the strength to change our lives and the life of the Planet! We have the strength not to allow humanity to destroy itself! We still have time! And the Earth will be covered not with cinders, but with flowers and gardens. And every person will want to live on this type of Earth... :)

Our main task—by creating our Kin's Domains, by changing our way of life and way of thinking, by realizing our destiny on Earth—is to restore happiness, consciousness, and love to people, and to restore Paradise on Earth!

Let us begin with our native land, with Chernigov Oblast!

Join us. You can receive more detailed information about the activities of our organization, as well as find out the place and time of our meetings.

Vitaliy Babich
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+38 068 3872197

<http://www.rodovayazemlya.org.ua/>

(Related photos are on the next page)

Who are we? What is Rodovaya Zemlya?

(Continued from the previous page)



View the full gallery: http://www.ringingcedarsofrussia.org/Photos/main.php?g2_itemId=1062

Art of Soul

Poetry, art, music, photography and anything else that flows from the heart.

New Day

Not a ripple of a breeze
Not a rustle in the trees
Just a stillness in the air
Heavenly silence everywhere
Filtered sun through the leaves
Stirs life into busy bees
Sweet sounds of life are stiring
Birds on the wing
A new day
A new song to sing

by Karen Lang, New Zealand

THE GIFT

In the Land of Never I was awaiting birth
to a couple I had picked on planet earth

Of course they had contributed their thought
and conditions conducive to my birth were sought

when I arrived I was received with joy
this time around I came as a boy

They proclaimed me a gift for all to see
Oh! how happy they were to have chosen me

I will grow in wisdom, harmony and love
with parents, the Universe and God above

What is this gift I hear you say?
it is the promise so true of another day

it is life given in all its enchantment and glory
and another chapter in the never-ending story.

UNA WOOD
driftwood@uq.net.au

Forum

Please visit the forum at [RingingCedarsForum.com](http://www.ringingcedarsforum.com) and share your opinions on the books of Vladimir Megre. Discuss Anastasia's ideas about harmonic life, and how you use them for yourself. Share your impressions.

You can now discuss your ideas on the following topics:

- Opinions - Anastasia's ideas in books by V. N. Megre. Share your thoughts.
- Let's get to know each other - A section in which you can create your personal profile for people to see as well as your personal page if you have something to share.
- Get Together People! - Searching for friends in your community.
- Forgotten Knowledge of Our Ancestors - All new, well forgotten old
- Health - Share your experiences.
- About Our Children - Forum that is dedicated to our children, from birth to education.

Let's build a strong community together. Support each other with positive thoughts and create a real plan for making our dreams come true.

Visit the Forum: <http://www.ringingcedarsforum.com/>

Forum Talk

Posted by Jamie in a topic Living Earth Village. Join the discussion of this topic here:
http://sourceoflife.ca/forum_ca/viewtopic.php?t=614

Posted by Max in a topic Designing your space of love. Join the discussion of this topic here:
<http://www.ringingcedarsforum.com/viewtopic.php?f=2&t=682&start=0&st=0&sk=t&sd=a>

Hello Tilia!

Look for the works of Robert Hart and the book by Patrick Whitefield, I believe it has the name of "Forest Garden".. Both are in England, so should have a lot to say for your climate... Also look at the database of the English Organization "Plants for the Future", which should be immensely helpful. I suggest you volunteer for them to get first-hand knowledge.

I imagine that your system will be apple-based. What I know of this system: Apples need to be in the full light, under them you can plant plums, and at ground level the small berries, you will probably find many different ones. A friend in Switzerland was eating fruit from May to October from his mixed berry patch. In Switzerland there used to be many different apples, which were the base of the diet before potatoes were introduced. There were apples so sweet their syrup substituted for sugar, apples for baking, for roasting, for feeding to the animals. There was even one little apple, not very tasty, but could be stored for two years in case of a failed crop. It could be a basic element in your diet.

Many of your "weeds" are edible, from dandelions to plantains, Queen Ann's lace, amaranths, purslane, etc. Many of the wild cousins of our garden crops will be found around your garden: mustards, wild lettuces, remote ancestors of beets and cabbages.

Spring nettles are delicious if harvested very early and sauteed. We ate tons of these when I lived in Switzerland - probably one of the most nutritious plants possible. When young the sting is transformed into protein after cooking. Also nettle beer, made with brown sugar, ginger, and nettle tea, fermented a week or so with bread yeast. Hmmmm... Go after the root crops- most can be stored all winter.

Go for it! The Permacultue Associations are quite active in England- I think you will find heaps of people and information there that will be pertinent to Denmark.

Good luck!@ Marsha in Brazil

Disclaimer: Opinions expressed on this forum are personal opinions of individuals creating the posts. We are not liable for any information posted on the forum.

Related Resources

This section is devoted to the information that will be useful in the creation of a Kin's Domains.

Culture, children's upbringing and education.

AGAINST SCHOOL AS PRESENTLY CONSTITUTED

by Mary Leue

There is a technical high school in Turner's Falls, in western Massachusetts, which has a cooking program (among a wide variety of training options) that teaches kids how to buy, prepare and serve lunch on weekdays to whoever comes in to eat - and also offers a display of bakery goods to be purchased - in a restaurant setting, and at a moderate price. It is very popular. I have driven over there for lunch on a number of occasions. It's a very good experience. Except for the ones cooking and serving the food, the kids are free at lunchtime and just get to hang out with each other. Around Christmas-time, many of them have tables set up in the hallways at which they sell various goods made in their classes.

I can only characterize the whole feeling tone of this big bunch of kids as downright unAmerican - at least if compared with most high school groups under the same circumstances. No teachers monitoring, no kids teasing each other, no excessive flirting or harassing, no frenetic dashing about, no smoking in sheltered corners outside the building - just kids strolling about in small groups, chatting with each other or selling their products, those from the greenhousing group offering sturdy plants - and being very knowledgeable about their management - along the corridor, some studying in a sunny corner - well, you get the picture. These kids love what they're doing, and they are good at what they do!

My sons tell me there is an equally good tech school in Northampton - and there must be lots of them in many Massachusetts towns and cities. I sure hope so. My youngest son tells me they plan to encourage their youngest son to go to the school in Hamp.

Having founded, co-led and taught at an inner city alternative school (The Albany Free School - pre-school through grade 9) from 1969 until my retirement in 1985, I feel as though I have a pretty good eye and ear for kids who are both enjoying what they do and doing a heck of a good job doing it! It's as though through some miracle none of these kids are subject to the ills cited as typical teenage behaviors. Well, it's NOT a miracle. It's just what happens when kids are allowed to do what they want to do.

It seems to me that a big part of our destructive racism as a people is mainly a subset of our basic class prejudice problem, both urban and rural - which is actually less ubiquitous than it was when I was a kid in the 20s and 30s, as I remember the universal discrimination practiced against working class culture during my own adolescence. I have a friend who taught for thirty years in a small rural high school in an ex-logging town in central Maine. He has detailed the horrifying prejudice - even in the 80s - to which local kids whose parents came from poverty groups have been exposed during their high school years. This is a scene I believe is being endlessly repeated in most urban high schools in poverty areas of the cities.

(Continued on the next page)

But the crazy emphasis we seem obsessively bent on through programs like “No Child Left Behind” offer a model of life based on upward mobility and four years of college as a foundation for some high-paying corporate job - and such a model seems to me badly self-defeating. It fails to take into account the fact that many, perhaps most, members of the working class are treated so badly because they do not, or cannot, fit the middle class ideal that they either drop out or fail miserably!

I have five kids, all married, with careers and kids of their own. Two of them pursued the traditional course into four-year liberal arts colleges - both of them Cornell, actually.

It took my oldest son his four years of undergraduate study at Cornell, switching majors from engineering to liberal arts, then deciding to drop out, spending two years pumping gas at a local gas station, then four years rebuilding transmissions at a VW garage, then completion of his undergraduate years at SUNY Albany, a third major in econometrics, a Lehman Fellowship in that field, then, during the Vietnam War, serving in alternative service in math at a boys’ treatment school as a conscientious objector, finally landing where he really felt fine, taking the training in computer programming offered at the Computer Center at SUNY Albany. He landed a wonderful job at GE’s medical tomology division, where he became team leader for the CAT-scan, the MRI and the system based on ultrasound (whatever its name) and has felt fully rewarded throughout the years since that time for the application of his skills. Sadly, in spite of this happy ending, he might have been spared a lot of self-doubt, boredom and even depression over the years it took him to find himself if there had been more options early on!

The other, my daughter, majored in horticulture, the career she had clearly in her sights, and went on from there into plant breeding, where she has made a very successful career! The other three chose more alternative programs - one Rochester Institute of Technology, where he went through the School for American Craftsmen, an excellent choice which prepared him for his highly creative work as a designer working mostly in wood! - the second, Antioch College, with a major in ecology - whose work-study program introduced him to a wide variety of programs demanding both skills and stamina! - and the third graduating from an alternative high school he helped design himself, moving from there to a self-chosen school for training in the building of stringed instruments - excellent preparation for a lifelong career as a highly-skilled luthier.

My grandkids (12) have mostly made it into the ranks of the standard “preppie” group, but none of them was prepared for what they ended up doing by their “higher education.” One of them segued into a four-year college where she quickly found recognition for the skills she had been honing in her secondary “prep” school as lighting director for the school’s outstanding drama program, and went right on to the Yale School of the Drama, and from there into a lucrative job in her field! So she was able to parlay her own natural bent, which was considered a sideline, not the main program, by her school, into a satisfying career. Three other grandkids have had to make it through the four-year programs of their chosen colleges and find jobs ill-suited to their preparations while allowing them to become independent of their parents. They might have been off and running a lot sooner, and more of them might have found careers based on their natural, trainable skills rather than simply having to find jobs working for other people, subject to the vagaries of their employment, if they had had some sort of self-chosen central skill-training to begin with. After all, the rest can always be added as time goes along, if one feels educationally malnourished. My youngest son has been adding to his own educational scope ever since the year (1979) he graduated from his self-organized high school. People, after all, are not like domesticated turkey poults, who starve if not taught soon after they hatch to peck at chickfeed by having marbles dropped into in their troughs - their natural instincts in the wild having been by-passed by captivity!

Unschooling - a Natural Education Process

By Colleen O'Malley Weber



When my husband Jeff and I talked about moving out to the country and teaching our child about the 'real world', we really didn't know what to call this form of education. The type of home schooling I'm familiar with aligns with the curriculum of the local school district, so I knew that wasn't the best way to describe what we wanted to do.

We had visions of taking her out golfing and having her figure out distances to the hole using basic math skills, or taking her hiking and having her learn first-hand about ecosystems, or having her watch our dog or a cow give birth to their babies. My favorite dream is taking her backpacking through Italy to study the architecture, food, language, music and history.

I have realized that this form of education is what is being called "unschooling", also known as "natural learning", "deschooling", "experienced-based learning", or "independent learning".

Both Jeff and I love facilitating adult experiential learning programs, meaning the participants run through simulations, scenarios, and activities that provide them with hands-on experiences. We feel that it is a more complete way to learn than just reading a textbook or completing some worksheets. By experiencing whatever it is you are trying to learn about, it becomes part of you, it seems to just get 'in your bones' and retrieving the information you learned is not a problem. Experiential learning has become such a big part of adult education, from outdoor adventure type programs teaching team building to computer-based simulations that mimic a real world experience such as running a store or a company. Children, teens and young adults could benefit from this approach also.

Instead, we as a society are forcing our children to sit still all day and listen to someone else talk about something that has no relevance or meaning to the child, and then they have to complete some report or write a test on material that still doesn't mean much to them. No wonder children are bored and chose not to sit still in class, and that there are labels like ADHD, mind numbing agents like Ritalin, and drop out rates that are so high!

In researching more about unschooling, I was excited to learn that students are encouraged to find the learning path that works best for them. So, for example, if your child enjoys building model airplanes, you would incorporate activities around that passion to teach him/her about history of flight, engineering, math, physics, birds, etc. This way your child becomes empowered and can discover and then follow his/her respective intellectual destiny.

How do you help them discover their passions? Observe their interests – do they like watching fireflies at night or stare at the stars? Do they enjoy building forts or playing in the garden? Do they read books about knights and battles? Do they enjoy movies that feature dancing? These are the areas you would want to focus on and incorporate relevant lessons.

What if you feel that you are not overly creative? The good news is that often parents learn to free their 'inner child' as they start unschooling their own child/children. In a sense, parents find they, themselves become 'unschooled' too, and with that comes the freedom to be creative. In the meantime, the Internet has so many great resources and ideas. There are web sites specifically devoted to unschooling activities.

(Continued on the next page)

If you are thinking about unschooling your child, here are some things to consider:

- **Transcripts:** if your child decides to pursue a more traditional education at any point in time, you may need some form of a transcript. This is something you can create by keeping track of what your child is learning about. Keep a journal of his/her interests. Keep a portfolio of his/her work or have him/her do a scrapbook that can be used as a presentation package at a later time. This reveals more about someone than a typical college entrance essay!
- **Standardized Testing::** many schools are moving away from standardized testing. Universities and colleges are also waiving the requirements for testing if a home schooled/unschooled student can provide a solid transcript and portfolio of his/her work. Chances are if your child picks a school that aligns with his/her goals for education and is excited about their course of study, the school will find a way to include him/her as a student.
- **Support Materials::** Look for creative support materials – go to the library, used book stores, garage sales, and other places where you can find ‘second-hand’ or reusable supplies. Don’t forget to take your child/children with you and see what they are interested in.
- **Support Network::** Form an online and local support network. There are so many parents out there doing this, or interested in trying it. You need the support and social as much as your children do. Plan educational outings to the zoo together or picnics on the beach. Share lessons using the strengths of each parent. You don’t have to go at this alone.
- **Buy-In::** Talk to your children as this needs to be their choice, their passion, and you need their buy in and commitment. You then need to support them as they choose their learning path.

If you find your local community isn’t so supportive of unschooling, or if you want a little more structure before jumping right into unschooling, another option to look at is home schooling. There are some fantastic programs out there that holistic in design and model the principles of a Montessori or Waldorf Education.

<http://www.bellaonline.com/>

Listen to the audio clip - “The Paradox of Extended Childhood”



This audio recording was made at a lecture given by John Gatto for Holt Associates in Cambridge, Mass. October 27, 2000.

Real Audio - 1.7mb:

<http://daholetruth.blogspot.com/2007/09/genetically-modified-food.html>



Download MP3 - 13.3mb:

<http://daholetruth.blogspot.com/2007/09/genetically-modified-food.html>

To the left is the photograph of the boy referred to in the accompanying audio clip.

Meaning of food in our lives.

Some Organic Food Is Cheaper Than Regular

by David Bach with Hillary Rosner



Arguments against buying organic groceries almost always focus on price.

Now that home foreclosures and job losses are piling up, and people are tightening their belts across country, it's easy to imagine hordes of shoppers running from organics to supposedly cheaper "regular" food. (You've gotta love a world where the food that's been sprayed with toxic chemicals is normal and the other stuff gets its own tiny section of the supermarket.)

So here's today's good news: Organic is sometimes the cheaper option. We went comparison shopping and found that while it's still true that organic fruits and vegetables generally cost more than their pesticide-sprayed counterparts, there are many examples where the organic version actually saves you money--particularly as more supermarkets launch their own low-priced organic lines, such as Safeway's O brand.

Take beans, for example, a staple of frugal cuisine. At a Safeway in Boulder, Colorado, a 15-ounce can of O organic black beans costs \$1.05. On the same shelf, a 15-ounce can of Bush's Best black beans will run you \$1.39. Down the street at Whole Foods, meanwhile--the store often referred to as Whole Paycheck--the supermarket-label 365 Organics brand black beans cost a measly 99 cents.

Or take pasta, that beloved staple of penny-pinching college students everywhere. A box of Barilla brand conventional pasta sells for \$1.79 at the Safeway. But head over to the Whole Foods, and you can buy a bag of 365 Organic pasta for 50 cents less.

Of course, when you think about it, maybe it makes perfect sense that the "regular" stuff costs more. After all, someone's gotta pay for all those toxic chemicals.

<http://www.treehugger.com/>

Watch the feature film - Genetically Modified Food - Panacea or poison:

<http://daholetruth.blogspot.com/2007/09/genetically-modified-food.html>

Page 26

Lies, Damn Lies, and GM foods?

GMOs and Health Statistics

“There is no doubt that there is potential for harm, both in terms of human safety and in the diversity of our environment, from GM foods and crops”

Tony Blair, UK Prime Minister, Independent on Sunday, 27 February 2000

Below is an interesting item from the Independent. Whilst there is no suggestion in the article that there is any connection between UK birth defects and the introduction of genetically engineered food in the diet, the consumption of soya is identified as being a possible cause of one of the birth defects - Hypospadias - which is increasing in numbers.

The report refers more generally to a ‘huge’ increase in birth defects in the last five years.

In the case of incidents of Hypospadias the article does not state to what extent soya consumption in the UK has changed during that period.

However, what we do know is that this five year period does coincide with the introduction of a new type of soya into the food chain - the genetically engineered type.

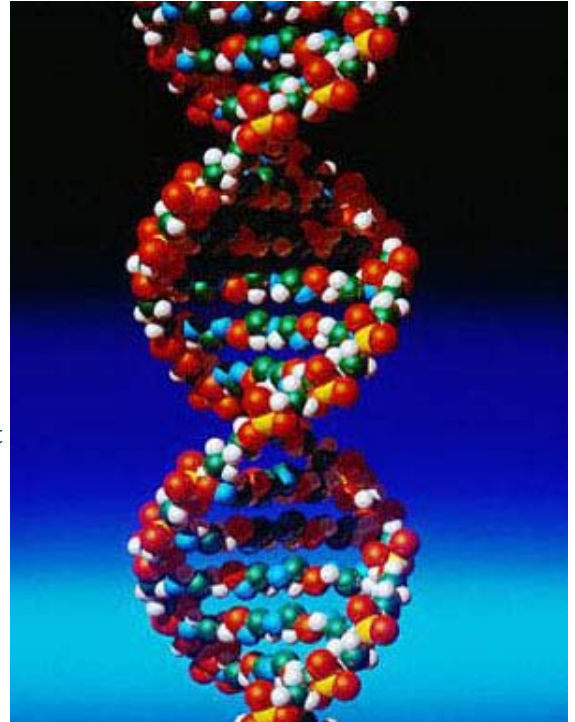
There may be no correlation at all between these two phenomena, particularly if the proportion of GE beans amongst the overall amount of soya consumed is small in the UK. But who has researched it?

As it happens general food related illnesses in the US (where GM consumption is far greater due particularly to lack of crop segregation and labelling) have sky rocketed over a similar period but the cause(s) is not known (<http://www.i-sis.org.uk/FoodborneIllnesses.php>). Despite the importance of the subject there does not appear to have been any research carried out to see if there is a correlation with GM food consumption.

When any ‘scientist’ says there is no evidence of adverse health effects from GMOs after several years use in the food chain ask them which epidemiological studies they are referring to when reaching that conclusion. If there are any such studies we have yet to see them. What we do know, at the very least, is that the arrival of GE foods has coincided in the US with a massive increase in reported food related illness.

Of course in the first five years after they were introduced there was no scientific evidence that cigarettes had any long term damaging health effects either. But then who wanted to find out? Certainly not the manufacturers. We now know better only decades later despite constant denials by the manufacturers in the intervening period. Why should GM companies be any different? Meanwhile what is causing the current massive increase in these birth defects and food illnesses that have arisen over the last few years in the UK and the US? Amongst other things the report below suggests diet as a possible cause in the case of the UK. However, it’s pretty clear nobody knows.

(Continued on the next page)



The other suspects referred to are pollution and drug use, but has exposure to these really changed in the same way as in relation to GE food over this period? Few independent scientists are likely to want to touch this area in case they get the Pusztai treatment, and in any case who would give them the money to do it?

The Pusztai affair demonstrated that the Government is reluctant to fund research whose results may turn out to be damaging to the GM industry (in Pusztai's case they refused to fund the redoing of his trial even though this was called for by the Royal Society, despite the fact that the Government had funded the original work in the first place).

Having explicitly acknowledged that there are risks as far back as February 2000, the British Prime Minister has called for a scientific debate about the impact of GM foods on health. But as the additional quotation from Time Magazine below reveals, when it comes to modern science's understanding of the relationship between food and health a large chunk is left to guess work.

NATURAL LAW PARTY WESSEX
www.btinternet.com/~nlpwessex

“Recently, however, the scientists seem to have gone mad. Hardly a week goes by without some expert somewhere issuing a new report declaring that a particular food or vitamin or activity or condition will either restore your cardiovascular health or ruin it--and as often as not, the new advice seems to contradict the old.....[for example] Margarine can be just as harmful as butter, if not worse..... ‘The impression being given,’ admits Dr. Irwin Rosenberg, dean of nutrition sciences at Tufts University School of Nutrition, Science and Policy, ‘is that nutrition science doesn’t know what it’s doing.’... “.

‘Forget what you know about eggs, margarine and salt. The conventional wisdom has been overturned--repeatedly--by surprising new research’

Time Magazine
JULY 19, 1999 VOL. 154 NO. 3

Question:

How much do you scientists really know about food and health? Ans: We get it wrong all the time.

Conclusion:

Then please don’t mess with the fundamentals of food on our behalf - you don’t have the competence. Thank you.

Health, natural methods of health improvement.

Vaccine Blamed for the Worst Flu Season in Four Years

The current flu season is shaping up to be the worst in four years, partly because the vaccine didn't work well against the viruses that made most people sick.

The 2007-2008 season started slowly, peaked in mid-February, and now seems to be declining. Based on adult deaths from flu and pneumonia, this season is the worst since 2003-2004.

This year, the vaccine was only 44 percent effective, according to a study. It was the worst match for flu viruses since 1997-1999, when the vaccine didn't work at all against the circulating virus.

Every year, health officials make an educated guess to formulate a vaccine against three flu viruses they think will be circulating.

This year, two of the three strains were not good matches.

Sources:

Morbidity and Mortality Weekly - April 18, 2008

Dallas News - April 18, 2008

Dr Mercola's Comments:

Every year the CDC stands on its soapbox and peddles the flu vaccine to just about every man, woman and child in the United States. From the urgency of their message, you would think that the flu shot would at least do what they claim it does: prevent the flu.

But, alas, this year the flu shot was reportedly only 44 percent effective, and it included two strains of flu virus that weren't even widely circulating this flu season.

However, if you dig a little deeper you find that the flu shot was likely even less effective than that.

To start, that number only accounts for participants enrolled in the three-week period between January 21 and February 8, even though the study continued through March 28. So these are just preliminary numbers.

Meanwhile, anyone who reported feverishness, chills, or cough was eligible for enrollment, but the way "influenza" was defined was those who had these symptoms AND tested positive for a flu test known as RT-PCR.

The control group was not a group of healthy individuals. Rather, it was a group of people who showed flu-like symptoms (feverish, chills, and cough), but tested negative on the test. So all of those people who were vaccinated and tested negative for the flu still felt like they had the flu.

After testing over 600 people, 19 percent of those who tested positive for the flu had gotten it despite their flu shot. Meanwhile, 39 percent who tested negative had had a flu shot, which leaves the 61 percent of those who did nothing, and still did not get the flu, in the majority.

But this is the norm when it comes to the flu shot.

One Harris Poll even found that adults who had flu shots prior to the winter of 2007 were only 24 percent less likely to get the flu than those who were not vaccinated.

(Continued on the next page)

Yet, the CDC continues to claim that the flu vaccine is often between 70 and 90 percent effective. Where are they getting these numbers from?



Likely out of thin air, the same place they get their vastly skewed annual flu deaths number of 36,000 (when in reality, in 2005 1,806 people died from influenza, not 36,000. And in 2004 there were just 1,100 flu deaths).

It is high time that the CDC scrapped this whole nonsense of a flu vaccine, but don't hold your breath for that to happen. Flu shots bring in \$15 to \$35 a pop, and the drug companies aren't ready to give up on that pretty penny.

Whose Side is the CDC On?

I think their "Take 3" slogan for preventing the flu says it loud and clear:

1. Take time to get a vaccine.
2. Take everyday actions to stop germs like frequent hand washing and covering coughs and sneezes.
3. Take antiviral drugs if your doctor says you need them.

Wow. It's as though they're not even trying to hide it anymore.

Two out of three of their recommendations involve -- surprise! -- drugs and vaccines. I especially love #3: take the sometimes fatal flu drugs your doctor says you need (i.e. under no circumstances should you challenge the conventional medical paradigm's drug-based solution to your illness).

Well, I say think again. The only recommendation I agree with is #2, and even then you need to be careful not to wash your hands too much, as this can damage your skin and make it easier for viruses to enter.

If you want to stay healthy during flu season and after, skip the flu shot altogether and instead use these "secrets" that I've used to avoid the flu for over 20 years.

- Get plenty of sunshine or vitamin D.
- Eat right for your nutritional type, including avoiding sugar
- Exercise
- Get adequate sleep
- Address emotional stress
- Wash your hands regularly (but not excessively)

<http://www.mercola.com/>

Lowering Cholesterol Without Sideeffects

Blueberry Skins Lower Cholesterol Naturally

Research shows that blueberry skins lower cholesterol naturally. Levels of LDL (or “bad” cholesterol) were 19 percent lower in blueberry-supplemented hamsters.

According to a Agricultural Research Service (ARS) study announced at the American Chemical Society’s (ACS) national meeting in Chicago, blueberry skins could be a key to controlling cholesterol.



ARS chemist Agnes Rimando and collaborators found that feeding hamsters a diet extremely high in cholesterol, but supplemented with freeze-dried skins of rabbiteye blueberries, produced plasma total cholesterol levels 37 percent lower than those of hamsters fed a control diet.

Levels of LDL - or “bad” - cholesterol were 19 percent lower in the blueberry-supplemented hamsters.

In addition, Rimando, in the ARS Natural Products Utilization Research Unit at Oxford, Miss., found that hamsters eating the blueberry-enhanced food fared better than hamsters fed the high-cholesterol diet augmented instead with the lipid-lowering drug ciprofibrate. Animals in that group exhibited 17 percent less total cholesterol—and two percent less LDL cholesterol—than the control group.

The results may be linked to constituents in blueberry skins that can activate a protein involved in the breakdown and import of fats, according to Rimando.

Among these constituents are resveratrol and pterostilbene, which have been cited for their antioxidant properties.

Her main collaborator in the study was chemist Wallace H. Yokoyama of the ARS Processed Foods Research Unit in Albany, Calif.

The researchers used 10 hamsters per treatment group, as well as a control diet containing the high amounts of cholesterol, but no supplements.

Supplemented diets consisted of either 7.6 percent blueberry skins or 25 milligrams of ciprofibrate per kilogram of diet.

Rimando collaborated in another study, also described at Sunday’s meeting, which demonstrated pterostilbene’s potential to fight colon cancer.

In that research, led by Rutgers University scientist Bandaru S. Reddy, nine rats fed a diet supplemented with 40 parts per million of pterostilbene showed 57 percent fewer induced colon lesions than nine other rats fed an unsupplemented diet.

<http://www.kflatthehealthnews.com/>

Bean Consumption Lowers Cholesterol

Adding beans to your diet may help lower cholesterol. Study shows that cooked dry pinto beans added to a regular daily diet lowers cholesterol.



Researchers tested 80 volunteers aged 18 to 55 years. Half were healthy, while half had at least two symptoms that lead to metabolic syndrome, a combination of conditions that signal a risk for cardiovascular disease.

Those with “pre-metabolic-syndrome” had abdominal obesity and either high triglyceride levels, low HDL “good” cholesterol, high blood sugar, or high blood pressure.

For 12 weeks, half of the group was randomly selected to eat one-half cup of cooked dry pinto beans daily along with their regular daily diet. The others ate a replacement serving of chicken soup instead of the pinto beans.

The findings show that, compared to measures taken prior to the 12-week test phase, all the volunteers—the healthy ones as well as those with symptoms—who ate pinto beans saw a reduction in their cholesterol levels.

Experts consider a lipid profile, which provides a complete cholesterol count based on blood tests, to be a valid biomarker for the risk of cardiovascular disease. Because cardiovascular disease is a lifestyle-related disease, interventions that improve cholesterol profiles are considered beneficial to health. Positive changes in physical activity and diet may result in substantial improvements.

While the findings confirm earlier studies by other researchers showing that eating beans lowers cholesterol levels, the mechanisms that underlie the effect require further study.

These results, published in the November issue of the *Journal of Nutrition* by the ARS scientists and their colleagues, add to a growing—and convincing—body of evidence that beans are a heart healthy food choice.

The lead authors, chemist Philip Reeves and nutritionist John Finley (no longer with ARS), conducted the study at the agency’s Grand Forks Human Nutrition Research Center in Grand Forks, N.D. ARS is the U.S. Department of Agriculture’s chief scientific research agency.

<http://www.kflatthealthnews.com>

Ecological farming, permaculture.

All About Arborsculpture



Arborsculpture is the art and technique of growing and shaping trunks of trees and other woody plants. By grafting, bending and pruning the woody trunks and or branches are grown into shapes either ornamental or useful. Similar to espalier and possibly including some topiary for some projects. The word is a conjunction of the words arbor (Latin for tree) and sculpture.

The word Arborsculpture first appeared in print in the book *How to Grow a Chair- The Art of Tree Trunk Topiary* 1995 by Reames and Delbol. ISBN 0-9647280-0-1 Reames coined the word in an attempt to give a unifying name to the practice of shaping the growth of tree trunks into sculptural shapes. The word has since been used in media around the world. The nascent word is not found in standard English dictionaries yet.

Method

Arborsculpture relies on the ability of plants (trees) to be united together by approach grafting and the ability to retain a new shape when new layers of wood forms to hold a desired shape.

Approach grafting is accomplished by wounding two or more parts of a tree or trees by cutting off the bark, to or past the cambium layer and then binding the wounded parts together so good contact is secure while the wounded tree parts grow together.

Stems or branches, are bent into shapes and temporarily braced for a year or more of resistance overcome. During that time, additional layers of wood grow. These new layers of wood act like a natural cast, keeping the Stem and branches in the new desired shape. The temporary bracing can be removed after the shape holds itself.



Pruning may be required to remove unwanted branches and direct the growth into the desired shape. Pruning may also redirect stem growth. A pruning cut above a Leaf or Node can steer the plant. If a leaf points to the right, then a cut above that leaf will produce new growth that grows to the right side. Likewise, a cut above a leaf pointing to the left, produces new growth that grows to the left.

Using these methods (also used in Arboriculture), items like benches, chairs, etc., can be formed from trees by bending, merging and manipulating Plant tissue.

Konstantin Kirsch
<http://www.arborsmith.com/>

Watch Treedome Movies:

Konstantin Kirsch <http://www.treedome.com/film.htm>

Lunar Planting

According to some gardeners the moon plays a big part in plant growth. Sow your seeds at the wrong time and you'll end up with a poor crop. Pay attention to the moon's cycle and you'll do so much better. Is this hocus pocus, or is there some scientific basis for these claims?

John Harris, Head Gardener of Tresilian House Gardens, near Truro in Cornwall, swears by the technique and would never sow a seed without first checking the lunar calendar. Reporter Nina Davy talked to him about his gardening methods.

How long have you been following a lunar planting regime? I started in the 1960s, but it's an ancient system. The Chinese, Greeks and Romans were guided by the moon. I find it very effective to time my sowing, planting and pruning by the moon. By applying fertiliser at the right time I can cut my fertiliser requirement by 50%. It's not folklore, it's practical knowledge that works. People call me the 'loony gardener' but I don't mind.

How does gardening by the moon actually work? As well as controlling the tides the Moon controls the moisture in the soil. There are two periods:

- the waxing moon, which is the growing moon from new to full. That's when the moisture level in the soil is at it's highest and when you should do your planting.
- the waning moon which is from full to last quarter. That's when the moisture content is at its lowest and there's less sap rising in your trees and shrubs so it's when you should do your pruning.

Dr Nik Kollerstrom has made a study of lunar planting and he talked to Eric Robson, the GQT chairman, about his research.

Is there a scientific basis to support the lunar planting theory?

Biodynamic farmers have been using the lunar calendar for the last half century. It's now a world-wide movement and their results in yields and rhythm of growth are worth taking account of. I believe that the moon affects all living things on earth, but I think it has a rather larger effect on plants than it does on us.



Why does it work?

This is a mystery that modern science has hardly begun to look at. For example, why has the woman's reproductive system got an average cycle of 29 to 30 days, which is the same length as the lunar month? I think it's important for us, at this stage, just to accept that there do seem to be results, and we don't yet understand the mechanism.

How would you plan your planting?

You follow the moon's passage around the constellations of the Zodiac. So you'd sow root crops such as carrots and potatoes when the moon's in front of one of the earth constellations, Taurus, Virgo or Capricorn - and that happens about every nine days in the growing seasons.

How do our readers join in our lunar planting experiment?

Sow some broccoli (not the purple sprouting broccoli but the autumn cropping variety) on Monday, 8th April. Plant them in one row with the seeds at nine inch intervals. Label the row with the date of planting and make a note of the number of seeds that you sow.

On Saturday, 14th April, which is a rotten day according to the lunar calendar, do the same again with the second row of broccoli seed, by way of control. Try to count out the same number of seeds and plant them at the same intervals. Again label the row.

On Sunday, 5th August (we'll remind you nearer the time) harvest the first row of plants, cutting at ground level and weigh each plant in grams. Add up the weights of the plants in your row, and divide by the number of seeds sown.

On Saturday, 11th August, repeat the process with the second set of plants. For further information look at BBC Online's gardening site at: <http://www.bbc.co.uk/gardening/lunar> Page 34

Can Organic Farming Be Profitable?

READ FOR YOURSELF ABOUT ORGANIC FARMING ADVANTAGES

by Melvin D. Saunders



...Initially, fertilizers and pesticides were foisted upon innocent farmers to provide an agricultural boost to their harvests for a few short years. But such a short term goal leaves an eroded soil, contaminated groundwater and a weakened crop resistance to pests and disease as a result. But before the 1st widely used synthetic pesticide DDT hit the market in 1946, American farmers lost about a third of their crops each year to insects, weeds and disease. Today, pesticides, fungicides and

herbicides exceed a cost of \$4 billion a year, and farmers still lose the same one-third amount of crops (U.S. News & World Report, 9/14/92). Obviously, chemicals waste money and destroy the environment, so how long will it take to wake farmers up? Every year modern agricultural methods are destroying the long-term ability of American farms to produce decent food, because about 98% of American farmers are farming with chemical pesticides and fertilizers. The Natural Resources Defense Council estimates that approximately 845 million pounds of pesticides and herbicides are used on American farmlands each year. The U.S.D.A.'s Economic Research Service calculates that about 45 billion pounds of synthetic fertilizers are also dumped on U.S. farms each year.

As of 1990, only about 2% of U.S. produce was organically grown. Yet, organic farmers are on the rise, and they aren't going out of business like conventional farmers! Is organic farming more or less profitable than chemical farming? In years past, official government reports have continually convinced gullible farmers that organic farming ranked behind chemical farming in crop production. In Sept. 1989, the National Academy of Sciences' Board on Agriculture released a massive report to back up the view that farmers who use little or no chemicals are usually just as productive as those who pour chemicals on by the ton. The 448-page document goes on to praise biologically sound farming practices and recommends that federal policy be changed so that it supports rather than discourages such techniques. In informed circles, this kind of review about organic farming came as no surprise, but instead of being life-saving, headline news, hardly any farmers ever even heard about the findings!



With an insidious big business attitude, chemical companies often sell toxic pesticides banned in the U.S. to other countries that have no such agricultural ban. In fact, the Federal Insecticide, Fungicide and Rodenticide Act (FIFRA) allows companies to continue manufacturing banned pesticides as long as they are exported out of the U.S. Foreign buyers of such chemicals either ignorantly or knowledgeably poison their own populations and in some cases sell their harvests back to the U.S. for consumption, thus completing the circle of poison! In 1988, the EPA banned all domestic sales of chlordane and heptachlor, but Greenpeace reports that between 1987 and mid-1989, Velsicol, the manufacturer of the pesticides, exported more than 5 million pounds to at least 25 countries! Greenpeace further cites that 2 shipments of Honduran beef which were imported and distributed in the U.S. in 1991 with 8 times the allowable level of chlordane and heptachlor. Heptachlor contamination has also been detected on imported garbanzo beans, carrots, pineapples and cheese. FIFRA must be amended to stop such madness.

In China's Jiangsu province alone, about 27,000 people are severely poisoned each year by pesticides, 10% of them fatally. A 1987 National Academy of Sciences report estimated that pesticides may be the cause of an extra 1.4 million cancer cases among Americans over their lifetimes, while pesticide poisoning among farm workers in California ranks as the highest rate of occupational illness in the state. World practice has shown that chemical pesticides non-toxic to man simply do not exist.

(Continued on the next page)

There's simply no way that the planet can sustain chemical farming for too many more years. When you consider a mere 1% of the pesticides applied to crops ever reaches the insects they are designed to kill, you can readily understand how the other 99% can so easily pollute our air, soil, water and food. Chemicals spewed over farms are polluting groundwater, increasing erosion, depleting soil vitality and killing our wildlife. But thus far, it has been far easier for simple farmers to buy and spread chemicals over their crops than to bother understanding the mechanism of organic farming, and most farmers will simply take the easier road. Obviously, better farmer education is needed before organic farming can be fully realized. Over 600,000 farmers left their farms between 1981 - 1988, so the urgency is real. Ideally of course, as consumers demand safe, non-polluted foods at economical prices, more farmers will eliminate the use of carcinogenic pesticides, herbicides, fungicides, livestock food additives and growth regulators. Since both farmers and consumers must become aware of the toxicity of such chemicals, a reeducational process must be implemented. Laws to regulate and reduce chemicals in the food production industry are unacceptable. They must be totally eliminated. Unfortunately, chemical companies have literally gone to political war to protect their right to poison America, and many of them have joined to form the Coalition for Sensible Pesticide Policy (CSPP), a powerful lobbying group to keep pesticide use active. A counter lobbying group, called the National Coalition Against the Misuse of Pesticides (NCAMP, 701 E St. SE, Ste. 200, Washington, D.C. 20003), was formed to stop the chemical industry's efforts in this direction.

Plant pests don't occur because of a lack of pesticides on your vegetables anymore than headaches occur because of a lack of aspirin. If the vitality and health of crops are improved, they become naturally resistant to pests and disease just like a healthy human mind/body will resist affliction. Sensible farming practices like contour farming, crop rotation, avenues of trees to serve as wind breaks and moisture retainers all help to establish a better utilization of the land for agriculture.



There are only about 31,000 major farms in the U.S. that are NOT using chemical fertilizers or pesticides. Organic farming coupled with one of the many methods to increase crop production (electrical, magnetic, radionic, vortexian, biodynamic, etc.) can make resultant veggies not only tastier but actually more profitable for the farmer to grow. For instance, organic wheat can achieve up to 70¢ per bushel more. Since production per acre is comparable or better than chemical farming, the higher prices obtained for organic crops make far higher profits for organic farming, especially when the cost of chemicals can be avoided.

The participation of several supermarket chains in the National Toxics Campaign Fund program to stop the sale of produce grown with pesticides is a good sign of the growing sensitivity among businessmen to the shifting attitudes of consumers. Produce distributors, the EPA, the FDA and the Agriculture Dept. condemn such supermarket participation as infringing upon the government's responsibility for food safety. There's no surprise there, since the official position is that pesticides on food are not harmful to your health.

More and more consumers are demanding organically grown fruits and vegetables, and are willing to pay the higher prices. As a consumer, the only way to be certain that your produce is pesticide-free is to buy fruits and vegetables from certified organic growers. According to the Organic Foods Production Association, organic foods are grown, processed, packaged, transported and stored to retain maximum nutritional value "without the use of artificial preservatives, coloring or additives, irradiation or synthetic pesticides." Since many states are now creating programs to certify when food is truly organically grown, ask your grocery store manager to show you documentation proving his produce is organic, if he advertises it is. For information on how to certify that food is organically grown, write: OFPANA, 125 West Seventh St., Wind Gap, PA 18091. For a free informational brochure, write: Growing Organically, Organic Gardening Magazine, 33 E. Minor St., Emmaus, PA 18098.

If more farmers raised organic foods around cities in a diversified way, their roadside stands could be relied upon to provide those same products to nearby urbanites at a reasonable price.

Green construction, energy saving technologies.

Earthbag Construction

Building with earthbags (sometimes called sandbags) is both old and new. Sandbags have long been used, particularly by the military for creating strong, protective barriers, or for flood control. The same reasons that make them useful for these applications carry over to creating housing: the walls are massive and substantial, they resist all kinds of severe weather (or even bullets and bombs), and they can be erected simply and quickly with readily available components. Burlap bags were traditionally used for this purpose, and they work fine until they eventually rot. Newer polypropylene bags have superior strength and durability, as long as they are kept away from too much sunlight. For permanent housing the bags should be covered with some kind of plaster for protection.

There has been a resurgence of interest in earthbag building since architect Nader Khalili, of the Cal-Earth Institute, began experimenting with bags of adobe soil as building blocks for creating domes, vaults and arches. Khalili was familiar with Middle Eastern architecture and the use of adobe bricks in building these forms, so it was natural for him to imagine building in this way. The Cal-Earth Institute has been training people with his particular techniques, and now the whole field has expanded considerably with further experimentation by his students and others.

I have taken Khalili's ideas of building with earthbags that are laid in courses with barbed wire between them, and come up with some hybrid concepts that have proven to make viable housing. Instead of filling the bags with adobe soil, I have used crushed volcanic rock. This creates a very well insulated wall (about as good as strawbale) that will never rot or be damaged by moisture. As a covering for the earthbags I used papercrete (see the papercrete page). This seems to be a very good solution to the need to seal the bags from the sun and the weather, without necessarily creating a vapor barrier...the walls remain breathable. Papercrete may not be a good choice in warm and humid climates, because mold could form on it. Also, I expect the papercrete finish to be fairly maintenance free, unlike an adobe finish that would require regular maintenance.



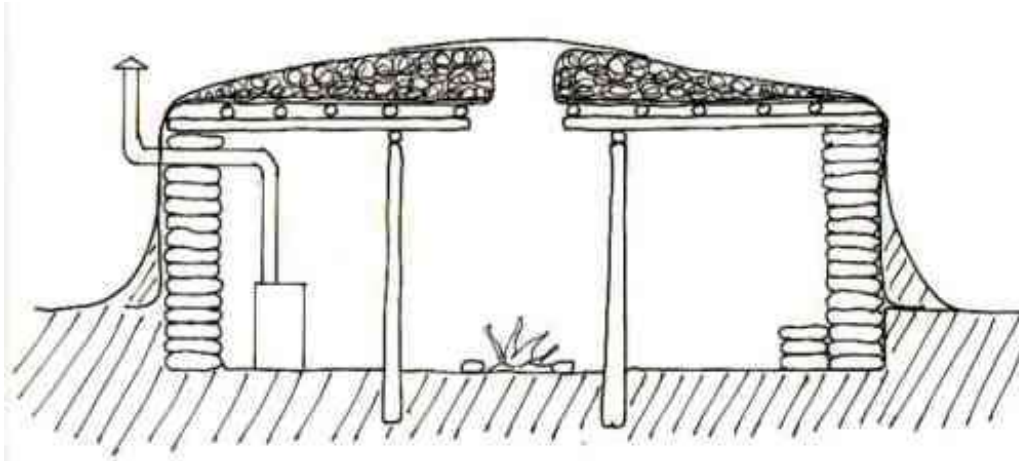
A typical Earthbag home

EARTHBAG LODGE - 10 minute video:

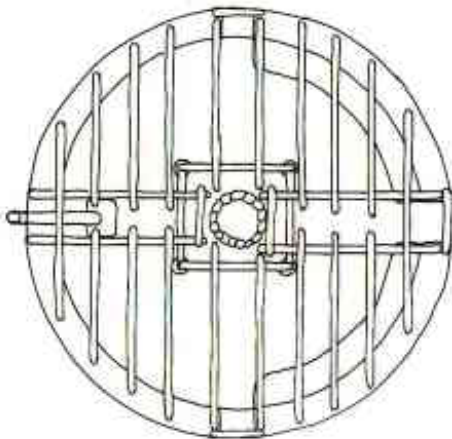
<http://www.youtube.com/watch?v=pnNI7JyfT1A>

Emergency Shelter

This Emergency Shelter design is the result of a collaboration between Kelly Hart, host of Green-HomeBuilding.com and Dr. Owen Geiger of www.grisb.org. We came up with this design in response to a plea from aid agencies operating in Pakistan after the 2005 earthquake there. The challenge is to provide quick, safe, decent shelter with minimal tools and supplies to sustain life through the winter. Access to remote areas is extremely difficult, since many roads have been destroyed or blocked by landslides. Because of these and other difficulties, and the fact that winter will create a much more dire situation, fast easy-to-build temporary shelter seems most appropriate.



Disclaimer: The safest option against future quakes is to build permanent houses designed by engineers and architects, with properly reinforced foundations, walls and roofs. However, since time is of the utmost importance, emergency options such as the proposal outlined here need to be considered. Options for turning this temporary shelter into safer, permanent housing are examined below.



Overview of the design: This design incorporates a round, earthbag structure partially inset into the ground. Rice bags or sandbags are filled with local soil and tamped in place to create the walls. The roof is built with poles salvaged from destroyed buildings, covered with straw, grass, leaves or whatever is available, covered with plastic sheeting or tarps, and bermed with earth to hold in place. The size can vary according to local needs, and therefore dimensions are not shown.

Labor: 90 hours, not including plastering. For example, this structure could be finished by 5 unskilled workers working 6 hours a day for 3 days.

Cost: Approximately \$100 US dollars, plus barbed wire, and tarps or plastic sheeting. This assumes salvaged doors, windows, woodstove, stove pipe, etc.

Building options:

- Add two strands of 4-point barbed wire between each row of bags about 4-inches from the edge, if available. At a minimum, tie every three rows of earthbags together with baling twine or equivalent.
- Excavated soil can be used to fill the earthbags. They can be tamped by stomping each row with feet if a tamper is not available.
- If available, lightweight volcanic rock such as scoria will create a highly insulated structure.
- If available, place lengths of baling twine perpendicular to the walls between each row of bags to attach stucco mesh in the future.
- Pin wood lintels over door and window openings.
- Use recycled doors and windows when available.

(Continued on the next page)

Emergency Shelter (continued)



This is a cutaway view of what an interior section of the structure might look like.

- Windows could be made of adobes set in an angled grid pattern and covered with clear plastic sheeting. Alternatively, just plastic sheeting could serve as temporary windows. If so, two layers are recommended to conserve heat - one on each side of the wall.
- Full-length poles (of adequate size) that span the entire diameter are preferred. These can be pinned to the earthbags with rebar to resist slippage in the event of another earthquake.
- If shorter poles are used, it is important to fasten them together securely. Bolts and washers are recommended instead of nails, which can more readily pull loose and collapse in seismic events.
- Tar or char the base of any wood posts.
- Slope the roof insulation to shed snow and rain away from the building.
- Earthbags must be protected from sunlight with tarps or plastic and plastered as soon as possible.
- One large tarp or piece of plastic sheeting covering the entire structure would reduce leaks.
- Moisten and tamp the earth to create an earthen floor.
- An efficient woodstove is the recommended heating and cooking source. Alternatively, a smoke hole in the roof (with a removable cover) could be added to accommodate a fire pit.



This shows an alternative roof structure that would require a continuous top plate bond beam, or a tension ring made with wire or cable.

There are numerous ways to turn this temporary shelter into safer, permanent housing:

- If at all possible, add a steel reinforced concrete bond beam along the top of the walls.
- Add stucco mesh to each side of the walls and coat with 2 or 3 coats of plaster. Plaster as soon as possible, because the bags will degrade in sunlight. Earthen plaster is best suited for interior use, but can also protect the outside of the walls if regularly maintained.
- Benches along the interior and exterior of walls will help reinforce the structure.
- Optional loft or second story: The earthbag walls could be extended and a wood floor added.
- Permanent roof options: These include a conical roof made of poles; a domed “basket” of woven saplings; wood trusses; or a hexagonal or octagonal roof made of poles or milled lumber. Add durable roofing.
- Ceiling insulation: Most heat loss will be through the ceiling, so it is important to add adequate ceiling insulation. Wool, cotton, straw, and scoria are all suitable.

If you are interested in finding out more about earthbag building, see my general earthbag page <http://www.greenhomebuilding.com/earthbag.htm> or the Questions and Answers <http://www.greenhomebuilding.com/QandA/earthbagQandA.htm> pertaining to earthbags.

Not Your Parent's Solar Panels

Solar panels are a familiar sight in the green scene: a big, rectangular piece of black glass using silicon wafers. First developed in the 1970s, they've been used on high-tech space craft as well as on roofs all around the world.

Welcome to the 21st century!



Ah, but, those are the old version of solar panel. If some pretty neat nanotechnology has its way, our solar panels will soon look and act nothing like their predecessors. In fact, the new solar panels could look more like a roll of film.

New design

The reason for the change is twofold: utility and economics. Mounting a large glass panel on your roof is expensive, time consuming, difficult, and a little dangerous. So, some brainy engineers who

have been working on improving solar panels decided to do away with the glass and metal approach that we all know.

And, that leads to the economics. Metal, glass, even silicon wafers (the heart of the old school solar panels) are all expensive -- about \$4 to \$5 per watt of energy generated. However, if solar panels ever hope to compete with conventional electricity generation, they need to be much cheaper; the holy grail for power generation is about \$1 per watt.

Pay attention to the miniscule

So, how do you generate electricity without any of the original solar panel parts? Turns out you do it using particles more than a hundred times smaller than a human hair.

Quantum dots are tiny particles that replace the silicon wafers as the semiconductor, capturing light and turning that into electrons. The advantage is that you can use far less semiconducting material to achieve the same

result. This has led to the emerging production of solar panels that are flexible and tiny.



New business model

Several companies in the United States, including Nanosolar (<http://www.nanosolar.com/>), Konarka, and Nanosys, are developing solar panels that are printed onto plastic sheets using roll-to-roll technology like the ones that produce your morning newspaper. These companies have attracted major attention and lots of funding from the U.S. Department of Energy and even Google.

Local sources



And, Canada has its own rising star of nanotech solar energy. Ted Sargent, Canadian Research Chair in Nanotechnology at the University of Toronto, is developing solar panels that can be painted onto almost anything, a wall, a roof, even a sweater.

Sargent's solar panels don't even rely on clear sunny days. Their panels are tuned to infrared light, which anything that is warm emits naturally.

So, you can imagine putting on a solar panel sweater, and it gets electricity from your body heat to power your cell phone, even though it is a rainy day.

Nano relationships

But, keep in mind the revolution is just beginning. That means you may not be able to go out and buy a solar panel sweater or a solar panel that looks like film just yet.

It also means that scientists are constantly discovering new things. Recently researchers in Indiana at the University of Notre Dame found a way to improve the efficiency of these quantum dots when they hooked them up to another nanoparticle called carbon nanotubes. These carbon nanotubes acted like wires connecting the energy created at the quantum dots to an electrode where current is created.

So, stay tuned....the future of solar panels is here.



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<http://www.greenhomebuilding.com/>

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Geothermal - Heating from the Earth

What better way to be warm in your off-grid haven than to let the Earth's own temperature do the work for you? Around 40,000 geothermal heat pumps are installed in the United States each year, and although they do need electricity to suck the heat out of the ground they give back four times what you put in.

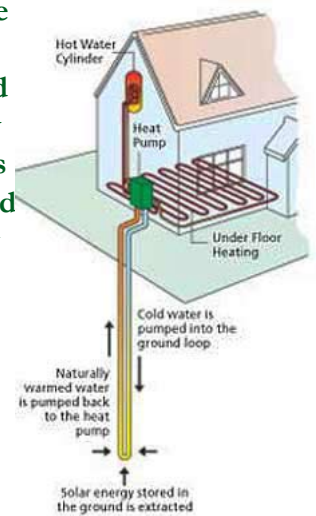
Geothermal, GeoExchange, earth-coupled, ground-source, or water-source heat pumps all use the constant temperature of the earth as the exchange medium instead of the outside air temperature. They can also be used to cool your space on days when the temperature of the air is greater than the constant temperature 12 feet below ground. While many areas of the US experience seasonal temperature extremes, from scorching heat in summer to sub-zero in winter, a few feet below the ground the temperature remains relatively constant, ranging from 45°F to 75°F (7°C to 21°C) depending on the latitude. These systems take advantage of that when they exchange heat with the earth through their ground heat exchanger.

Geothermal and water-source heat pumps are able to cool, heat, and supply the home with hot water (if equipped). Models available of geothermal systems can include a two-speed compressors and variable fans to increase comfort and energy efficiency. Another plus is that compared to air-source heat pumps they last longer, need less maintenance, are quieter, and outside air temperature has no effect. The cost of a geothermal system is several times that of the air-forced system with the same capacity. This additional cost is recouped in your energy savings over the first 5-10 years. Since the internal components have a life estimate of 25 years, with the ground loop at 50+ years, you will be reaping those energy savings for a long time to come. There are four distinct types of geothermal systems, three of those are closed-looped and one is open looped.

The horizontal closed-loop type of installation is generally most cost-effective for residential uses, especially in new construction where land is available. It requires trenches to be at least four feet deep. The most common layouts are either to use two pipes, one buried at six feet, and the other at four feet, or two pipes placed side-by-side at five feet in the ground in a two-foot wide trench. The Slinky™ method of looping pipe gives more pipe in a shorter trench, which cuts on the cost of installation and makes horizontal installation possible in areas where conventional horizontal applications would not fit. For schools and large commercial buildings vertical systems are often used because the land area required for horizontal loops would be a problem. Vertical loops are also used where shallow trenching isn't possible or a disturbance to existing landscaping is called for. For a this system, holes (about 4" in diameter) are drilled about 20 feet apart and 100–400 feet deep. Two pipes that are connected at the bottom with a U-bend to form a loop are inserted into each hole. These vertical loops are then connected with horizontal pipe and placed in trenches, which are connected to the heat pump for building.

The closed loop system needs an adequate water body, though this may be the lowest cost option. A supply line pipe is run underground from the building to at least 8 feet under the water and then coiled into circles to prevent freezing. This can only be done if the water source that meets minimum volume, depth, and quality criteria. The last geothermal system is an open loop system which uses well or surface body water as the heat exchange medium that directly circulates through the GHP system. Once it has circulated through the system, the water returns to the ground through the well, a recharge well, or surface discharge. This option is only usable where there is an enough of relatively clean water, and all local codes and regulations regarding groundwater discharge are met.

The dual-source heat pump uses both geothermal and air-source heat pumps. By combining both systems you get a higher efficiency, though not as efficient as the true geothermal unit. The lower cost of the dual-source system and ability to work almost as well is a strong plus for this system.



Our House

by Frank Tettemer and Cheryl Keetch



Frank Tettemer and Cheryl Keetch's off-grid home

Our house, (Frank Tettemer and Cheryl Keetch), is about 1700 sq. ft., two story, with the lower story earth sheltered on three sides with the south side exposed as a walk out. Roof and first floor overhang designs allow for shade in the summer and passive solar gain in the winter. The primary heat source, for space heating and domestic hot water, is an airtight wood stove, also used for most cooking and baking tasks for half the year. Back-up heat is radiant floor in the downstairs, fired by propane.

During the summer, domestic hot water is obtained through the use of flat plate solar collectors. This solar supply is useful only when the sunny days outnumber the grey days, as storage is only

forty gallons. Thus, some propane is used to supplement during extended cloudy periods. Propane is also used for summer time cooking.

The remainder of the home operates on an average of 2 kWh per day, for lighting, water pumping, refrigeration, kitchen appliances, laundry, and entertainment. This electricity is supplied by 26 photovoltaic panels and a small Whisper 1000 wind generator. During extended cloudy periods, (such as this winter!), a gasoline fired generator is run occasionally to charge the bank.

I would like to compare propane use to gas and convert it to kWh, but I'm not sure of the comparison. Perhaps someone would be able to convert liquid propane to cubic meters of gas.

Our house used a total of 700 litres of liquid propane, for supplemental heating in winter, cooking and back-up domestic hot water in summer. The total electrical use for the year was 802 kWh for the previously above mentioned electrical appliances. This electrical energy came from solar and wind sources, plus the use of approximately 100 litres of gasoline for back-up generation. Generally speaking though, this house is not completely 100 percent sustainable, as it does consume some fossil fuels.



Our client's home, (Skye Faris), is much closer to being fully sustainable. It is a two story, 1050sq.ft. straw bale home, with much passive solar gain, adequate thermal mass storage, and a solar off-grid electrical system. It was built with a Sunmar composting toilet, and a class II greywater system. Domestic hot water is fully supplied by wood heat in three seasons, and solar water heat in the summer. Cooking is on a wood stove three seasons, and propane during summer. Skye has created her own thermal curtains which she uses to conserve heat loss, when ever there is no solar gain. Thus, she uses less than six face cords of fire wood per year. She also has stated that she goes for two years on a single tank of propane, (equal to 90 litres of liquid propane).

Her entire supplemental energy consumption amounts to six cords of wood and half a one-hundred-pound-cylinder (45 litres) of propane for the year! I would like to offer this home as a prime example of sustainability; something to use as a goal.

Articles

Therapeutic properties of cedar resin

The inhabitants of Siberia believe that the resin of the Siberian cedar has great healing power, and has rightfully been called zhivitsa - related to zhizn, the Russian word for life - for its ability to heal wounds. The inhabitants of Siberia and the Urals long ago discovered the therapeutic anesthetizing properties of this resin. There is information that, as far back as 1638, the governor of the Tobolsk region, "pursuant to an official deed," assigned the tasks of gathering, simultaneously with St. John's wort, cedar resin for use "in wounds and in bruises." The successful use by folk medicine in the past of cedar resin for therapeutic purposes for snake bites and for the healing of wounds was reported by V. M. Florinskiy (1880). At the present, scientists have established that cedar resin in fact possesses bactericidal and balsamic properties. It is less inclined to drying out in comparison with pine resin, and is less subject to crystallization.



Cedar Resin Chewing Gum

It has been established that cedar resin has a great therapeutic effect. According to the data from the physician I. I. Yukolis, it possesses a powerful bactericidal, epithelializing, anti-inflammatory, adsorbing, and deodorizing action. "Natural cedar resin (turpentine-balsam) has a great therapeutic effect in the treatment of chronic ulcers of the shin of different origins (varicose, trophic, pustular), in purulent diseases of the skin and as an epithelializing agent in various ulcerous and erosive processes of differing etiology."

During the Great Fatherland War (World War II), cedar resin was used to produce turpentine-balsam (purified and strained resin, the balsam is first dissolved, mixed with inert oils or vaseline, and a bandage is made), which was successfully used in military hospitals. It contributed to shortening the periods of hospital treatment for injured soldiers, returned healthy warriors to the army, and saved the lives of many. Tampons soaked in cedar balsam helped doctors stop gangrene that had already begun, protected wounds from festering and infections.

Folk medicine in its centuries-old practical work always used cedar resin. Cuts and wounds were covered with resin. The most serious and most chronic tissue injuries, up to gangrene, were treated using cedar resin. It was applied to abscesses as a softening, extracting, and healing remedy.



Larch Resin Chewing Gum

In fractures, the area of the injury was rubbed with resin - and the bone knit more quickly. Resin was used in the treatment of purulent wounds, boils, and burns. In contrast to resins of other coniferous species, cedar resin does not crystallize for a long time, and does not lose its bactericidal qualities.

In Siberia, cedar resin was once used to treat toothaches by applying it to the teeth and gums.

Sometimes fairly strange methods of treating the teeth were used. To illustrate, an enormous cedar grows on the territory of Sozursky, one of the monasteries of Arkhangelsk Oblast. Its bark is badly damaged. It is said that believers who suffered from diseases of the teeth gnawed the trunk of this cedar. There was a legend that, by touching the resin escaping from the cedar with one's teeth, a person could be cured from diseases of the teeth and gums, would get rid of a toothache.

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Therapeutic properties of cedar resin

(Continued from the previous page)

Local people also used Cedar Resin internally - in ulcers of the stomach and duodenum, pulmonary tuberculosis, and pneumonia. The literature contains information how Russian healers used resin for treating cancer. Cedar resin is of very high-quality, it contains approximately 30% turpentine and 70% rosin. The turpentine (essential oil, turpentine oil) obtained from the resin contains 80% pinenes, which are the source material for the synthesis of camphor - a remarkable substance that stimulates the activity of the respiratory and cardiovascular systems. Camphor is used in the treatment of diseases of the nervous system and schizophrenia, it is a constituent of many modern medical preparations, including those that stimulate nervous activity. Turpentine finds an even wider application, especially in folk medicine. It is used in massages in cases of rheumatism, gout, neuralgia, catarrhal diseases of the respiratory organs, in the treatment of wounds, and in a number of other cases.

Turpentine baths are prescribed by Russian doctor Zalmanov for the purpose of removing salts from the joints in cases of arthritis and polyarthritis; inhalations with the addition of turpentine to water are indicated in cases of putrid bronchitis. Heel spurs may be treated using local turpentine baths, in this case contrasting baths are alternated: cold-hot. After the end of the procedure, a compress from the boiled broth of the needles is placed on the heel spur for the night. In diseases of the respiratory organs, it is good to inhale the vapor of cedar resin that is burning slowly on coals.

In the old days, cedar resin was gathered when it flowed out of a trunk or branches that had been damaged naturally. It was precisely this turpentine that was considered to be the most medicinal, the healer himself did not cause any harm to the tree. Cedar possesses a very high capability of healing its wounds by itself. According to the reports of cedar researchers, in circumstances of tapping, the wound becomes overgrown with wood beginning with the first year of tapping. With time, the wounds are completely overgrown as well along the entire periphery, and the trees do not differ outwardly from those that have not been tapped.

The first stocks of cedar resin were kept in Gorny Altai beginning in 1932. In Tomsk Oblast the first production area was laid out in 1947, and already a year later forest holdings for the extraction of resin began to be created. From 40 to 60 kg of resin may be obtained from a hectare of cedar forest yearly. In the opinion of scientists and according to their observations of many years, tapping does not harm the cedars. On the contrary, it quickens the growth of the needles and increases the leafiness of the shoots. As a result of tapping, the cedar begins to accumulate in its crown the nutrients that ensure normal fruit bearing. However, researchers also associate a negative fact with tapping: the quantity of full-sized seeds decreases.

Resin also finds use in industry. Thus, immersion oil is obtained from it, essential for special microscope technology, which helps to determine the refractive indices of the smallest particles of a substance. Cedar balsam is used in the optical industry. It is used to produce abietic acid, glycerin esters, and plasticizers.

Valeriy Seleznev
Naturapath, City Orel, Russia

Medicinal properties of the needles.



Cedar Needle Essential Oil

The medicinal properties of cedar needles are also well known. They contain many biologically active materials that have a medicinal and stimulating action. The needles of the Siberian cedar are rich in ascorbic acid (vitamin C) and carotene. As far back as 1786, the academician P. S. Pallas wrote that the young shoots of the cedar “contain the most pleasant taste, very similar to a citrus rind, and are a very good medicine for scurvy, if they will be used moist, if boiled in beer or water.” And further he adds, that from the tops of young cedar “it is possible to make a very medicinal, anti-scorbutic and refreshing beverage.”

The anti-scorbutic properties of cedar buds was noted by Doctor Espenberg as far back as 1812, he used them against scurvy during his journeys around the world aboard the ship Nadezhda under the command of I. F. Kruzenshtern. In his report, Espenberg wrote that the broth made from the

buds of dwarf cedar trees cured scorbutic diseases and even made abscesses on the feet disappear. Many expeditions of those distant times were saved from scurvy by an infusion of the needles of the Siberian cedar and dwarf cedar trees. B. Tikhomirov and S. Pivnik note that the needles of our northern trees (pines, firs, Siberian cedar, and dwarf cedar tree) may be equated to lemons and oranges with respect to their anti-scorbutic properties.

According to the data of V. S. Fedorova, the needles of the Siberian cedar contain from 250 to 350 mg of vitamin C.

As reported by G. A. Sokolov, one ton of cedar needles can yield five thousand daily portions of vitamin C.

I. I. Grom considers the cedar needle to be a natural concentrate of vitamins. It is especially valuable in the winter period, when the consumption of fruits and berries is limited.

According to the report of A. Skarzhitskiy, from the young shoots of Siberian cedar is obtained an essential oil, “very highly valued in folk medicine; it is used internally for kidney and gall stones, and externally it is used for wounds, abscesses, and rheumatic pains.” The essential oils contained in the needle are recognized as most important antimicrobial substances. The last ones are especially active in the summer months (in July and August), as a consequence of which at this time the bactericidal and fungicidal activity of this plant increases considerably.

Siberian folk healers recommend to sleep on a bed made of cedar wood, and to have a cushion made of fresh cedar boughs instead of the usual downy pillow. The same advice they also direct to those who have disorders in the activity of the cardiovascular system, in whom the respiratory organs are sick. Cedar needles yield an essential oil, chlorophyll, vitamin concentrates, produce vitamin flour, which is rich in bactericides, vitamins C, E, carotene, trace elements (copper, cobalt, iron, manganese, phosphorus).



Cedar Wood Essential Oil

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A kilogram of flour obtained from the needles of cedar shoots contains 70 mg of carotene, up to 35 mg of vitamin E, and also vitamins B, K, B. Needle flour is produced from needles that have already been processed, i.e., needles from which the essential oil and vitamins have been extracted. First, half of the vitamin C contained in the needle is extracted, in this case its concentration reaches 500 mg for a litre of water. The needles continue to be heated by steam in order to separate the essential oils. From 500 kg of cedar boughs are obtained 2.5 kg of essential oil. The essential oil obtained from the needles is a constituent of some preparations used in diseases of the kidneys, liver, etc. In the form of broths and infusions, cedar needles are used in the same cases as pine needles. Apart from vitamins, the needles are rich in tannins, alkaloids, and terpenes. Needle infusions and broths are drunk as diuretics.



Cedar Cone Essential Oil

Russian folk medicine uses cedar needles in the form of broths and infusions in cases of bronchial asthma as an anti-asthmatic agent. Cedar needle broths, infusions, and tinctures are drunk in diseases of the respiratory organs of both a catarrhal and infectious nature: bronchitis, tracheitis, inflammation of the lungs, pneumonia, tuberculosis, etc. Needle broths and infusions have an expectorant action, they aid in the elimination of phlegm and the purification of the respiratory tract. The broth of the cedar needle is a remarkable gargling agent in cases of angina, for rinsing the oral cavity in cases of stomatitis, and rinsing the nasal passages in cases of a head cold. Rinsing the mouth with an infusion made from needles strengthens the gums and teeth, and protects the teeth from decay. Cedar needle broths and infusions are recommended for inhalations, phyto-applications (compresses). In the form of a beverage with the addition of honey, needle broth has been given by them to children in cases of rickets.

A needle beverage is also helpful in cases of scrofula. It is good to bathe children with scrofula and rickets in needle baths. Drinking needle broths and infusions is useful for people suffering from cardiovascular diseases. The cedar needle contributes to the cleansing of the vessels, increases their elasticity, improves the composition of the blood, cleans it of harmful substances. Needle broth was once taken as a hemostatic agent in cases of excessive hemorrhage in women. A tincture of the cedar needle in alcohol or vodka is an effective wound-healing agent. For the preparation of the tincture, 200 ml of alcohol is poured over 100 g of the ground needle, it is infused in a dark place for seven days. The bast of young cedar trees was used for the extraction of arrows and splinters. A needle broth from the boughs is used to wash minor wounds and abscesses. In the form of lotions, it is used in cases of pustular lesions of the skin. An alcohol tincture of the cedar needle is rubbed on the joints in cases of rheumatism, gout, arthritis.

Beverages from the cedar needle are useful for convalescents who have undergone serious illnesses or operations. A cedar needle infusion or broth is drunk in cases of some poisonings, for example, smoke, alcohol, exhaust gases. In cases of headache or migraine, a towel soaked in a strong needle broth or infusion may help if applied to the forehead and temples; the infusion is also taken internally. Siberian folk healers think that the constant use of a cedar needle infusion increases the protective powers of the body, and strengthens the nervous, immune, and cardiovascular systems. An improvement occurs in the well-being and health of the body as a whole.

Cedar needle broths and infusions, and the bast of young trees may be an excellent anti-scorbutic agents and vitamin-containing substances. Baths from cedar needles are recommended - they are both generally strengthening and therapeutic. They act in a calming manner, eliminate fatigue and nervous tension.

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These baths are helpful for those suffering from rheumatism or gout. Needle baths are prepared for children ill with rickets or scrofula. The cedar needle is a constituent of different preparations. Since it is oxidized by atmospheric oxygen, the essential oil contained in the needle releases ozone - triatomic oxygen - into the atmosphere. Ozone makes the human body as a whole more healthy. Cedar forests differ from other forests by their extraordinary cleanliness and the curative properties of their air. This air is recommended for patients suffering from tuberculosis, and chronic and other diseases of the lungs as the very best therapeutic agent. In cases of radiculitis, it is good to apply steamed, ground needles or steamed cedar tree sawdust to the painful area. A chlorophyll-carotene paste is produced from the needle. It is used in surgery, dentistry, in cases of ulcers, and also as an external agent in burns and different skin diseases. Cedar needles can also have a purely practical application. In the first half of the 19th century, S. I. Gulyaev found a method for the production of "forest wool." His invention was tested in Tomsk, where at that time a factory installation for processing needles was in operation. "Forest wool," i.e., the fiber obtained from the needle, proved to be an excellent packing material for soft furniture and mattresses. Today, in industrial circumstances, from a ton of cedar needles are produced approximately 5000 daily doses of vitamin C, about 5 kg of essential oil, 10 kg of needle extract for therapeutic baths, more than 200 g of the finest cellulose threads, which are only slightly inferior in quality to the fibers of the cotton plant.

D. Ternenko, Biologist
Kiev Polytechnical Institute, Ukraine

Siberian Cedar Resin Essential Oil

The essential oil of cedar is obtained from the resin of the Siberian cedar (in Russian this resin is known as zhivitsa). Essential oil of cedar is a natural product of plant origin.



Cedar Resin Essential Oil

Because of its medicinal properties, resin has been known to humanity for many millennia. The dried needles of the cedar and fir, which contain resin-balsamic substances, and the essential oil of the cedar were used in ancient Egypt for compresses and poultices, in cases of hemorrhages and for treating wounds. In the 16th century of our era, resin was widely used for treating the plague, since the vapors of the essential oil of cedar have a bactericidal effect.

In 1868, in the Manual of Folk Medicine, it was indicated that "fir resin has a slightly irritating, stimulating effect, while siberian cedar resin is used to treat wounds, and in cases of rheumatic pains in the joints, and gout." During the Russo-Turkish War of 1877, the great Russian surgeon N. I. Pirogov actively used resin to treat wounds that remained unhealed long after an amputation - this was the basic topic of his scientific work.

For a long time, essential oil of siberian cedar was used for medical purposes only externally in the form of ointments and massages.

D. Ternenko, Biologist
Kiev Polytechnical Institute, Ukraine

Medicinal properties of the nut

In *The Ringing Cedars of Russia*, Vladimir Megre relates a story told by Anastasia, about the conditions that must be observed during the stocking of cedar nuts and their processing so that the oil obtained from them will possess all the healing properties and qualities of the cedar. The technology of producing such cedar oil is well-known, but here attention should be paid to some nuances: *“When collecting the cones, the cedar should not be struck with mallets or logs, as the collectors do today. The curative properties of the oil sharply diminish because of this. It is essential to use only those cones that the cedar itself gives up. They fall in the wind, and it is possible to bring them down with your voice.... They should be gathered from the ground by people who are not evil. And it is good when a child’s hand picks up a cone. In general, everything that follows must also be done with goodwill and bright thoughts....”*



Cedar Nut Kernels

The nuts are dried in the sun (air drying), in Russian stoves, either on the stoves and in dryers, or in special grain dryers. The cedar nuts are dried to a moisture content of not more than 16%, packed into woven bags, and stored in dry, ventilated locations. In their cones, the nuts may be stored for up to five years, in peeled form up to the year. Cedar nuts - the name is not precise, but taken hold. Nuts is usually the name given to the fruits of plants, while in the cedar (cedar pine) it is the seeds. But this is what they are called among the people. They are simply amazingly rich in the most diverse nutrients, they are not inferior to eggs and meat with regard to nutritional qualities. Hunters in the taiga put a handful of cedar nuts into their pockets, and this is sufficient to preserve their good spirits and strength for the entire day.

Siberian Cedar nuts contain more fats than anything else, 55 to 66%, sometimes up to 70% of siccative oil, moreover this oil is no worse than olive oil. After the fats, by quantity, are proteins and starch - each at 18%. The proteins are distinguished by their high content of lysine, methionine, and tryptophan - the scarcest irreplaceable amino acids - and in the structure of amino acids, they resemble the white of chicken eggs, accepted in nutrition as the standard. In the kernels of the nuts, a great deal of the substance arginine is accumulated, and this is well known to experienced physicians, who introduce cedar nuts into diets.

Vitamins B, D, and E attract considerable attention, but there is little vitamin C (the cedar needle compensates for this with interest). With regard to the content of the B group of vitamins, these nuts compete with yeast. They contain pentosans, sugar, cellulose. There are also many trace elements in cedar nuts: phosphorus, copper, iodine, and cobalt.

In the quantity of phosphatide phosphorus, cedar nuts exceed all other forms of nuts and the seeds of oil-producing crops, and are equivalent to soy - the richest source of lecithin among raw vegetable materials. A person’s daily requirements for such scarce trace elements as manganese, copper, zinc, and cobalt is provided by 100 g of the kernel of the nuts. They are a rich source of iodine.

(Continued on the next page)



Shelled Cedar Nuts 500g

The length of the seed is 5 to 18.5 mm, the width is 4 to 12 mm, the thickness of the husk is 0.4 to 1 mm, the content of the kernel is 31-53%. A pile of 1000 seeds in large seed form weighs 300 to 390 g, and in small seed form it weighs 150 to 170 g, for the Korean cedar it is 250 to 830 g.

And one additional advantage of the cedar cone: the reliable safety of the tastiest nuts. They do not pour out of the cones, even when a cone lies under a tree until the following harvest. This Siberian miracle tree is food for many inhabitants of the forest.

For medicinal purposes, Avicenna recommended the kernels and husk of cedar nuts as a general cleansing and wound-healing agent, as well as a remedy for kidney stones. In Russia in 1792, P. Pallas popularized cedar nuts as a substance that restored male potency and returned health. In folk medicine, an infusion from the nuts was used in cases of articular rheumatism, gout, arthritis, and diabetes mellitus.

For a long time in Siberia and in the Urals, oil has been extracted from the kernels of cedar nuts. It considerably surpasses the best grades of olive oil obtained from the olive tree. From time immemorial, Siberians have been preparing “vegetable cream” from cedar nuts, which has more than twice the fat content of dairy cream. The vegetable cream and vegetable milk prepared from it have been used for a long time for medicinal purposes. The valuable dietetic and medicinal properties of the nuts of the Siberian cedar were noted as far back as 1913 by F. A. Avtokratov, a physician by profession who worked in the village of Talitsa, not far from Sverdlovsk. He reported that the nuts help in cases of increased arterial pressure and atherosclerosis. He used cedar nuts as a dietetic and medicinal agent, and each year broadened the scope of their application. In particular, F. A. Avtokratov wrote that the nuts “were beneficially tested...in arteriosclerosis, cirrhosis of the kidney, and generally in pathological states that are accompanied by high blood pressure.” Cedar nuts, noted the author of the article, had a positive effect in cases of an increased acidity of gastric juice, in ulcers of the stomach and duodenum, and in the prevention of eructation and heartburn. At the present time, scientists have established that cedar nuts contain various substances that facilitate the preservation of a person’s high capacity for work, an improvement in the composition of the blood, the prevention of tuberculosis and anemia. Apart from their food value, cedar nuts contain the entire complex of vitamins that facilitate the growth of the human body and improve the composition of the blood.

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The medicinal properties of cedar nuts are noted by Russian folk medicine:

- they may strengthen sexual potency, cure some forms of infertility;
- they may be used for treating arthritis (polyarthritis);
- they may accelerate the maturation of abscesses (chewed kernels of the nuts);
- they may act well on the respiratory tracts (because of the turpentine contained in them);
- they may increase the threshold of auditory sensitivity, improve attention;
- they may be used as a general cleansing agent (kernels with honey);
- they may cleanse the blood (ground kernels with garlic);
- they may be used as a prophylactic and medicinal agent for gallstones (kernels with honey);
- they may be used for the treatment of ulcers (kernels with honey);
- they may be used in cases of rheumatism, gout, and arthritis related to irregularities in salt metabolism (alcohol infusion of the shell);
- they may be used against scurvy.



Cedar Nuts Oil

A health drink from cedar nuts

This beverage, whose recipe is taken from the golden fund of the folk medicine of Siberian healers, makes it possible to acquire robust health and longevity, and to rid oneself of different ailments. Take one kilogram of cedar nuts and crush them in a mortar (cast iron or china). Then place them into a three-litre glass jar and pour in warm boiled water so the water covers the cedar nut mass by one centimetre on top. Close the jar with a polyethylene lid and place it in a dark warm place for four days. On the fifth day, add one litre of 72% alcohol to the jar and leave it in the dark place for another 24 days. After this, squeeze the contents of the jar through gauze folded into several layers, and add one kilogram of honey to the liquid obtained. After mixing everything thoroughly, again place the jar in a dark and warm place for four days. Pour the mixture obtained into dark bottles and store them in a refrigerator. One tablespoon of this beverage should be taken 15 minutes prior to eating, three times a day. When taking this mixture, it is categorically forbidden to smoke and consume alcohol.

Tincture of cedar nuts

Crush 200 g of nuts in a mortar (only the shell of the nut may be used), transfer to a half-litre bottle (so it fills half the bottle or a little less), add two tablespoons of sugar to this mixture and fill with medical alcohol. Store in a dark container in a cool place. Let the nuts stand for a month, then strain them through gauze and put in a cool place. An excellent ointment is obtained. Drink one teaspoon for a glass of water twice a day during the daytime. Drink this, beginning with 5 and going up to 15 drops.

This tincture increases physical strength, cures impotence, is a preventive measure against atherosclerosis, and eliminates stress.

Baths from cedar nuts

The husk and oilcake of cedar nuts have sometimes been used for the preparation of baths. It is considered that they act as a calming agent.

Valeriy Seleznev
Naturapath, City Orel, Russia

Cosmetic Collection from “Ringing Cedars of Russia”

Say, yes! To our 5 NO's.

NO chemical add or preservatives

NO artificial colors

NO animal ingredients

NO genetically modified ingredients

NOT tasted on an animals

Coming Soon!

“Young Legs” [For Feet] Cream Ointment

This cosmetic cream based on the resin of the cedar and pine is intended for the care of the skin of the feet.

Composition: pine resin, beeswax, propolis, colcothar; oils from wheat germ, sea buckthorn, tea tree, sunflower. All components are 100% natural, wild harvested in the virgin Siberian Taiga forest.

Action: The biologically active compounds quercetin and alpha-pinene, and unsaturated fatty acids penetrate into the deep layers of the skin and stimulate microcirculation and the metabolic processes in the cells of the tissues, which leads to a renewal of the lipid layer of problem skin.

Indications for use: coarsened skin of the foot, brittle nails, itching and peeling, cracks on the heel, unpleasant foot odor, excessive perspiration, fungus between the toes.

Side effects, including allergic reactions: no statements to the present time, as a rule, there are none.

Contraindications: individual intolerance to separate components of the cream.

Method of use: apply a thin layer of the cream to the skin of the foot, rub for two to three minutes, two to three times a day, for 30 days. As a preventive treatment, rub the cream on the clean skin of the feet in the evening.

Storage: in a cool place, protected from light.

Cosmetic Collection Poll

Let us know what you think about our new cosmetic collection, visit this page:
http://www.ringingcedarsofrussia.org/ringing_cedars_of_russia_cosmetic_collection_poll.php

<http://www.ringingcedarsofrussia.org>

“LIFE” with SHUNGITE

[Daily]

Cream Ointment

This cream ointment has a distinct pain-relieving, antimicrobial, anti-inflammatory, and resorbing action. It is offered as an auxiliary substance for the care of the skin of the body and the improvement of joints, muscles, and tendons.

Composition: cedar and pine resin, beeswax, propolis, mummy, water emulsion from the shungite mineral; oils from cedar, fir, sea buckthorn, wheat sprout, sunflower. All components are 100% natural, wild harvested in the virgin Siberian Taiga forest.

Action: pine and cedar resin contains the biologically active terpene, alpha-pinene, which, after being dissolved in oil, penetrates the skin relatively easily, and stimulates an improvement in microcirculation in the tissues. The presence of fullerenes in the composition of the cream, in the form of an aqueous colloidal suspension of the mineral shungite, provides for the delivery of the biologically active constituents into the cell, which leads to the activation of metabolic processes in the tissues, stimulation of the outflow of blood and lymph, and produces an anti-inflammatory, analgesic, and resorbing effect.

Indications for use: inflammatory and metabolic disorders in the joints (salt deposits), it is effective in cases of arthritis, arthrosis, osteochondrosis, post-traumatic conditions, strains, and bruises. It accelerates the regeneration of tissues in cases of burns, bedsores, and trophic ulcers.

Side effects, including allergic reactions: as a rule, none.

Contraindications: individual intolerance to separate components of the cream.

Method of use: apply a thin layer of cream to the skin and rub with a massaging movement before complete absorption. The procedure is carried out one or two times a day for 15 to 20 days. There can be interruptions of several days. The repeat use of the cream after three months will provide a longer lasting effect.

“LIFE”

[Night Time]

Cream Ointment

This highly effective, multipurpose natural cream-ointment was obtained by taking into account the medicinal properties of pine resin and taking extensive advantage of its useful properties, including its solubility in oil.

Composition: pine resin, beeswax, propolis, mummy; oils from cedar, fir, sea buckthorn, wheat sprout, sunflower. All components are 100% natural, wild harvested in the virgin Siberian Taiga forest. **Biologically active substances:** resin acids (abietic acid), esters (pinenes), alcohols (resenes), and also carotenoids (the precursors of vitamin A), tocopherols (vitamin E), unsaturated fatty acids, flavones, terpenes and derivatives of cinnamic acid, mineral organic complexes.

This abundance of biologically active substances provides the cream with an all-round effect with regard to health improvement.

The local anti-inflammatory effect is achieved through the antimicrobial and analgesic action of the resin, propolis, and pine oil.

The healing (restorative) effect is provided by the carotenoids and flavonoids, unsaturated fatty acids, tocopherols of the cedar and sea buckthorn oils, the mineral of organic components of the colcothar. The rejuvenation of the epidermis of the skin occurs because of an improvement in microcirculation in the area where the cream is applied, which prevents aging of the skin, and makes it supple & soft.

Indications for use: acute injuries (cuts, insect bites, burns, bruises, sprains), acute and chronic inflammatory diseases of the joints (arthritis, osteochondrosis of the spine), of the muscles and tendons, peripheral nerves, mucosa of the nose (head cold) and gums (parodontosis).

Side-effects, including allergic reactions: as a rule, none.

Contraindications to use: individual intolerance to separate components of the cream.

RECIPES

“MILK” FROM CEDAR NUTS

This milk (it is still called “vegetable milk” or “nut cream”) is prepared according to the following recipe. In a wooden mortar, a wooden pestle is used to grind the cedar seeds from which the shells have been removed, water is gradually added, it is necessary to do all of this with heart. It is to be used as an effective potent general strengthening agent.

STUFFED PRUNES

Makes: enough for 4

Prep. time: 3-5 days for sprouting. Cook time: 10 min

Ingredients: 1-2 cups sprouted, mixed Beans and Lentils. 2 stalks Celery, finely chopped. 3/4 purple Onion, diced small. 1/2 yellow, orange, or purple. 100g “Ringing Cedars” Pine Nuts. 1 Pepper, finely chopped. 1/2 Red Pepper, finely chopped. 1 Green Onion, finely chopped.

Directions: Dice all above ingredients (except Pine Nuts) and mix together in a bowl. Add marinade below and set in fridge overnight to blend the flavors. Best served with Pine Nuts.

SPROUTED LENTIL AND BEAN SALAD WITH PINE NUTS

Makes: enough for 4. Prep. time: 3-5 days for sprouting. Cook time: 15min

Ingredients: 2 cups sprouted mixed Beans and Lentils 1/2 cup chopped Onion or Green Onion 1tbsp Lemon Juice 1 clove Garlic pressed 1tbsp Curry powder or Indian spice mix Sea Salt to taste 100g Pine Nuts

Directions: Toss 2 cups sprouted Beans and Lentils with Onion, combine Lemon Juice, Garlic, Curry power and salt together and pour over top mixture with Beans and Lentils. Sprinkle with Pine Nuts or mix them in. It can be served as a tasty lunch salad or you can stuff a Red, Yellow, Orange or Purple pepper with it. You can also stuff a Tomato and an Avocado half with it. Enjoy!

PINE NUT AND BEAN SALAD

Makes: enough for 4

Prep. time: 3-5 days for sprouting. Cook time: 10 min

Ingredients: 1-2 cups sprouted, mixed Beans and Lentils 2 stalks Celery, finely chopped 3/4 purple Onion, diced small 1/2 yellow, orange, or purple 100g “Ringing Cedars” Pine Nuts 1 Pepper, finely chopped 1/2 Red Pepper, finely chopped 1 Green Onion, finely chopped

Directions: Dice all above ingredients (except Pine Nuts) and mix together in a bowl. Add marinade below and set in fridge overnight to blend the flavors. Best served with Pine Nuts.

Dressing (Marinade): 3/4 cup Flaxseed Oil (you can use 1-2tbsp Pine Nut Oil) 1/2 tbsp pure Maple Syrup 1tbsp Celtic Sea Salt 2tbsp pure Maple Syrup 1tbsp organic Basil 1tbsp organic Thyme 1tbsp organic Oregano 1/2 Cayenne Pepper 1/4 cup Lemon Juice

Whisk all dressing ingredients together in a jar with a lid. Pour 1/2 of the marinade over the bean salad and let marinade in fridge overnight. Save the rest of the dressing for the next time.

For Educational purposes only

This information has not been evaluated by the Food and Drug Administration.

This information is not intended to diagnose, treat, cure, or prevent any disease.

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SPRING PROMOTIONS!

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For a limited time get 40% off when you buy a family pack of Siberian Cedar Resin and Siberian Larch Resin Chewing Gum at 40% discount!



Among the people, the resin of the Siberian cedar has acquired the name zhivitsa, related to the Russian word for life (zhizn). With an unbelievable ability to heal wounds

and regenerate cells, cedar resin has, since ancient times, been considered to be a very valuable product, and was used by the peoples of Siberia and the Urals in the treatment of various diseases.

Siberian cedar resin contains 30-35% of volatile substances: turpentine and its derivatives, oxygen compounds and succinic acid. The remaining part (65-70%) is represented by resin acids and their derivatives, resinols and resinotannols, rubber (inert substances), plant matter, vitamins C and D.

Siberian cedar resin has a maximum medicinal effect if the tree is not tapped during its collection. It is thought that if harm is done to the tree, then it will not provide the life-giving force that it is capable of providing. For that reason, Siberian cedar resin is collected only from those cedars that exude their resin themselves.

Siberian cedar resin for preparing chewable tablets bearing the Ringing Cedars of Russia trademark is collected exclusively from the surface of cedar trunks without the use of tapping. Flour made from the cedar nut is added to the resin.

Visit our online store: <https://www.ringingcedarsofrussia.org/location.php>

SPRING PROMOTIONS!

Due to the popular demand we are returning our most famous promotion:

CEDAR NUT OIL - "Buy 3 get 1 free!"

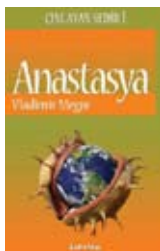


SPECIAL PROMOTION for everybody! Currently we are offering you a great promotional discount "Buy 3 get 1 free!" of "Siberian Cedar Nut Oil" 100g. packaging. Please go to our store for more information.

The oil from cedar nuts is being extracted for a long time in the Ural Mountains and Siberia. Our ancestors ate cedar nut oil and used it for medical purposes since the ancient times. In XIX century cedar nut oil could be bought on any Siberian market. It has been home-made with the use of only the simplest machinery. It has a soft taste, gold-and-amber color, and a wonderful smell of nuts.

In old Russian folk medicine consider that Siberian cedar nut oil eliminates a chronic weakness syndrome, increases overall strength of an organism, physical and brain activities. Siberian cedar nut oil taken regularly improves immune system. Any vegetative oil can be substituted by Siberian cedar nut oil, but nothing can fully substitute cedar nut oil. It can also be used as a facial night cream for returning a natural beauty of the skin.

Click here to go to our online store: <https://www.ringingcedarsofrussia.org/location.php>
For more great articles: <http://www.ringingcedarsofrussia.org/infoE.php#article>



Preorder Book 1 in Turkish - 20% Discount

Right now be the first to order the Turkish translation of Book 1 - Anastasya of the Ringing Cedars of Russia book series and receive a 20% Discount!

Books will be available to ship out in July 08.

This preorder in our online store: <https://www.ringingcedarsofrussia.org/location.php>

Shelled Siberian Cedar Nuts 500g (17.6 oz)



For a limited time only enjoy this special promotion for 500g of Shelled Siberian Cedar Nuts - 25% OFF if you buy 3 or more! Cedar nuts (the seeds of the cedar tree) take two years to mature, during which time the tree accumulates a huge volume of positive cosmic energy. Crops of nuts are harvested manually by people lovingly devoted to this task, working in a pleasant environment without undue haste to create unique products full of positive energy reflecting the infinite powers of Nature. This promotion in our online store: <https://www.ringingcedarsofrussia.org/location.php>

Customer Feedback

FEEDBACK ON PRODUCTS:

I want to share my experience of using "Cedar oil." My eldest daughter, Tatiana, gave a teaspoon of cedar oil each to her two- and three-year old children in the autumn of 2006 over the course of two months. During the flu season, all children in their group came down with the flu. My grandsons did not get the flu. This year, my daughter also stocked up on cedar oil from the Ringing Cedars of Russia company, but this time for the entire family. Starting in the summer, I began to be bothered by changes in my body - menopausal syndrome: severe hot flashes and chills, a sharp increase in blood pressure, weakness. I drank cedar oil for three months, and now I have been feeling wonderful for four months. The symptoms I mentioned do not bother me. My entire body's capacity for work has increased.

Anna W.
Chicago, IL

* * *

After a serious operation for female problems, my aunt had a very low level of hemoglobin, complete loss of strength. She was given four bottles of cedar oil as a gift. Her level of hemoglobin normalized, her postoperative period passed without any complications, she rapidly recovered.

Jack Millari
Buffalo, NY

* * *

I suffered from bronchial asthma for 26 years. Frequent attacks. I take a tablespoon of cedar oil in the morning, before sleep, and on the appearance of the symptoms of shortage of breath. As a result, the state of my general health has improved, the attacks of shortness of breath were reduced. The results of my pneumotachograms and spiograms improved.

Susan L.
Santa Barbara, CA

* * *

Menopausal syndrome, dysbacteriosis. I took 15 g per day of Ringing Cedars of Russia cedar oil over the course of two months. My hot flashes and fatigue were reduced, my sleep improved. According to the results of tests, the composition of my blood improved, my sugar level was reduced.

Jaqueline D.
Calgary, Canada

* * *

Menopausal syndrome, dysbacteriosis. I took 15 g per day of Ringing Cedars of Russia cedar oil over the course of two months. My hot flashes and fatigue were reduced, my sleep improved. According to the results of tests, the composition of my blood improved, my sugar level was reduced.

Michael R.
New York, NY

BOOK REVIEWS:

Thanks so very much for sending the 3 first books. We are right now finishing the last one, and are finding them very valuable.

I am just changing my website and mailing list carrier, so I will soon be getting out a message to others about the books.

We would love to have the other 5 books and will encourage people to buy all 8 on your special!

Brooke Medicine Eagle
9036 West Fork Rd.
Darby, MT 59829
406-349-8888

* * *

Very inspired and enjoying the books that resound with my heart.

Jennlie
England

* * *

My name is Semisi and I am a Pacific Islander raised in the Islands of Hawaii. I now reside in the Mountains of Utah in the U.S.A. I am married with four beautiful children, and I have been a Massage Therapist for thirteen years. I am the fifth oldest of fourteen children raised in the Mormon religion. One of my brothers is also a Massage Therapist, and we throughout our careers have experienced a great deal of "spiritual" phenomena working with our clients.

My brother told me about your books he ordered, and highly suggested I begin with book one. I did, and my life was and is changed FOREVER!!! :) I proceeded all the way to book six, and anxiously await when the next books in Russian will be translated into English. How do I put into words my feelings of gratitude for you, Anastasia and your son without writing a book??? Ha-ha! I even would offer a word of American Political Blasphemy and say that: I would go so far as to willingly give up my American Citizenship to become a Russian, to actively participate with you and the creation of Anastasia's Dream!

Well, thank you, thank you, thank you, for your books! Have a blessed day wherever you are, and I hope to come and visit your beautiful Domains in Russia someday. I now have my most ultimate Goal to create a family Domain here in Utah, and in my home islands in Hawaii as well! Please, please, please, let me know when the next books are translated into English.

Have a wonderful day, Sincerely with all my Heart,

Semisi, Hawaii

* * *

Thank you for the work you do, I would like to help spread the message that Anastasia has given us...
Love and light

Kate Taylor

WHAT CUSTOMERS SAY ABOUT OUR COMPANY:

Let me express my gratitude to RingingCedarsofRussia.org for the assistance in my business. I am working in supplements business for a long time and have various suppliers. But I'd like to note, that RingingCedarsofRussia.org has very convenient system of service, I mean very accurate forms of invoicing and ordering. I do like the system of discounting.

At the very beginning of our relationship I have asked for the specific conditions of service and my request was satisfied. I'd like to express my special thanks for understanding.

Laura Strong
CA, USA

* * *

I have friends that I want them to know about you. I am ordering a few things tonight to share with others. Thanks

Richard Grondin
Canada

* * *

We look forward to learning more and spreading this information in order to prosper humanity.
Thank you!

Jill E Berger
USA

* * *

Dear Friends at RingingCedarsofRussia.org,

Today I got my order. Everything worked fine. I hope your quality products will benefit my health.
Thanks a lot for your fast and excellent service.

Robert Neils
WI, USA

* * *

What a wonderful discovery. I would love to find out more.

Neldri Uys
South Africa

* * * *

Please send us your feedback and reviews. Share your feelings with each other. You can use this form to submit a message or e-mail us at info@ringingcedarsofrussia.org

RinginCedarsofRussia.org is the official literary agent of Vladimir Megre.

This is the official message to publishers and editors.

Dear Publisher:

We are inviting you to participate in the interesting project of publishing the books of the writer Vladimir Nikolaevich Megre.

Vladimir Megre's books embody the human striving for harmony with oneself, the nature that surrounds us, and society. His books have been translated into more than 20 of the world's languages, more than 11 million copies have been printed, the books are international bestsellers.

All Vladimir Megre's works were originally written in Russian.

If you are interested in translating the books into one of the available languages and publishing it in the appropriate country, we are prepared to consider your proposal and give you an answer within a period of three days.

Our requirements:

- 1) The translator from Russian to the selected language must be highly qualified, with wide experience in prose and poetry styles.
- 2) The fundamental meaning of the works or any part of that meaning may not be changed or abbreviated in the translation.
- 3) Professional design work.
- 4) The presence of a distribution network or a professional business plan.

Some of the existing translations of the Ringing Cedars book series can be found on the Ringing Cedars Information page

Sincerely yours,

Rights Department
RinginCedarsofRussia.org
Official representative of Vladimir Megre

Looking for a Spanish Translator.

Dear Friends!

The company "Ringing Cedars LTD." is searching for a translator from Russian to Spanish for the creation of a Spanish translation of the "Ringing Cedars of Russia" series. The translator must be highly qualified, with wide experience in prose and poetry styles. If you would like to participate in this project please send us your profile to contact@secure.ringingcedarsofrussia.org. If you have contacts of such a translator referrals are highly appreciated.

With all Respect,
Rights Department
RinginCedarsofRussia.org
Official representative of Vladimir Megre

www.RingingCedarsofRussia.org contact information.

All services are available 24 hours a day / 7 days a week / 365 days a year!

www.RingingCedarsofRussia.org currently has three regional warehouses in Europe, USA and Canada. Our Customer Service department is available to serve you 24 hour a day, 7 days a week including ordering by phone and inquiry assistance. Ringing Cedars of Russia Customer Service Representatives respond to our customers on a timely basis with accurate information. We work hard everyday to improve our customer service to the level of satisfaction our customers deserve and have come to expect. Personalized attention is what we provide. Understanding your questions and solving any problems as quickly as possible is of great importance to us. Our customer service department is available 24 hours a day, 7 days a week, 365 days a year.

Please feel free to contact us in the manner in which you are most comfortable. We will be happy to get back to you as soon as possible.

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Order free catalog <https://www.ringingcedarsofrussia.org/catalog.php>

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sales-usa@ringingcedarsofrussia.org
customerservice-usa@ringingcedarsofrussia.org

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P.O. Box 81768
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Toronto, ON
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sales-can@ringingcedarsofrussia.org
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Classifieds

Shamhala-Shasta

SUCCESS!!!

The Anastasia Eco-settlement project has found its home in North America on Sacred Motherland! Many great thanks to all of you who contributed to this success and to many who have supported this dream and vision with your love from near & far.

Shambhala-Shasta community has taken back 466 acres of prestine motherland. Free and clear. No debt. No Encumbrances. No liens. Free and clear!!! To freedom, independence and sovereignty!!!

The community will steadily grow out from here as we are bordered on the east and north by national forests. More to come soon after our visit to our motherland in the next few days. We have several settlers who have begun the intake process and purchased their domains. If you are ready and feel the beat in your heart, come and join!!!

<http://shambhala-shasta.org/become/>

* * *

Meetings in Ontario, Canada

To all motivated by Anastasia's words, there is a growing group meeting regularly between Toronto and Guelph. All those interested are welcome to join a gathering. Our next meeting will be Sunday afternoon on July 6th. Exact time and location to be determined. If you wish to attend, please call or email Robert 519-829-2281 email: rorland@sentex.ca

* * *

Kin's Domain Eco-Village Initiative

Email: creatingabeautifulworld@gmail.com

Title: Kin's Domain Eco-Village Initiative

Interested in making difference? Investors needed to start up a kin's domain eco-village concept based on the Anastasia books. Visit <http://creatingabeautifulworld.org> - all kinds of input and help is highly appreciated and welcomed! our aim is to purchase land and return it to people free of charge to create abundance and diversity and a good place to raise our children. the plan is to start it off in Golden Bay New Zealand and eventually make it a world wide project inspiring others to fulfill our beautiful destiny!

Tor Fjeldal

* * *

Green Garden Earth

Green Garden Earth Almanac (GGEA) is an online periodical discussing the creation of Green Garden Earth with sections such as Green Technologies, Gardening, Hand-made, Traditions, and more: <http://www.greengardenearth.com/almanac/>

Signup to our mailing list to get notified about the next issue of GGEA: <http://www.greengardenearth.com/maillinglist.html>

Send us your own articles: editor@greengardenearth.com

* * * *

Dear Ladies and Gentlemen, this Classifieds column is created specifically for the announcements related to the "Ringling Cedars of Russia" Movement. If you wish to submit your message please fill out the form on this page: http://www.ringlingcedarsofrussia.org/theearth/2008_may.html

(Note: The Administration of The Earth online newspaper reserves the right to review all of the announcements. There are no guarantees that your message will be posted.)

Submit Material

Dear Ladies and Gentlemen,

Earnest request to authors of articles and scientific works to please send your materials to us to the address info@earthlife.info with a subject "Articles". Upon a separate agreement your works may be published in the internet newspaper "The Earth", in separate collections, in the Resource Library of the Source of Life Association, and on the pages of the websites devoted to the "Ringing Cedars" movement.

Also you can open a tread on a forum devoted to readers of Vladimir Megre, at <http://www.ringingcedarsforum.com/> and publish your works.

We value your work greatly and consider publication activity one of the highest priorities.

Please send your works of art, poems, songs, and paintings, inspired by the books of Vladimir Megre to the following address info@earthlife.info with a subject "Art". Best ones will be published in "The Earth" Newspaper. Also, you can open a thread in the ART OF SOUL section of the forum devoted to readers of Vladimir Megre, at <http://www.ringingcedarsforum.com/> and publish your works.

For a possible answer to your question we advise you to review with the content of the internet conferences held by Vladimir Megre for the readers of the "Ringing Cedars of Russia" series of books and our Frequently Asked Questions.

You can direct your questions to the Letter Department of theearth.ringingcedarsofrussia.org website. Your question will be answered within 7 business days.

Thank you for your attention,

Administration,
The Earth online newspaper.

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